



Nasco's Expanded Portion Kit

These generic portion **Life/form®** replicas give clients an idea of portion sizes without the color or the shape of food distracting them. No matter what food you are referring to, you can select an appropriate size for that particular patient. These models replicate realistic portions and are less expensive and time-consuming than real foods. Helps with food recalls or when helping a patient focus on new serving sizes. Kit includes six portion sizes, one each for 1 cup (240 ml), 1/2 cup (120 ml), 1/3 cup (80 ml), 1/4 cup/4 tbsp. (60 ml), 1 tbsp. (15 ml), and a 3-oz. (85 g) serving replicating meat or fish. Wash in warm soapy water and rinse well. Sh. wt. 1.50 lbs.

WA31486H — \$30.50



Portion Puzzle Posters Set

Gr. 5+ Portion sizes have been increasing over the years — along with our waists! The correct portion sizes are outlined like puzzle pieces on the posters and tablet to make it easy to see what one serving looks like. They each feature common meals as well as snacks, beverages, and desserts; and offer tips to make healthy portion choices. Includes four 24" x 18" laminated posters (breakfast, lunch, dinner, and composite). ©2008. Sh. wt. 1.25 lbs.

WA27585H — \$39.95

NEW 1 Great Plate® Game

This educational game helps players build a healthy plate and educate them about the importance of including all five food groups at mealtimes. Includes a 50-sheet, 11" x 17" tear-off game board tablet (players enter their calorie requirements on the front and the back has MyPlate tips and word-based activities), 104 laminated food portion cards with corresponding nutrition information on the back similar to National Dairy Council food models (please note that the Nutrition Labels in this game contain a simplified version and do not contain the entire information found on a label), and a game instruction sheet (with bonus game and activity ideas, master list, and USDA calorie level chart). ©2015. Sh. wt. 2.25 lbs.

WA33778H — \$39.95



Nasco's Portion Sizes Kit

An easy way to visualize portion sizes! This kit provides an easy-to-remember guide for many different foods representing the five food groups. Includes: nickel (equals 2-oz. of dry spaghetti which equals 1 cup cooked spaghetti), tennis ball (equals 1 cup of cooked rice or 15 grapes), baseball (equals a 12-oz. potato or 1-cup of cold cereal/corn flakes/granola), deck of playing cards (equals 3 oz. of meat), 1" wooden cube (equals 1-oz. of cheese), compact disc (CD) case (equals 1 slice of bread), matchbook (equals 1 tbsp. of oil, salad dressing, or mayonnaise), and a handy laminated card with food portion size equivalents. Components come packaged in a plastic storage container with a hinged, snap-closure lid and a portion size equivalent list on the side. (▲) Sh. wt. 2 lbs.

WA20511H — \$12.85



Portion Distortion Poster

Gr. 6+ A quick look at healthy portions, recommended serving sizes compared to what is usually served, and the easiest way to measure portions. 24" x 18". Laminated. ©2005. Sh. wt. 0.25 lbs.

WA23943H — \$14.95

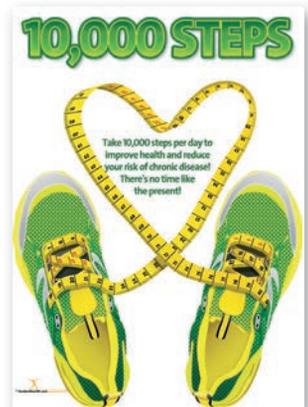
Tablet. Same image as above on the front and the easiest ways to measure your portions on the back. 50 sheets, 11" x 8 1/2". Sh. wt. 0.75 lbs.

WA24373H — \$11.95

10,000 Steps Posters

Gr. 3+ Most people only walk 3,000 to 4,000 steps each day, but it takes 10,000 steps for most people to stay healthy. A couple of ways include walking while talking on the phone or taking an extra lap around the grocery store. Poster encourages more walking into their lives. 18" x 24". Laminated. ©2014. Sh. wt. 0.25 lbs.

WA33024H — \$19.00



Set SMART Health Goals Tablet

Gr. 6+ Encourage students to set SMART (Specific, Measurable, Achievable, Realistic, and Timely) goals to improve their health and wellness. The front helps participants identify, plan, and commit to nutrition, fitness, and other wellness goals. The back features a week-long chart to record daily food choices and amounts of physical activity. 50 sheets, 8 1/2" x 11". ©2015. Sh. wt. 0.75 lbs.

WA33296H — \$11.95