

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

How Much Food Should You Eat And Drink Each Day?

It depends on whether you are male or female, your age,
level of physical activity, height and weight.

If you are interested in finding a reasonable diet plan
go to <http://www.mypyramid.gov> .



- ♥ To keep from gaining weight, eat only the amount of food your body needs.
- ♥ To lose weight, eat only what your body needs and be more physically active.

Be physically active every day. Choose activities that you enjoy. Start new habits. Walking is a great way to start. Take a brisk 10 minute walk to and from the parking lot, bus stop, or subway station.

Easy Pumpkin Pudding Serves 6

1 cup canned pumpkin	1 tsp. nutmeg
2/3 cup skim milk	2 cups nondairy whipped topping
1 pkg. (3.4 oz.) instant vanilla pudding	1 cup crushed graham crackers or vanilla wafers
1 tsp. cinnamon	

1. Combine pumpkin, milk and pudding in bowl. Mix until well blended.
2. Add spices. Fold in whipped topping.
3. Place pudding into 6 dessert cups and top with graham crackers or vanilla wafers.



NUTRITION FACTS (per serving with graham crackers) - Calories 210 ~ fat 6 g ~ calories from fat 50 ~ sodium 340 mg ~ total carbohydrate 36 g ~ fiber 2 g

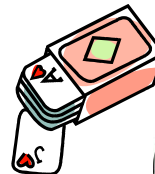
How Much Do You Eat?

Knowing how much food you eat is important for eating healthy and for weight control.

- Try measuring your food to get an idea of how much you eat.
- Measure how much food your bowls, glasses, cups and plates hold.
- Sometimes it is easy to see how much food you are eating when you compare it to things you know:



Woman's fist	about 1 cup
A handful	about 1/2 cup
Tennis ball	about 1/2 cup
Large egg	about 1/4 cup
CD-compact disc	about a 1-ounce pancake
Deck of cards	about 3-ounces of meat
Tip of thumb	about 1 teaspoon



Sweet Potatoes and Cranberries Serves 8

2 15.5-ounce cans of sweet potatoes	1/2 cup brown sugar, firmly packed
3/4 cup water, orange juice or apple juice	2 Tbsp. margarine
1 1/2 cup canned cranberry sauce	1/4 cup chopped nuts, optional

1. Preheat oven to 350 degrees.
2. Drain sweet potatoes. Slice sweet potatoes and layer in a baking dish.
3. In a saucepan combine 3/4 cup water or juice, cranberry sauce and brown sugar. Simmer, uncovered, for about 5 minutes. Add margarine and stir. Pour over potatoes.
4. Top potatoes with nuts.
5. Bake for 20 minutes or until heated through.

NUTRITION FACTS (per serving with water and nuts) - Calories 300 ~ fat 6 g ~ calories from fat 50 ~ sodium 95 mg ~ total carbohydrate 61 g ~ fiber 4 g