

# Just Right

## Restaurants can fight childhood obesity by right-sizing kids' portions

Finding a kids' meal that's not too big and not too small can be a struggle—just ask Goldilocks. Some restaurants follow calorie guidelines for bundled meals (entrée, sides, drink) offered to kids up to age 13, but until now such guidelines didn't exist for single servings. RAND researchers, with an expert panel, developed single serving guidelines to help kids avoid eating too much when eating out.

### Guidelines

When restaurants serve *right-sized* portions, kids can choose single serving items to build a healthy meal under 600 calories.

#### Entrée



**300**  
calories

#### Side



**150**  
calories\*

#### Milk (unflavored)



**130**  
calories

Mix and match 2 to 3 right-sized servings to stay under 600 calories.

\*No calorie limit on fruits and vegetables with no added sugars or sauces.

Healthy meals don't include fries or dessert. If they are served, portions must be small to keep the whole meal within the calorie limit.

#### Fried Potato



**100**  
calories

#### Dessert



**150**  
calories

### Current Portion Sizes

Portions in most restaurants are too large, pushing their calorie count over the recommended limit.

#### Entrée



551 calories

**2X**  
guidelines

#### Entrée



459 calories

**1.5X**  
guidelines

#### Fried Potato



287 calories

**3X**  
guidelines

#### Dessert

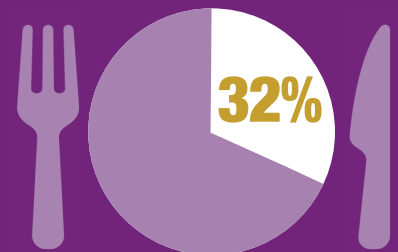


361 calories

**2X**  
guidelines

### Calories Matter

Trimming restaurant portions is important because food prepared away from home accounts for almost one-third of the calories Americans eat.



Restaurants can help lower kids' risk of obesity by adopting these guidelines.



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