



## Healthy Choice Workshop (one of three) Simkus Recreation Center 6:30-7:30pm

Serving sizes will be reviewed and BLCS contestants will learn additional healthy food choices at July 1 Biggest Loser Carol Stream Workshop schedule at Whole Foods, 151 Rice Lake Wheaton.

Begin keeping your food journals, as detailed as you would like. BLCS Food Journals are to be turned in to Sandy each at each Thursday workshop. Sandy will review each contestant's BLCS Food Journal submitted and return them the following Thursday with comments and/or suggestions.

### **Below is a brief recap of the food guide pyramid reviewed at June 24 BLCS workshop:**

**Grains:** 6 ounces each day

1 ounce or serving is the size of 1 slice of bread, 1/2 cup cooked cereal, rice, or pasta, 1 cup ready to eat cereal

**Vegetables:** 2 1/2 cups each day

1/2 cup (baseball) is one serving for cooked and raw vegetables...the exception is salad greens (spinach lettuce, etc) which is 1 cup

**Fruits:** 2 cups each day

1/2 cup is one serving of fruit (baseball)

3/4 cup for juices...remember these are calorie dense so try to avoid juices when possible

**Dairy/Milk:** 3 cups per day

1 cup= 8 fluid ounces

1 1/2 ounces of cheese is one serving (9 volt battery)

**Meat, Fish, Poultry, Beans, Eggs, Nuts:** 5 1/2 ounces per day

3 ounces of meat/fish is one serving size (deck of cards, for meat and checkbook for fish)

1 egg=1 ounce

1/2 cup cooked beans=1 ounce

2 tablespoons peanut butter (golf ball)=1 ounce

Limit fats, sugars, and sodium.

Don't forget to stay hydrated as well! Water is always the best option for hydration. Be mindful of what you eat!

In good health,  
Sandy Kurby MPH, RD, LDN