



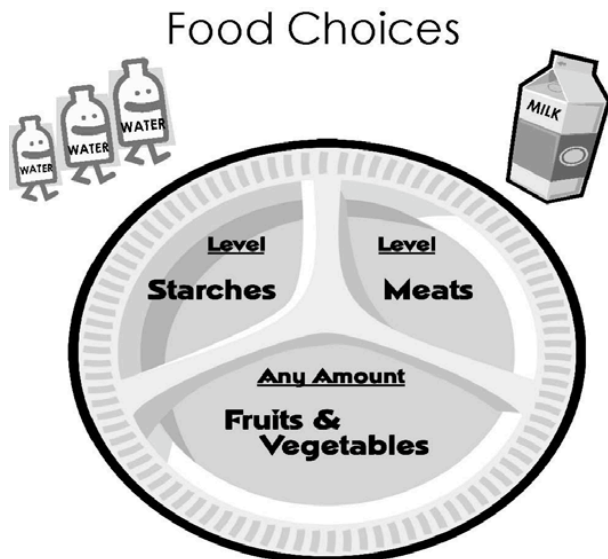
FACTOID 6: PORTIONS & OPTIONS

Healthy Meetings Checklist Items: *Are lower fat, salt and sugar options available?*
Are choices available for indicated special needs and preferences?

Eating right and being physically active aren't just a "diet" or a "program"—they are keys to a healthy lifestyle. We need to make smart choices from every food group, find our balance between food and physical activity, and get the most nutrition from our calories. Depending upon our age, activity level, and whether we are trying to gain, maintain, or lose weight, there is a right number of calories for each of us to eat each day.

Portions on a Plate

How can we simplify eating right? One suggestion is to "eat proportionally" and to use a 9-inch round (eating surface area) plate as a guide to eating. A compartmented plate may also be helpful as a startup practice tool; paper, plastic and ceramic versions are readily available.



Vegetables and fruits fill half the plate.

Pile vegetables and fruits as high as desired and if you're still hungry for seconds, go right ahead. Vary your choices and eat vegetables and fruits of different colors. Choose a low-fat dressing, like the recipes below. If you're using a compartmented plate, vegetables and fruits fill the largest section.

A grain food (or starch) fills a fourth of the plate and not more than 1/2 inch high. Choose whole grains whenever possible. Choices should also generally be low in fat. With the occasional high fat choice such as French fries, your portion size would be limited to approximately half of a small package. If using a compartmented plate, this is one of the small sections.

A protein food fits in the remaining fourth of the plate. Choices should generally be low in fat. The occasional high fat choice such as fried chicken would be limited to one thigh. If using a compartmented plate, this is one of the small sections.

Drink water with and between meals.

Consider drinking low-fat or fat-free milks.

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Low-fat dressings

Mix all ingredients together for each recipe.

Thousand Island Dressing

1 carton (6-8 ounces) low-fat or nonfat vanilla yogurt
1/4 cup tomato catsup
1/4 cup pickle relish
Pepper to taste

Piña Colada Sauce

1 carton (6-8 ounces) low-fat or nonfat vanilla yogurt
1 carton (6 ounces) frozen pineapple juice concentrate
Coconut extract to taste

Ginger Citrus Dressing

1/4 cup grated ginger root
2-4 tablespoons fresh lemon or lime juice with grated peel
1 cup rice vinegar
1/4 cup honey

Salsa

1 can (28 ounces) tomatoes, crushed
1/4 cup minced onions (round and/or green)
1-2 teaspoons lemon or lime juice
2 tablespoons cilantro (Chinese parsley)
Chili peppers or hot sauce to taste

Tartar Sauce

1 carton (6-8 ounces) low-fat vanilla yogurt
1/4 cup pickle relish
1 teaspoon minced pickled capers
Pepper to taste



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