



# Union County Health Council Newsletter

January 2010

## Our Four Areas of Focus:

Nutrition  
Exercise  
Smoking  
Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

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## Practice Portion Control

Want to lose weight -- or maintain a healthy weight? Practicing portion control will ensure you don't supersize your servings and help you control the amount of food you eat.

One way to see how much food should be in a serving is to check the Nutrition Facts label and measure it out. But that's not always practical. We'll help you "eyeball" your food to gauge what's too much -- and what's just right.

The dinner plates we use at home -- and at restaurants -- are bigger than in the 1950s and '60s. A bigger plate usually means more food. If you grew up with the words "Clean your plate," you may

be doing exactly that -- and risk overeating because of it.

These tips will help you control how much you eat - - and reach a healthy weight.

- Eat from smaller dishes like luncheon or salad plates.
- Serve the correct portion.
- Don't go back for seconds or keep platters of food on the table.
- Store leftovers in portion-controlled amounts for other quick meals.



## Eating Out? 4 Tips on Portion Size

Restaurants typically serve huge portions. If you eat out often, you need to always keep portion sizes in mind. Try these tips:

- Ask about half portions or order from the child's menu.
- If you get a full portion size, box up half your entrée before you start eating.
- Share your food with your companion.
- Eat a healthy appetizer and soup or salad instead of an entrée.

## Healthy Eating and Portion Control

Here's what you should aim for:

- 1.5-2 cups fruits & 3 cups vegetables
- 6-7 servings grains: ½ cup rice or pasta, 1 slice of bread, 1 cup cereal, etc.
- 3 servings low-fat dairy: 1 cup milk or yogurt, ¼ cup cottage cheese, 1.5 ounces cheese
- 5-6 one-ounce equivalent servings protein
- 5-6 portions (teaspoons) oils and fats
- 100-300 "extra" calories from snacks, dessert, alcohol or overeating

## Learn to Eyeball a Portion Size

Having a mental image of these objects helps determine normal serving sizes: A deck of cards, a poker chip, a baseball, a hockey puck, a CD, some dice, a light bulb.

When you're counting calories, it's an easy way to get a ballpark estimate. Estimating portion sizes will get you started toward weight control.



## Cut That Baked Potato Down to Size

1 small potato = the size of a computer mouse

That's 1 vegetable serving.

For weight loss, remember this: Restaurants serve giant potatoes with toppings -- which means lots of extra calories. Healthy eating tips:



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- Eat a small portion, and take the rest home as leftovers.
- Choose a sweet potato. has vitamin C, potassium, calcium, vitamin A, folate, beta-carotene.

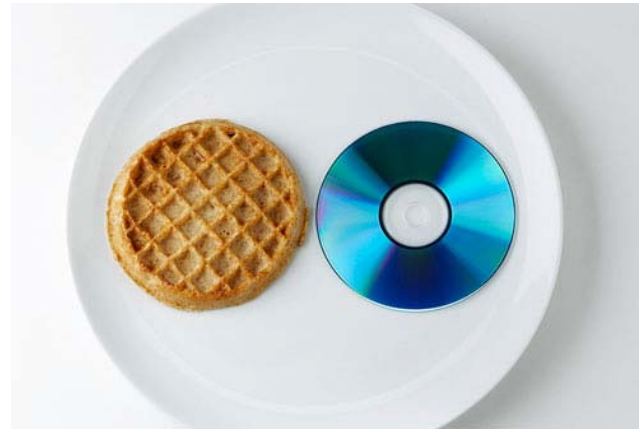
## Serve the Right Amount

1 portion size pasta is  $\frac{1}{2}$  cup =  $\frac{1}{2}$  a baseball

That's 1 serving of grains.

Healthy eating tips:

- If you eat more pasta, skip the bread basket. But add those grains into your daily count.
- Use whole-wheat blend pasta, for extra fiber and satiety.
- Skip Alfredo or creamy sauces in favor of marinara.
- Use low-fat salad dressing for pasta salad.



## Trim Waffles Down to Size

1 portion size pancake or waffle = the size of a CD.

That's 1 serving of grains.

Healthy eating tips:

- Order a small pancake & one egg. That's a serving each of grains & protein.
- Order whole grains (buckwheat, whole wheat) for more fiber and nutrition.
- Opt for fresh fruit or sugar-free syrup as a topping.

## Your Favorites Can Fool You

Bagels and bran muffins seem like healthy eating standbys. But if they're big, start adding up the calories.

