

# 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

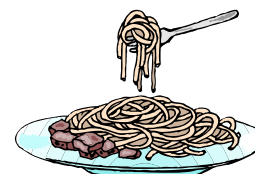
*If you eat 100 “extra” calories each day  
you could gain 10 pounds in 1 year!*

- **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.

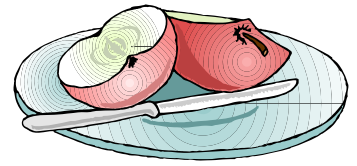
How Much Should You Eat?

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

|                  |   |
|------------------|---|
| <b>BREAKFAST</b> | 1/2 cup cooked oatmeal (cereal)                               |
| <b>LUNCH</b>     | 2 slices of bread (sandwich)                                  |
| <b>DINNER</b>    | 1 cup of noodles (spaghetti)<br>1 small slice of garlic bread |



# Avoid Eating Large Portions



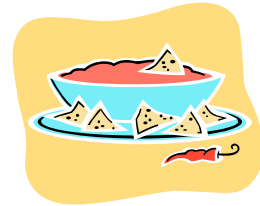
- When you eat at a restaurant, share a meal with someone or take half home.
- Do not put serving dishes on the dinner table. This may tempt overeating. Place reasonable portions of food on your plate.
- Family meals can be healthier than eating out. Turn off the television to focus on the meal and reduce 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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