



Healthy Holiday Tip: Portion Control

By Erin McCarthy, MS, RD

The holiday season tends to be about indulgence and excess. But you don't have to compromise all of your hard work from the year. Here are a few ways to eyeball portion sizes that will keep you fit and healthy:

Portion Sizes for Vegetables

When having raw vegetables such as broccoli, a cup's worth will equal the size of a baseball. If you're cooking your veggies, then a half cup equals the size of a lightbulb or a billiard ball.



Portion Sizes for Whole Grains

The serving size for most cooked grains is about half a cup. This approximately equates to the size of a billiard ball.



Portion Sizes for Fruit

Serving sizes for fruits are based on 15 grams of carbohydrate per serving. A serving of dried fruit amounts to 1/4 cup, which is about the size of an egg. Meanwhile, a serving of fresh fruit is the equivalent of one medium whole fruit such as an apple, 3/4 cup of berries like blueberries or roughly 18 grapes.

Portion Sizes for Meat

A serving size of meat equals 3 ounces. If you're a meat eater, chicken and fish should be your first two choices whenever possible. If you want to eyeball how much to put on your plate, then shoot for a portion of meat that's about the size of a deck of cards or a smart phone.



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Cornbread Stuffing with Brussels Sprouts & Squash

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12

SERVINGS

50 min

ACTIVE TIME

1 hr 40 min

TOTAL TIME

340

CALORIES

INGREDIENTS

3 lbs winter squash, such as buttercup or butternut

2 tbsp extra-virgin olive oil

2 lbs prepared cornbread, cut into 1-inch cubes (about 12 cups)

1 cup Brussels sprouts, trimmed and sliced

1 cup currants, raisins or dried cranberries

1 cup pecan halves, coarsely chopped and toasted

¼ cup chopped fresh chives

2 tbsp chopped fresh parsley

8 fresh sage leaves, rubbed and sliced

2 cups reduced-sodium chicken broth, or vegetable broth

INSTRUCTIONS

1. Position racks in upper and lower third of oven; preheat to 375°F.
2. Halve squash, remove seeds and cut into 1-inch-thick wedges (leave the skin on). Spread on a baking sheet and drizzle with oil, rubbing to coat the squash evenly. Roast on the lower rack until soft, 20 to 30 minutes. Let cool. Peel, cut into 1-inch pieces and place in a large bowl.
3. Meanwhile, spread cornbread cubes on a large baking sheet. Toast on the upper rack until crisp around the edges, about 20 minutes. Add to the bowl with the squash.
4. Bring a small saucepan of water to a boil. Add Brussels sprouts and cook until barely tender, 3 to 4 minutes. Drain and rinse under cold water. Drain again and add to the bowl. Add currants (or raisins or cranberries), pecans, chives, parsley and sage. Add broth and stir until the liquid is absorbed. Spoon into a 9-by-13-inch baking dish.
5. Bake the stuffing until heated through, 45 to 55 minutes.