

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less September 2009

Eat Less & Move More

Get to a healthy weight.

Reduce your portion sizes and be more physically active.

Portion size and serving size are not the same!

- A “portion” is how much you choose to eat at one time.
- A “serving” size is the amount of food listed on the Nutrition Facts label.

Food portions have changed over the years.

20 Years Ago



210 calories
1.5 ounces

MUFFIN

Today



500 calories
4 ounces

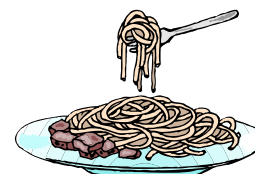
*If you eat 100 “extra” calories each day
you could gain 10 pounds in 1 year!*

- **Measure how much your bowls, glasses, cups and plates hold.** This will let you know how much you eat.
- **Know how many servings of foods you are eating by reading the Nutrition Facts labels.** Look for the serving size and the number of calories per serving on the food package label.

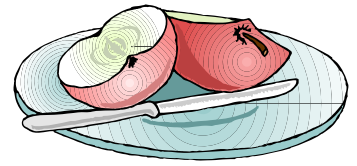
How Much Should You Eat?

Let's look at an example: The **average** person needs about 6-ounces of grains each day. **How much would that be?**

BREAKFAST	1/2 cup cooked oatmeal (cereal)
LUNCH	2 slices of bread (sandwich)
DINNER	1 cup of noodles (spaghetti) 1 small slice of garlic bread



Avoid Eating Large Portions



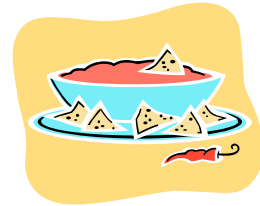
- When you eat at a restaurant, share a meal with someone or take half home.
- Do not put serving dishes on the dinner table. This may tempt overeating. Place reasonable portions of food on your plate.
- Family meals can be healthier than eating out. Turn off the television to focus on the meal and reduce your chances of overeating.
- Healthful snacks between meals controls hunger. Make snacking easy by having fruits and vegetables ready to eat in the refrigerator.

Salsa Dip Serves 8

1 can (16 ounces) diced tomatoes
1 can (8 ounces) tomato sauce
1/4 cup finely chopped onion

1/4 cup finely chopped green pepper
1 teaspoon ground cumin
Add other spices for flavor

1. Put all ingredients in a bowl and mix.
2. Serve with tortilla chips. Refrigerate leftover dip.



NUTRITION FACTS (per serving) - Calories 25 ~ fat 0 g ~ calories from fat 0 ~ sodium 200 mg ~ total carbohydrate 5 g ~ fiber 1 g

Fruit Dip Makes 2 cups

2 cups (16 ounces) light sour cream
1 package (3.5 ounces) instant vanilla pudding mix

1/4 cup fat-free milk
4 teaspoons lemon juice

1. In a bowl, whisk the sour cream, pudding mix, milk, and lemon juice until blended.
2. Serve with fruit. Refrigerate leftover dip.

NUTRITION FACTS (per 1/3 cup serving) - 160 calories ~ 5 g fat ~ cal from fat 50 ~ total carbohydrate 27 g ~ sodium 255 mg ~ fiber 0 g



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NUTRITION EDUCATION PROGRAMS

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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.