Cook County Public Health & Human Services

TAKING CARE OF OURSELVES

Sawtooth Mountain Clinic
Together Through Life
a 501(c)(3) not-for-profit organization

October, 2017 | Topic of the Month | Free - Help Yourself!

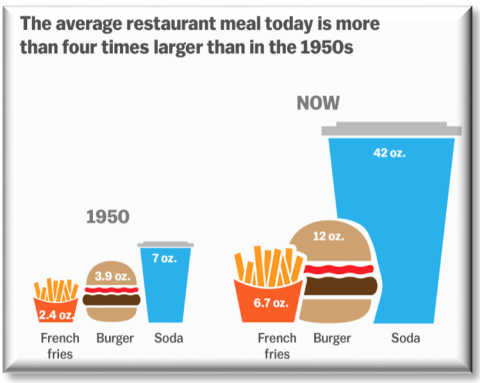
7 ways to ⬆ your veggies!

- **Keep a supply of cut- up vegetables in the refrigerator. Pull them out for snacks and before supper.** If you like, Serve with yogurt mixed with ranch dressing, taco seasoning, or hummus.
- **Breakfast loves veggies.** Add onions, peppers, tomatoes, or mushrooms to your scrambled eggs. How about some carrots or zucchini in your pancakes, muffins, or oatmeal?
- **Pump up the veggie volume!** Most recipes will work fine if you double the amount of vegetables.
- **Veggies work GRATE!** Try adding grated zucchini and carrots to turkey burgers, meatloaf and meatballs; they'll add both moisture and nutrients to the dish. Puree cooked cauliflower, winter squash, or red peppers and stir them into sauces, mashed potatoes, pot pies, or even mac and cheese.
- **How about "Meatless Monday?" (or Tuesday, or…)** This will give you an chance to practice moving vegetables to the place they'll do you the most good - the front & center of your meals!
- **Try new vegetables and break out of the broccoli rut.** Make sure it's in season, and just go for it. Google "recipes" + "the name of the veggie" and you'll find endless delicious ideas!

Portion DISTORTION

Big Food = Big Problems

Something scary has happened to our food portions over the last few decades - they've gotten HUGE!



Our ideas have changed drastically about what a "normal portion" is. In turn, this has had drastic effects on the overall health of Americans. For instance, today's restaurants meals are more than 4 times larger than they were in the 1950s, and adults are, on average, more than 26 pounds heavier.

Read on for tips and tricks to help recalibrate your sense of serving size.

1. **Eat at home more often.**
   The food we make at home tends to be both cheaper and healthier for us. In 1960, just 26% of the money spent on food in the U.S. was on food eaten away from home, but by 2011, that jumped to nearly 50%. Americans now eat out an average of four times a week, which can mean an extra eight pounds a year.

2. **When you're eating at home:**
   - ✓ Use salad plates, small dessert bowls, and tall, thin glasses.
   - ✓ Don't serve from large cooking pots or pans - it camouflages the size of the servings you take.
   - ✓ Pack away left-overs before you start eating.
   - ✓ Don't bring prepared food onto the dining table. Keep it in the kitchen and serve from there.

3. **When you do eat out, some simple changes in the way you order can make a big difference:**
   - ✓ Share with a friend. Order a combo meal plus a single entree and then spilt the side dish and drink.
   - ✓ Order a regular meal and a to-go box at the same time. First pack up tomorrow's lunch, then enjoy tonight's supper!
   - ✓ Skip the soda and juice. Why drink all those empty calories?

4. **Order an appetizer as your entrée and then pair it with a side salad or other vegetable dish.**
   You'll not only get a smart-sized portion, you'll get to choose from new and different options too!

5. **Ask the waitstaff if they serve half-sized portions of entrees and deserts.** Even if they don't right now, if enough customers express interest, they might adopt the idea!

6. **Request a double-sized portion of vegetables as a substitute for a starchy side-dish.** If you're going to super-size something, make it your vegetables!

Taking care of ourselves can take a lot of support.
We're here to help!
Ask a nurse or provider if you'd like to talk.

