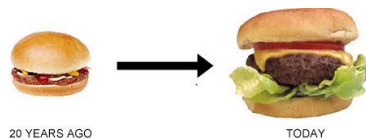


Making Sense of Portion Sizes

Interested in losing weight or getting healthy?

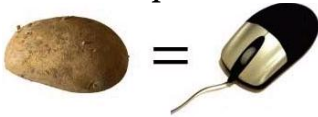
Do you feel like you are eating healthy, but the weight just won't come off? Perhaps it is the portion sizes that are keeping those extra pounds on.

It is easy to overeat since the amount of food we are served is getting bigger and bigger. Just look at what a fast food hamburger looked like 20 years ago compared to today...



Unsure of what an ideal portion size even looks like? Use this helpful guide below to assist you on your way to losing that weight. You don't even need a scale or measuring cups – simple everyday items can be your tools.

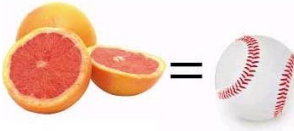
A medium potato = Computer mouse



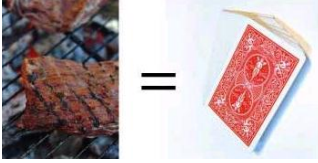
An average bagel = Hockey puck



1 medium fruit or 1 cup vegetables = Baseball



3 oz. of meat = Deck of playing cards



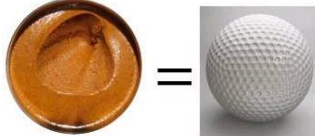
3 oz. of fish = Checkbook



1 ounce of cheese = 4 dice



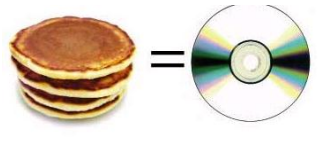
1 teaspoon peanut butter = golf ball



1 cup ice cream/yogurt = Tennis ball



4" diameter Waffle or Pancake or tortilla = Compact disc



1/2 cup cooked rice or pasta = lightbulb



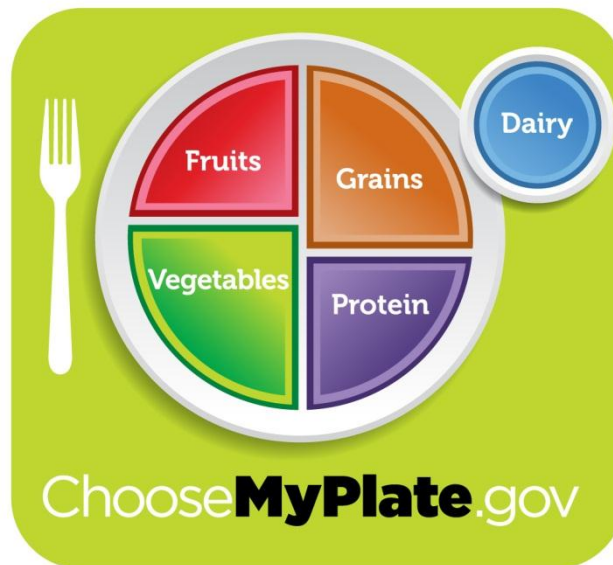
1 brownie = dental floss package



Additional information is available at the link below:

http://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/media/pdf/diet/portion-control-guide.pdf

Say goodbye to the food guide pyramid and hello to MyPlate



MyPlate was designed by the USDA to be less complicated than MyPyramid because most people were confused about the message MyPyramid was sending. MyPlate gives us a better understanding of how to eat a healthy, well-balanced diet.

Does your plate look like the model? If not, you are not alone. Grains and protein usually make up most of our plates, while vegetables and fruits may fall by the wayside.

MyPlate Messages for Better Nutrition: Get Your Plate in Shape!!!

Make at least half your grains “whole”.

Choose 100% whole grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on your food packages. The first word in the ingredients list should say “whole” (whole grains, whole oats, and whole wheat are examples).

Make half your plate fruits and vegetables.

Eat a variety of colorful vegetables: dark green, red and orange in color. Can't afford fresh vegetables? No need to worry. Frozen and canned vegetables count too! Try to pick “reduced sodium” or better yet “no salt added” varieties. You can also rinse them prior to consuming to limit your daily sodium intake.

Add fruit to meals and snacks each day or consider eating fruit as your dessert. Buy fruit that is fresh, dried, frozen or canned in water. Choose whole fruits instead of 100% fruit juice most times.

Vary your Protein

Eat a variety of protein foods each week: lean meats and poultry, seafood, eggs, nuts and legumes. Limit to about 1/4 of your plate.

Switch to fat free or low fat milk

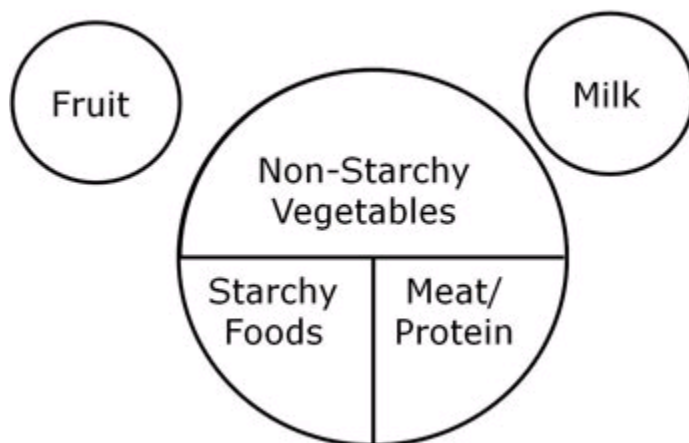
Fat free and low fat milk have the same amount of calcium, vitamin D and other essential nutrients as 2% and whole milk, but way less calories and saturated fat.

Lactose Intolerant? Consider trying lactose free milk or a fortified soy beverage.

Discover additional tips on healthy eating at the following website:

<http://www.choosemyplate.gov/>

Do you have **diabetes** and feel even more confused about what to eat? Similar to MyPlate, there is a special plate for people with diabetes...keep on reading to find out more on how to create your plate...



American Diabetes Association

<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>

<http://www.learningaboutdiabetes.org/downloads/PlateMethodENc.pdf>

Exercise

You are on your way to managing your health. In addition to eating healthy, exercising can help you on your journey. It is recommended for individuals to get 30-60 minutes of moderate intensity physical activity in at least 3-5 times per week. Don't have 30 minutes? Don't worry. You can break it up. Just 10 minutes, 3 times per day has been shown to provide the same health benefits as one straight 30 minute session.

Here are just some of the benefits of exercising.

- Control your weight
- Reduce your risk of Cardiovascular Disease, Type 2 Diabetes, Metabolic Syndrome and some Cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Source: <http://www.cdc.gov/physicalactivity/everyone/health/>

Gym memberships can be expensive. There are many exercises that you can do in the comfort of your own home. Click on the link below to discover a 30 minute routine:

<http://www.webmd.com/fitness-exercise/ss/slideshow-30-minute-workout-routine>

Picking an activity that you enjoy can help keep you motivated!!!

