HEALTHY EATING

"Walking is the best possible exercise."
Thomas Jefferson

Everything in Moderation

Some foods are healthier than others; however, there are no "good" or "bad" foods. All of your favorite foods can fit into a well-balanced diet with a little planning. Moderation is the key, and it will allow you to avoid that deprived feeling associated with the word “diet.” You should be able to make healthy choices without sacrificing the foods you love.

Look at your plate

A serving size is not determined by how much you decide to put on your plate. It is important to strike a balance between higher-calorie foods and more nutrient-dense foods such as fresh fruits and vegetables. A good rule of thumb is to visualize your plate before filling it up. MyPlate recommends that half of the plate should be reserved for fruits and vegetables and the other half should consist of grain products (at least half of them whole grains) and lean meats, beans, or an equivalent protein source.

Listen to your body

Keep in mind that the more you initially put on your plate, the more likely you are to consume excess calories. Thus, the size of the plate does matter. This is because of the general tendency to clean one’s plate. Try using smaller plates and go back for more if you are still hungry. This is where listening to your body is key. Many people eat quickly and continue eating past the point of fullness. By stopping when you feel satisfied and avoiding the urge to finish everything on your plate, you will automatically consume fewer calories.

Other equivalencies:

● A small hand holding a tennis ball = one serving of yogurt or chopped fresh greens. This is equivalent to 1 cup.

● A teaspoon of margarine = the size of the tip of your thumb to the first joint.

● A tennis ball = one serving of pasta. This is equivalent to 1 cup.

● A 9-volt battery = 1 tablespoon of peanut butter.

● A compact disk = 1-ounce slice of bread

Tips for controlling portion sizes:

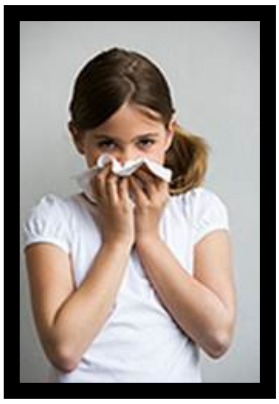
• Try not to serve food “family style.” Instead, portion everything onto plates in advance.

• When snacking, avoid eating directly out of the bag or carton. This can lead to mindless eating with no way to determine exactly how much you have consumed.

• Practice estimating portion sizes using common objects, as listed above. If desired, use measuring cups for accuracy.

When & How to Wash Your Hands

When should you wash your hands?



- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do **not** eliminate all types of germs.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.