

Smart-size Your Portions

A portion is what you serve yourself or what a restaurant gives you—you can also think of this as a “helping.”

The reality is that a portion is sometimes larger than it should be.

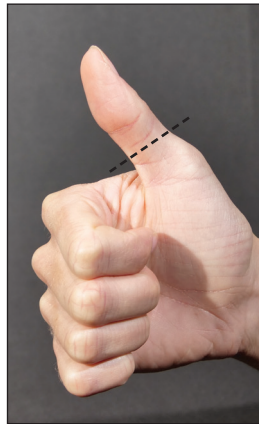
Use your hand as a guide to estimate a smart size portion.



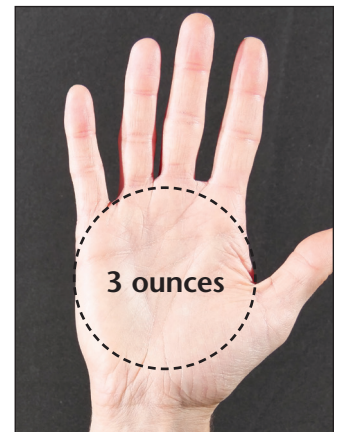
Because hand sizes vary, compare your fist size to an actual measuring cup.



Your fist is about the size of one cup or one ounce of cereal.



The palm of your hand is about the same size as 3 ounces of meat, fish, or chicken.



Your thumb is about the same size as 1 ounce of cheese.



A small handful of nuts is about 1 ounce. For pretzels, 2 handfuls equals about 1 ounce.



A handful of shredded cheese is about one ounce.

Chicken Quesadillas

Makes 4 servings | Serving Size: 1 quesadilla



Black Bean and Corn Salsa

Makes 24 servings

Serving Size: 1/4 cup

Ingredients

- 1 (16-ounce) jar salsa
- 1 (15.5-ounce) can unsalted black beans, drained and rinsed
- 1 (15.5-ounce) can unsalted corn kernels, drained or 1½ cups frozen
- 1 (14.4-ounce) can low-sodium chopped tomatoes, drained
- 2 tablespoons lemon juice
- 1/4 teaspoon garlic powder
- 2 tablespoons chopped fresh cilantro or 1 teaspoon dried (parsley may be substituted)
- 1/2 teaspoon ground cumin

Directions

Combine all ingredients in a medium-size bowl.

Nutrition Information Per Serving

35 Calories, Total Fat 0g, Saturated Fat 0g, Protein 1g, Total Carbohydrate 8g, Dietary Fiber 1g, Sodium 190mg

Ingredients

- Non-stick cooking spray
- 1/4 cup chopped onion
- 1 cup cooked and shredded chicken
- 2 tablespoons Black Bean and Corn Salsa (see recipe on this page)
- 1/4 cup canned and chopped green chili peppers (optional)
- 1/4 cup Monterey Jack, Colby, or other cheese, grated
- 4 (10-inch) whole-wheat tortillas

Directions

1. Spray skillet with cooking spray and preheat over medium-high heat.
2. Sauté onions until tender.
3. In a medium bowl, mix chicken, salsa, onions, and chili peppers.
4. Place 1/4 of chicken mixture on one side of tortilla and top with 1/4 of cheese. Fold over mixture and seal edges. (Use a small amount of water for a perfect seal.)
5. **165°F** Spray skillet. Brown one side of quesadilla over medium heat for about 3–4 minutes. Turn and brown the other side. (Chicken temp should be 165°F.)
6. Cut each folded tortilla into 3 wedges for easy handling. Serve with extra salsa if desired.

Nutrition information Per Serving

185 calories		Total Carbohydrate	24 g
Total Fat	6 g	Dietary Fiber	4 g
Saturated Fat	3 g	Sodium	404 mg
Protein	7 g		

P Excellent Source of Protein

C Excellent Source of Calcium

V Good Source of Vitamin C

Analyzed using Fresh-Made Salsa.

MOVE MORE



Child's Play

Take part in your children's activities. You can throw a Frisbee or a baseball, or play one-on-one basketball. Whatever they choose to do—join in!

What day this week will you join your children in active play?