A low-fat muffin totes up about 300 calories. Same for a typical big bagel. Spread on some butter or cream cheese, and you've added more fat and calories. Breakfast suddenly becomes a 500-calorie bust.

## Size Is Everything at the Bakery

1 small muffin = a tennis ball

$\frac{1}{2}$  a medium bagel = a hockey puck

That's 1 serving of grains.

Healthy eating tips:

- Make it a whole-grain bagel. The high fiber will curb hunger later.
- Opt for a high-fiber English muffin to save calories.

## Watch Your Dairy Servings

1 portion size of cheese = four dice

That's 1 serving of dairy.

Cheese is high in calcium -- and fat. Try low-fat cheeses -- they have gotten better in taste and texture. But portion control is still an issue. A healthy diet allows just 2 to 3 servings of low-fat dairy.

Healthy eating tip: Ask for less cheese or low-fat cheese on pizza.

## How Much Meat Is Enough?

A 3-ounce portion size = A deck of cards or the palm of your hand (minus fingers)

Lean protein in every meal -- like fish, poultry, eggs, nuts, beans -- can help with weight loss. But you only need 5-6 ounces in a day. So an egg at breakfast or ¼ cup nuts as a snack leaves about 3 oz. for your main meal.

## Go Slightly Nuts for Peanut Butter

1 portion size or 2 tablespoons = a golf ball

That's 1 serving protein.

Peanut butter & jelly is great comfort food. And research shows that snacking on peanuts and peanut butter -- in controlled amounts -- is a good way to control hunger. But to avoid weight gain, you've got to exercise portion control. One portion size has about 190 calories, 17 grams fat. Jelly adds more calories.

## Healthy Chinese Food

2 portion sizes cooked rice = a light bulb

1 portion size = a full cupcake wrapper

That's 1 or 2 servings of grains.

Rice is low-fat, low-calorie. Serve it with more healthy food -- plenty of veggies stir-fried in minimal oil.

Healthy eating tips:

- Steamed rice has fewer calories than fried rice.
- Brown rice has more fiber than white rice.
- Make sure whatever you eat with the rice isn't fried.

## It's Easy to Overdo Fats and Oils

1 portion size of fat or 1 teaspoon = a poker chip or a stack of four dimes

That's 1 serving of fats and oils.

For weight loss, be mindful of fat. Most Americans get plenty of fat in the foods they eat -- like cooking oil, salad dressings, meats and nuts.

Healthy eating tips:

- Use spray cooking oils instead of liquid.
- Use heart-healthy olive or canola oil instead of butter.
- Ask for vinaigrette salad dressings on the side.



## Have Just a Handful of Chips

Snacks are counted as "extra calories" in the food pyramid -- and you get 100 to 300 every day, depending on your activity level. If you crave chips, have some -- just not the whole bag.

1 portion size = 1 handful

That's 6 large tortilla chips or 20 potato chips or mini-pretzels.

Healthy eating tip: Baked, multigrain, and vegetable chips -- like carrot and sweet potato -- have more nutrients and less fat.

## Spend Extra Calories Wisely

1 portion size =

- 2 fingers width cheesecake & chocolate cake
- one small scoop ice cream

Desserts are "extra calories," too. Consider:

- One slice of cheesecake = 250 calories, 18 fat grams.
- A wedge of chocolate cake = 235 calories, 11 fat grams.
- One scoop of chocolate ice cream = 250 calories, 12 fat grams.

## Baseball-Sized Broccoli & Berries

- 1 serving fruits & veggies = 1 baseball or the size of your fist
- 1 cup leafy greens = 2 tennis balls

That's 1 serving fruits and vegetables.

Healthy eating tips:

- Green, red, and orange foods have lots of nutrition: Berries, red bell peppers, tomatoes, pumpkin, sweet potatoes.
- Dark greens are heart healthy: Spinach, broccoli, Swiss chard, kale.

## How Pizza Can Be On Your Diet

There's no set portion size for pizza, so follow these healthy eating tips:

- Order a thin crust.
- Pile on vegetable toppings, and skip the meat.
- Ask for extra sauce -- and half the cheese.
- Have a salad to start.
- Stop after one or two slices, and take the rest home.

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## Take Action!