Portion *Distortion*

20 YEARS AGO	TODAY	DIFFERENCE
333 Calories	590 Calories	257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*

500 Calories	850 Calories	350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*

1 cup spaghetti with sauce and 3 small meatballs	2 cups spaghetti with sauce and 3 large meatballs	
500 Calories	1,025 Calories	525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO	TODAY	DIFFERENCE
Coffee, 8 oz (with whole milk and sugar)	Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)	
45 Calories	350 Calories	305 MORE CALORIES

Walking **1 HOUR AND 20 MINUTES** burns approximately 305 calories* **Based on 130-pound person*

1.5 oz	4 oz	
210 Calories	500 Calories	290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*

1.5 diameter	3.5 diameter	
55 Calories	275 Calories	220 MORE CALORIES

Washing a car for **1 HOUR AND 15 MINUTES** burns approximately 220 calories* **Based on 130-pound person*

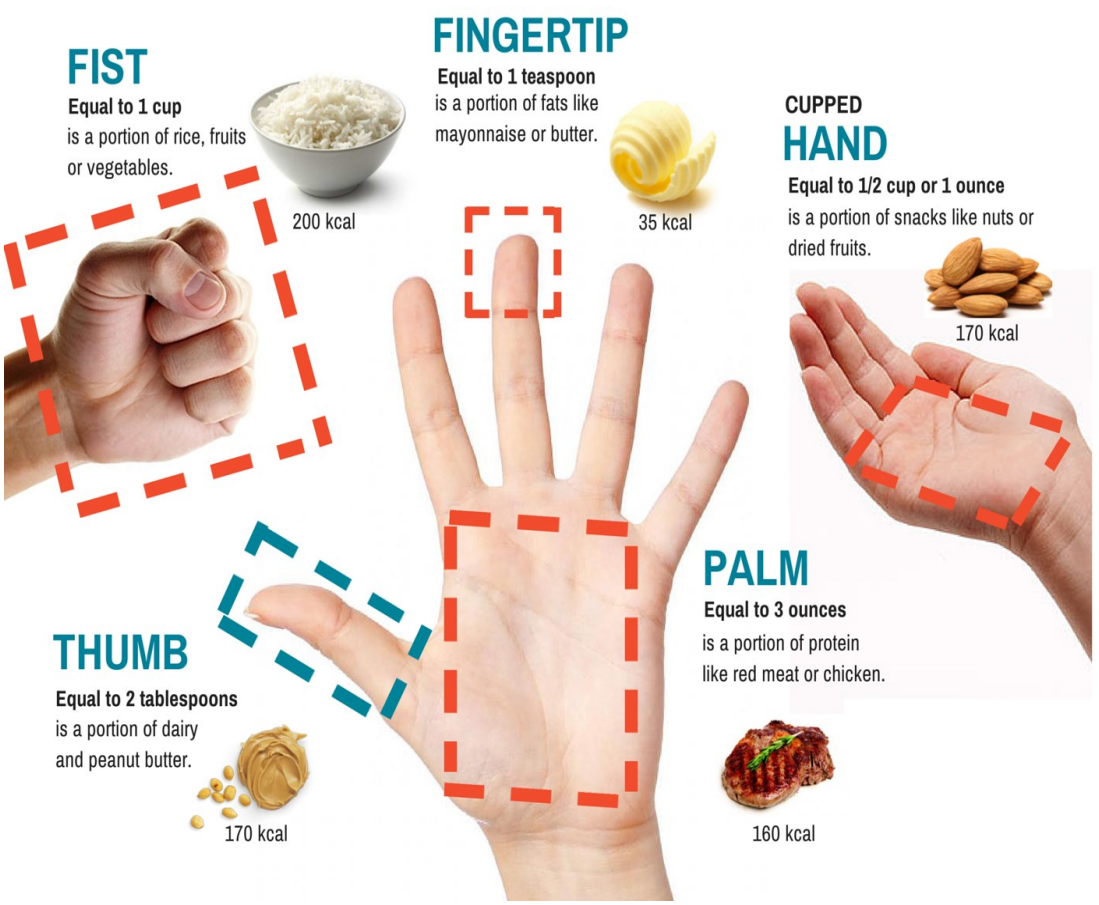
It's easy to see how those extra calories have added up.

What if we traded "Super-Sizing" for "Smart-Sizing?"

Then the occasional indulgence wouldn't cause problems, and we could keep some of our treats!

Smart! ;-)

Get a handle on portion sizes!

It might take a little practice to re-learn what healthy portions look like. But luckily, you've got handy-dandy measuring devices right at your fingertips.

Give yourself a hand!