

Health Yourself Byte

LEARN TO EAT WITH YOUR HANDS!

For most individuals, it's not WHAT you eat, but how MUCH you eat that gets you into trouble with your weight and blood work values, i.e. glucose, triglycerides and cholesterol! Since March is National Nutrition Month, I'm going to encourage you to EAT WITH YOUR HANDS.

What do I mean???? It's important to understand the difference between a portion size and a recommended serving size. Basically, a PORTION is the amount of one food item eaten during a meal or a snack. It's what you actually eat . . . rather than what you're supposed to eat. Unfortunately, most portions are bigger or smaller than the serving size and will either give you too much or too little of the key nutrients you need.



In an ideal world, you'd read every label and measure every portion so that you eat just the right amount. But for most of us, that's unrealistic. If you don't have measuring cups handy . . . you can use your hands.



TIP OF THUMB = 1 TEASPOON



FROM THE 1st KNUCKLE TO THE TIP = 1 TB



CUPPED HAND = ½ CUP



FIST = 1 CUP



PALM OF HAND: MEAT PORTION 3-4 OZ.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical
Center of Plano