The Kentucky Women's Health Registry is the first state wide confidential, annual health survey for women. The information collected is used by university researchers to understand how environment, the stresses we face, and health behaviors affect women's health over time. The survey can be done online at <http://www.kywomensregistry.com> or on paper by calling **800 929 2320**. The Registry is simply women helping the women of today and tomorrow. It is very important that the Registry is diverse. So, young women, mothers, and grandmothers need to participate. They need 2500 new women to take the survey each year, so they need your help!

Your answers are kept confidential. The Registry follows all HIPAA guidelines and has a Certificate of Confidentiality from the National Institute of Health which protects your information from being released. (You can go to: <http://grants.nih.gov/grants/policy/coc/background>

[.htm](#) for a good description of a Certificate of Confidentiality.)

Your name and address is stored separately from your answers as yet another way to keep your information confidential. Your name and address are only used to remind you to take the survey next year and to send you quarterly newsletters about women's health. Some women may qualify to participate in subsequent research. If you are selected you always have the option to decline and still remain in the Registry or if you are interested, you may be able to participate. The Registry allows you to choose how involved or uninvolved that you would like to be. Please consider joining the movement of over 10,000 women who are already working together to improve their health!

I have completed this. It takes 5 – 10 minutes.

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I was recently introduced to a good article by Annie Stuart that was featured on WebMD. Here is an excerpt. I hope you find something that speaks to you.

### Happiness: 6 Myths and Truths

Don't Fall for These 6 Happiness Myths; Learn How to Overcome Them

If you'd like to be happier -- who wouldn't? -- the first step may be to challenge your own views about happiness.

Maybe you think that to be happier, you need more than you have now -- more freedom, more money, more love ... fill in the blank. Or maybe you've convinced yourself that this is as good as it gets.

Such beliefs may be more myth than fact. Although a myth usually contains a kernel of truth, it can also sprout and grow, spreading seeds of doubt that can ultimately crowd out your own growth.

Here are six common myths about happiness that may actually be downsizing your happiness. The truth may set you free for a happier life, starting right now.

### **Happiness Myth No. 1: Either you have it or you don't.**

Say you have two kids you've raised just the same, but they have opposite personalities -- one sour, the other sunny. This makes it hard to dispute the fact that genes play a powerful role in each person's happiness. There's evidence that genetics contributes to about 50% of your happiness set point. Research shows you can become happier. It just takes commitment and effort, as with any meaningful goal in life.

### **Happiness Myth No. 2: Happiness is a destination.**

Many people think of happiness as a destination or acquisition - whether it's marriage, money, or a move to a new location. Sure, things like these can contribute to happiness, but not as much as you might think -- only about 10% of your whole happiness picture.

Lasting happiness has more to do with how you behave and think, which you ultimately control more than many of life's circumstances.

### **Happiness Myth No. 3: You always adapt to your happiness set point.**

It's true that people tend to adapt fairly quickly to positive changes in their lives. In fact, adaptation is one of the big obstacles to becoming happier. The long-awaited house, the new car, the prestigious job - all can bring a temporary boost, but then recede into the background over time.

To help thwart adaptation, you can also use novelty to your advantage. For instance, if your home has become a little ho-hum, you might try rearranging furniture or hosting parties for a variety of friends.

### **Happiness Myth No. 4: Negative emotions always outweigh the positive ones.**

For quite some time, research has indicated that negative emotions are more powerful than positive ones. Negative emotions might edge out positive emotions in the moment because they're telling you to find a problem and fix it. By contrast, positive emotions appear to win out over time because they let you build on what you have.

### **Happiness Myth No. 5: Happiness is all about hedonism.**

There's more to happiness than racking up pleasurable experiences. In fact, helping others - the opposite of hedonism - may be the most direct route to happiness, notes Stephen G. Post, PhD, co-author of *Why Good Things Happen to Good People: The Exciting New Research That Proves the Link Between Doing Good and Living a Longer, Healthier, Happier Life.*

### **Happiness Myth No. 6: One size fits all.**

If you're seeking a magic bullet or mystical elixir to enhance your happiness, you're bound to be sorely disappointed. There is no "one size fits all" for happiness.

Instead, there are many ways to boost your happiness. Here are options to try:

Pick an activity that is meaningful to you.

Assess your strengths and develop practices that best use these gifts.

Vary your activities, because promoting happiness is largely a question of finding a good fit.

And when it comes to happiness, maintaining your will - and acting on it -- might just put a pleasurable, meaningful life well within reach.



"I've added a few minutes to that hour glass figure I had in college."

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