



Health Focus



February 2015: Proper Portion Sizes



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Proper portion control is very important when it comes to eating well and staying healthy. Eating the proper portions allows your body to get the nutrients it needs without going overboard. There are lots of great tips for remembering portion sizes and keeping your plate in check.

February 26

Alexa will be doing a demo including a mini lesson and food samples.

Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.

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HEALTHY FUN FACT

Exercise is the single most important key to heart health and it is completely free.

Healthy portion sizes should create a plate that looks like the one pictured. Half the plate is fruits and vegetables, one quarter is whole grains, and the other quarter is proteins. Choose a colorful array of fruits and vegetables so you're getting the most nutrients, along with whole grains such as brown rice, whole wheat pasta, or whole wheat toast to your plate. Lastly add a protein that's lean like boneless skinless chicken breast, turkey, or fish that contain healthy fats like salmon, herring, or trout.



20 Years Ago	Today	Difference	20 Years Ago	Today	Difference
		257 More Calories			165 More Calories
133 Calories	390 Calories		83 Calories	248 Calories	
		350 More Calories			290 More Calories
500 Calories	850 Calories		210 Calories	500 Calories	
		525 More Calories			360 More Calories
500 Calories	1,025 Calories		270 Calories	630 Calories	

Many popular restaurants and food chains serve well over the proper portion sizes to customers. Watch out for portion distortion and use the tips you've learned here to create a healthy plate!

Featured Recipe

Chicken and Quinoa Skillet Casserole

This easy weeknight meal comes together in one skillet and pleases the whole family.

Click here for the recipe: http://www.healthy-delicious.com/smothered-chicken-and-quinoa-sketlet/#_a5y_p=1145842



Worth the Read!

A recent article in the *New York Times* says meditation could be the key to a good nights sleep.

<http://well.blogs.nytimes.com/2015/02/23/meditation-for-a-good-nights-sleep/?ref=health&r=0>

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