

# Health & Wellness Newsletter



## Physical Health

### **Portion Control and Diet: 10 Easy Tips for Smaller Servings**

The good news is that with a little practice, portion control is easy to do and can help people be successful in reaching and then maintaining a proper weight.

Here are 10 simple ways to keep your portions a healthy size:

1. Measure accurately. For foods and beverages, use gadgets like a measuring cup, tablespoon, teaspoon, or food scale.
2. Learn how to estimate serving sizes. “‘Ballpark’ food portion sizes by estimating serving sizes in comparison to known objects,” says Rose Clifford, RD, clinical dietitian in the department of pharmacy services at the Washington Hospital Center in Washington, DC. “For example, three ounces of cooked meat, fish, or poultry is about the size of a deck of cards.” Other easy measurements to eyeball include:
  - ½ cup is the size of an ice cream scoop
  - 1 cup is the size of a tennis ball
  - 1 ounce of cheese is the size of a domino
3. Use portion control dishware. Pick out smaller plates, bowls, cups, and glassware in your kitchen and measure what they hold. You might find that a bowl you thought held 8 ounces of soup actually holds 16, meaning you’ve been eating twice what you planned.
4. Dish out your servings separately. Serve food from the stove onto plates rather than family-style at the table, which encourages seconds.
5. Make your own single-serving packs. “Re-portion bulk quantities of favorite foods such as pasta, rice, and cereal into individual portions in zipper bags.
6. Add the milk before the coffee. When possible, put your (fat-free) milk into the cup before adding the hot beverage to better gauge the amount used.
7. Measure oil carefully. This is especially important because oil (even the healthful kinds like olive and safflower) have so many calories; don’t pour it directly into your cooking pan or over food.
8. Control portions when eating out. Eat half or share the meal with a friend. If eating a salad, ask for dressing on the side. Dip your fork into the dressing and then into the salad.
9. Add vegetables. Eat a cup of low-calorie vegetable soup prior to eating a meal, or add vegetables to casseroles and sandwiches to add volume without a lot of calories.
10. Listen to your hunger cues. Eat when hungry and stop when satisfied or comfortably full. “Try to gauge when you are 80 percent full and stop there,” says Clifford. “There will be more food at the next meal or snack!”



## Healthy Dessert Recipe

### **Chocolate Chip Bread**

- 2 1/4 cups Bisquick reduced fat baking mix
- 1 package JELL-O sugar-free instant chocolate pudding mix -- (4 serving size)
- 2/3 cup nonfat dry milk powder
- 1/4 cup sugar substitute
- 2 Tablespoons (1/2 oz) mini chocolate chips
- 1/4 cup (1 oz) chopped walnuts
- 2 eggs slightly beaten
- 3/4 cup fat-free vanilla yogurt
- 1/2 cup water
- 2 teaspoons vegetable oil
- 1 teaspoon vanilla extract

Preheat oven to 375° F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray. In a large bowl, combine baking mix, dry pudding mix, dry milk powder, sugar substitute, chocolate chips and walnuts. In a small bowl, combine eggs, yogurt, water, oil, and vanilla extract. Add the liquid mixture to the dry mixture. Mix gently just to combine. Evenly spread batter into prepared loaf pan. Bake for 45-50 minutes or until a toothpick inserted in center comes out clean. Place loaf pan on a wire rack and let set for 10 minutes. Remove bread from pan and continue cooling on wire rack. Cut into 12 slices.



## Quote of the Week

Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

**Albert Einstein**



## Spiritual Health

### **I am thankful Lord...**

I am thankful for the mess to clean after a party  
Because that means I have been surrounded by friends.  
I am thankful for the taxes I pay – (well, that’s a stretch, really) –  
because it means I am employed.  
I am thankful for the clothes that fit a little too snug  
because it means I have enough to eat.  
I am thankful for a lawn that needs mowing, windows that need cleaning and gutters that need fixing  
because that means I have a home.  
I am thankful for the spot I find at the end of the parking lot  
because it means that I’m capable of walking.  
I am thankful for my huge heating bill  
because it means I’m warm.  
I’m thankful for all the complaining I hear about our government  
because it means we have freedom of speech.  
I am thankful for the lady behind me in the church who sings off key  
because it means I can hear.  
I am thankful for the piles of laundry and ironing  
because it means my loved ones are nearby.  
I am thankful for the alarm that goes off in the early morning hours  
because it means that I’m alive.



## Emotional Health

### **5 Solutions to Your Bruised Body Image**

1. Think of the awesome things you can do thanks to your body, whether it’s lifting weights, walking several miles, playing with your child, playing an instrument, riding a bike, helping mom carry groceries, dancing with your significant other, achieving a tough yoga pose or simply wrapping your arms around a loved one.
2. What do you like about yourself, beyond your body? Create a list of your positive qualities and achievements, and if you need extra reminding, put the list on a note card and stash it in your purse.
3. Hang out with positive people, who appreciate and support you, who see beyond appearances to who you really are.
4. View exercise as fulfilling, not punishing. Instead of working out to eliminate calories or fit into some bikini (all things that, unfortunately, many magazines and some so-called experts recommend), choose ways to stay active that you enjoy and that make you feel strong and good about your body. There are tons of options for leading an active lifestyle: walking, hiking, biking, workout DVDs, gym membership, yoga, Pilates, dancing, tennis. There’s nothing wrong with you if you don’t like the latest workout craze. Pick something that resonates with you.
5. Worrying about your weight and body is exhausting and strips you of valuable time. Consider all the good things you miss out on because you’re too busy criticizing yourself. You overlook other opportunities, whether it’s the opportunity to self-reflect (instead of nit-picking at your thighs or waist, focus on being kinder to yourself and others), spend time with loved ones or read a good book.



## Joke of the Week

A driver tucked a note under her windshield wiper and dashed off:  
“I’ve circled the block for 20 minutes. I’m late for an appointment and if I don’t park here  
I’ll lose my job. Forgive us our trespasses.”

Returning, she came back only to find a parking ticket and this note:

“I’ve circled the block for 20 years, and if I don’t give you a ticket, I’ll lose my job... Lead us not into temptation.”