

# Take a NOURISH Step!

## June Joy: Enjoy Your Favorites in the Right Portions

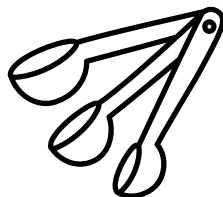


### Did you Know?

Using a smaller plate naturally reduces portions by 20%.

### Portion Size Versus Serving Size... what's the difference?

- **Portion size:** Portion size is the amount of food you choose to put on your plate and eat
- **Serving size:** is the amount of a specific food or drink that is suggested on a food label
- These are the **recommended serving sizes** of some common foods:
  - 1 slice of whole grain bread
  - 1/2 cup cooked pasta
  - 1 small piece of fruit
  - 1 wedge of melon
  - 1 cup non-fat or low-fat milk
  - 2 oz. cheese
  - 3 oz. lean meat, chicken, or fish (this is about the size of a deck of cards)
- Use serving sizes to be mindful of portion sizes at meals. Select a variety of foods to help keep you full and satisfied.



### Strategies for including favorite foods

- Combine a favorite treat with fruits, vegetables, or protein to make the meal/snack more satisfying and balanced.
- Try new recipes that keep the flavor you love but reduce sugar, fat, or salt.
- Eat favorite foods with friends or family to make the experience more satisfying and help prevent overeating.
- Take one serving according to the food label and eat it off a plate
- Avoid eating in front of the TV or while you are busy with other activities
- Focus on what you are eating, chew your food well, enjoy the smell and taste of your favorite food.
- Freeze food you won't serve or eat right away. Freeze leftovers in single-sized servings so you have ready-made meals.

### Importance of Hydration

Hydrating before meals helps with portion control.



**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

## Mini Dessert Swap - Lemony Fruit Cups

### Ingredients

- ½ cup Greek or plain yogurt
- 1/4 tsp lemon zest (grated)
- 2 tsp fresh lemon juice
- 1 tbsp almonds (dry roasted, sliced, crushed)
- 1 kiwi(s) (peeled and cut into 4 slices)
- 4 medium strawberries (quartered)

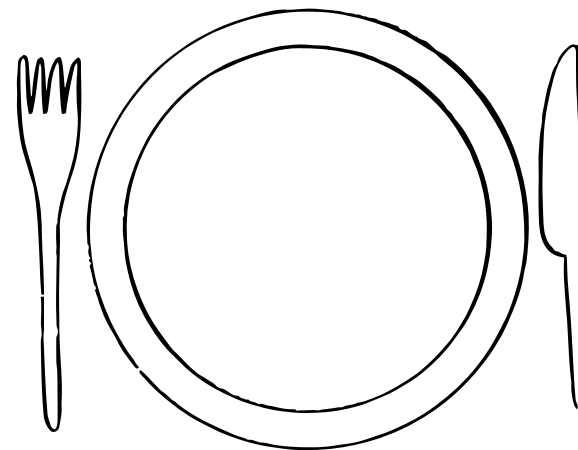


Recipe adapted from  
<https://diabetesfoodhub.org/recipes/bonus-recipe-lemony-fruit-cups>

### Directions

- In a small bowl, stir together the yogurt, lemon zest, and lemon juice. Spoon into two small custard cups or ramekins.
- Sprinkle the almonds over the yogurt mixture. Arrange the kiwifruit and strawberries on top. Serve immediately, or refrigerate until serving time.

## “Portion Size Plate” Drawing Activity

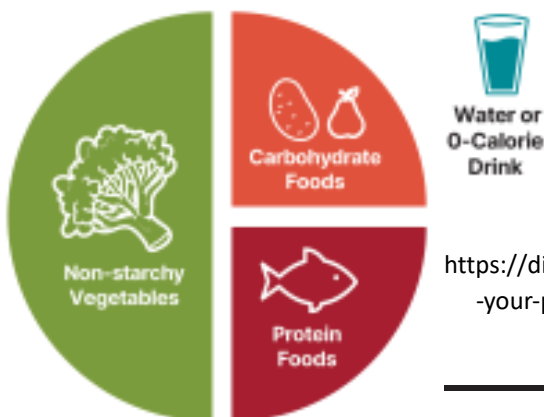


### Directions:

- Draw out what you normally eat for your favorite meal, include accurate portion size.

Compare to suggested serving size/diabetes MyPlate.

## The Diabetes My-Plate



<https://diabetesfoodhub.org/blog/create-your-plate-simplify-meal-planning-diabetes-plate>

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Keep taking NOURISH Steps and learn more about portion sizes at:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/portion-size-versus-serving-size>

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***If you want more pep, take a NOURISH Step!***

**For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)**

