

South Central's Health on Blast

Eating Right for a Healthy Weight Pt. 3

National Nutrition Awareness Month-focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Review

- **Start with a plan for lifelong health.**
- **Set healthy, realistic goals.**
- **Get a personalized eating plan.**
- **Balance your plate with a variety of foods.**
- **Start your meal with low calorie foods like fruits, vegetables and salads.**
- **Get plenty of fiber from fruits, vegetables, beans and whole grains.**



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Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think.







Switch from a large plate to a smaller one may help you feel satisfied with reduced portions.

Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food.

Snack smart. Include snacks as part of your daily calorie allowance and limit portions to one serving.

Watch portion sizes to manage your calorie intake. This is the key to an effective weight management plan.

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Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15