Do you know the difference between a portion and a serving? A portion is how much you choose to eat at one time. A serving is the amount of food listed on a label's nutritional facts. They should be the same, but usually our portion sizes grow much larger than the recommended serving size.

You may be surprised to learn that each of these is one serving size!

1 slice of bread

½ cup rice or pasta (cooked)

2 oz. cheese (about the size of a domino)

¾ cup fruit juice

1 small piece of fruit (super-large apples are 2+ servings)

1 cup milk or yogurt

2-3 oz. meat, poultry or fish (about the size of a deck of cards)
**Recipe: Banana in a Blanket**

**Ingredients**

- 1 (6-inch) whole wheat tortilla
- 1 banana
- 1 tbsp. creamy peanut butter
- 1 tsp. honey or maple syrup
- 1 tbsp. cereal or granola

**Directions**

- Lay tortilla on a plate
- Spread peanut butter evenly on tortilla
- Sprinkle cereal/granola over peanut butter
- Peel banana and place on tortilla
- Drizzle honey or maple syrup on banana (optional)
- Roll the tortilla up

Peanut butter should only be given to children two years of age and older when spread thinly on crackers or toast. To avoid an allergic reaction, sunflower butter may be used in place of peanut butter.

---

**WIC is Located Near You!**

Did you know there is a WIC location close to you? We have four locations in Osceola County! Call (407) 343-2085 today for an appointment!

**Kissimmee**
1875 Fortune Rd.
Kissimmee, FL 34744
Monday–Friday

**Poinciana**
109 N. Doverplum Ave.
Kissimmee, FL 34759
Monday–Friday

**Saint Cloud**
1050 Grape Ave.
St. Cloud, FL 34769
Monday–Thursday

All WIC locations are closed the 2nd Friday of each month.

**WIC Forms Update**

Did you receive a completed “Medical Documentation for Formula and Food” form from the doctor? Please bring it to your next appointment and our nutrition staff will be happy to go over this with you! Please do not have the doctor fax the form to us as we are unable to accept any forms in advance.