

## TIPS FOR EATING OUT

- Choose foods that are steamed, broiled, baked, roasted, poached or stir-fried instead of deep-fat-fried
- Share food, such as a main dish or dessert, with your dining partner
- Ask for a take-home container when the meal arrives and immediately place half the meal inside to bring home and eat the next day
- Ask for salad dressing on the side, and use only small amounts of full-fat dressings

Source: FDA

## RECOMMENDED PORTION SIZES

- Meat – 3 oz. (size of a bar of soap)
- Fish – 3 oz. (size of a checkbook)
- Cheese – 1 oz. (size of 4 dice)
- Potato – Medium (size of a computer mouse)
- Peanut butter – 2 Tbs. (size of a ping pong ball)
- Pasta – ½ cup (size of a tennis ball)
- Bagel – Medium (size of a hockey puck)
- Vegetables – 1 cup raw (size of a baseball)
- Raw fruit – ½ cup (size of a tennis ball)
- Dried fruit – ¼ cup (small handful)
- Condiments – ½ of what you normally use

Source: American Cancer Society

## SIMPLE WAYS TO IMPROVE YOUR HEALTH

- Stand while getting dressed – strengthens your reflexes and improves balance
- Catch some rays – increased exposure to natural light will improve your mood and regulate your sleep cycle
- Reduce computer time – limiting time spent on the computer in the evenings and on weekends to one hour will force you to be more active
- Head for bed 10 minutes early – more sleep strengthens the immune system, even just a few minutes
- Stock your house with healthy groceries – prevents you from picking up fast food while you're out
- Avoid smoky places – there is no healthy level of exposure
- Cut the cola – more than three servings per week may lower bone density

Source: Fitness Magazine

## WHAT IS THE RIGHT NUMBER OF CALORIES FOR YOU?

To determine the number of calories your body needs each day, multiply your weight by your activity level (below). To lose weight safely, experts recommend cutting 200-250 calories per day.

You exercise...

Almost never: 12

Lightly, 1-3 days/week: 13.5

Moderately, 3-5 days/week: 15.5

Vigorously, 6-7 days/week: 17

Daily and you have a physical job: 19

Source: Real Simple Magazine

## REACHING FOR A SNACK?

First, ask yourself whether you are really hungry, or if something else may be triggering your urge to eat, including:

**Boredom**  
**Anxiety**  
**Stress**

**Anger**  
**Sadness**  
**Loneliness**

Source: Am I Hungry?

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Stretch's Corner for Adults

