## EatLess-FeelBetter

ho would ever believe that with the low fat and fat free furor of recent date, we are still losing the battle of the bulge. One third of all Americans are overweight. Carrying around this weight can definitely have an adverse effect on the vitality required to get us through our daily routines.

Eating less is the solution to this problem. Portions are getting larger in restaurants and fast food franchises while companies are in pursuit of making the largest bagel, muffin or cookie. We can't begin to control this madness but we can recognize it and begin to redefine our eating regimen.



Recognize what a serving

size looks like. Invest in a small food scale and begin to weigh meat, fish and poultry. Also measure vegetables, cereal, pasta and rice to understand what a one cup serving looks like. You can use this knowledge to gauge portion sizes at mealtime. Balance your food intake throughout the day. Familiarize yourself with USDA recommended serving sizes in each food group. For example, a standard size of lean meat, poultry or fish is three ounces and the USDA advises 2 - 3 servings a day. Once you know the servings per food group, you can plan your meals and snacks to suit your schedule and lifestyle.

Develop restaurant survival skills. Order half portions or share an entree. Consider ordering an appetizer as a meal. Order broiled fish with lemon instead of butter. Look for seafood and vegetables that are baked in foil, grilled, broiled or steamed.

These suggestions will save calories and money. Remember, eating well is the foundation for good health BON APPETITE!

## CELEBRATE OUR HERITAGE AND LEGACY

African Roots + American Birth = African American

Symbolizes the people of African descent living in America. It's designed to promote cultural dignity and unity.

## **Claim Your Culture & Wear It Proudly!**

