

CAMDEN COUNTY
NUTRITION SITE
MAY 2013 NEWSLETTER

Visit our website at www.scucs.org for more information!

GENE'S CORNER

Portion Control is in Your Hands

As the weather warms up and we start to bring out the shorts and tee-shirts, sometimes it feels like our clothes shrunk in storage. Actually, we might have added some extra pounds in the winter to help keep us warm. Many people underestimate the amount of food they eat and also underestimate the number of calories they consume. Eating smaller portions of food is one of the easiest ways to cut back on calories. But with the current trend of super-sizing food portions, how do you know a reasonable portion of food when you see it? There are two ways you can estimate a portion size when you can't use measuring utensils. One way is to use your hand:

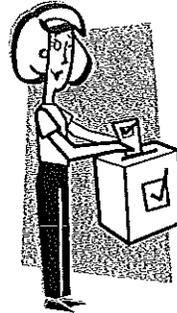
Closed Fist	1 cup	baked potato
Woman's Palm	3 oz.	1 serving of meat
Thumb Tip	1 tsp.	1 serving of margarine
Cupped Hand	½ cup	1 serving cooked vegetable
Thumb	1 oz.	1 piece of cheese

A second way to estimate a portion size is to compare it to everyday items.

Chocolate	1 oz.	a package of dental floss
Nuts	1 oz.	2 shot glasses full
Fish	3 oz.	a checkbook
Sour Cream	¼ cup	a large egg
Salad Greens	½ cup	7 cotton balls
Frozen yogurt	¾ cup	a tennis ball
Pasta	1 cup	a baseball
Pancake	4 inches	a compact disc

Of course, you can always reduce the portion you eat by sharing with your dining companion or taking it home for another meal

A WORD ABOUT DONATIONS...



Donations are a vital part of our program.

The actual cost of a meal is now \$5.50.

Your donation of **\$2.00 per meal** helps to keep the sites open.

SITE LOCATIONS

John Kerfoot Community Center 547-3407
 Road A, Audubon Park (M-F)

Respond Community Elders Council 246-1583
 441 Erie Street, Camden (M-F)

Riverview Tower 456-1121
 130 Mickle Boulevard, Camden (M-F)

Pine Hill Senior Citizen Center 783-7425
 131 E. 12th Avenue, Pine Hill (M-TH)

Katz Jewish Community Center 424-4444
 1301 Springdale Road, Cherry Hill Ext. 1280
 (Kosher) (M-F)

Senior Citizen Day Center 374-6005
 Jefferson House, Blackwood (M-F)

Wayne R. Bryant Com. Center 547-2539
 323 E. Charleston Avenue, Lawnside (W&F)

Call the individual site for more information or to make a reservation.

A project of
SENIOR CITIZENS UNITED COMMUNITY SERVICES, INC.

Funded by: Camden County Board of Chosen Freeholders and the Camden County Division of Senior & Disabled Services

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