Improving Your Health from the Ground Up!

The American Dietetic Association has declared March as National Nutrition Month. This year’s theme is “Improving Your Health from the Ground Up!” Let’s take a look at Serving Size vs. Portion Size. Is there a difference?

According to the ADA a “serving” is the amount of food recommended in consumer education materials such as MyPyramid. (www.mypyramid.gov) A “portion” is the amount of food you choose to eat at any one time which could be more or less than a serving.

So how much is a serving?

According to MyPyramid here are some everyday comparisons to help you figure out serving sizes.

One teaspoon of margarine = the size of one dice

Three ounces of meat = the size of a deck of cards

One cup of pasta = the size of a baseball

One-half cup of fresh fruit = the size of a baseball

For more information, contact:

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How about a simple soup that has it all? Trying to cut out red meat? No problem. Make it like I do without the meat. Add extra beans to increase the protein.

**TACO SOUP - Original recipe**

1½ lb. ground beef  
1 lg. Onion, chopped  
1 (28 oz.) can whole tomatoes, chopped with juice  
1 (14 oz.) can kidney beans, undrained  
1 can shoe peg corn  
1 (8 oz.) can tomato sauce  
1 pkg. taco seasoning mix  
Salt and pepper  
4 cups water  
Tabasco sauce to taste

Sauté ground beef and onion; drain. Combine remaining ingredients in large soup pot. Add beef and onion. Simmer for 1 hour. Serve with grated cheese, sour cream, and corn chips. **Yield: 8 to 10 servings.**

**TACO SOUP – MEATLESS RECIPE**

1 lg. Onion, chopped  
1 (28 oz.) can whole tomatoes, chopped with juice  
1 (14 oz.) can kidney beans, undrained  
1 (14 oz.) can black beans, undrained  
1 (14 oz.) can pinto beans, undrained  
1 can shoe peg corn  
1 (8 oz.) can tomato sauce  
1 pkg. taco seasoning mix  
Salt and pepper  
4 cups water  
Tabasco sauce to taste

Combine all ingredients in large soup pot. Simmer for 1 hour. Serve with grated cheese, sour cream, and corn chips. **Yield: 8 to 10 servings.**