

MARCH

National Nutrition Month

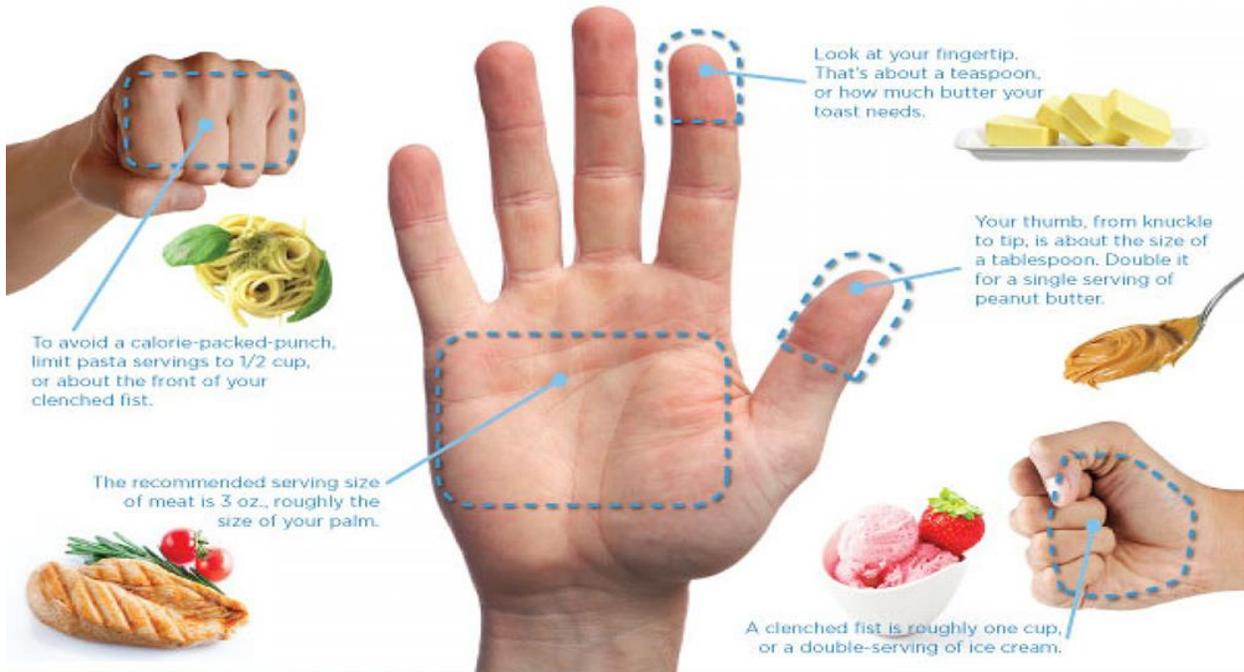


Watch out for Portion Distortion!

We've all heard it time and time again that portion size matters, but do we really know what the "right" portion size is for most foods? Research has shown that people consistently eat more food when offered larger sized portions. Consuming only an extra 100 calories per day can lead to a weight gain of 10 pounds in a year! Don't let portion distortion ruin a good diet! Use the chart below to help you see what the right portion looks like in certain foods.



Hand Guide to Portion Control



Clenched fist: To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.

Hand palm: The recommended serving size of meat is 3 oz., roughly the size of your palm.

Fingertip: Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.

Thumb: Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

Clenched fist (ice cream): A clenched fist is roughly one cup, or a double-serving of ice cream.

Sources:
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>
<http://www.healthy.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

www.GuardYourHealth.com

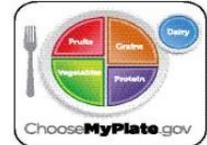




United States Department of Agriculture

10 tips
Nutrition
Education Series

enjoy your food, but eat less



10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate.

Healthy meals start with more fruits, vegetables, grains, protein foods, and dairy. Drink and eat less sodium, saturated fat, and added sugars.

1 **get to know the foods you eat**
Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.

SuperTracker

2 **take your time**
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

3 **use a smaller plate**
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

4 **if you eat out, choose healthier options**
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

5 **satisfy your sweet tooth in a healthy way**
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



6 **choose to eat some foods more or less often**
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

7 **find out what you need**
Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

8 **sip smarter**
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sugar-sweetened beverages contain added sugar and are high in calories.



9 **compare foods**
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

10 **make treats "treats," not everyday foods**
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

Every person requires a different amount of calories per day.

How To Determine Your Daily Calorie Intake



STEP 1
Find Your Basic Metabolic Rate

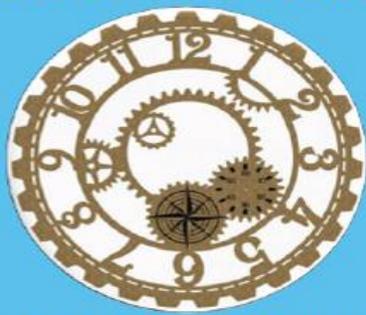
Women: $655 + (4.35 \times \text{weight (lbs.)}) + (4.7 \times \text{height (in.)}) - (4.7 \times \text{age (yrs.)})$
Men: $66 + (6.23 \times \text{weight (lbs.)}) + (12.7 \times \text{height (in.)}) - (6.8 \times \text{age (yrs.)})$

STEP 2
Determine Your Activity Level

Sedentary (Little to no exercise): 1.2
Lightly Active (Light Exercise (1-3 days/week)): 1.375
Moderately Active (Moderate Exercise (3-5 days/week)): 1.55
Very Active (Hard Exercise (6-7 days/week)): 1.725
Extra Active (Very Hard Exercise and Physical Job 7 days/week): 1.9

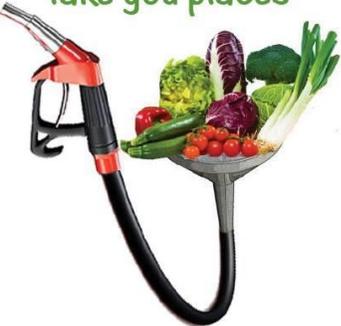
STEP 3
BMR x Activity Level = Calorie Intake
Number of calories one should consume daily to maintain current weight

GET UP AND MOVE



AT LEAST 10 MINUTES EACH HOUR

Your body is a finely tuned vehicle, give it good fuel and it will take you places



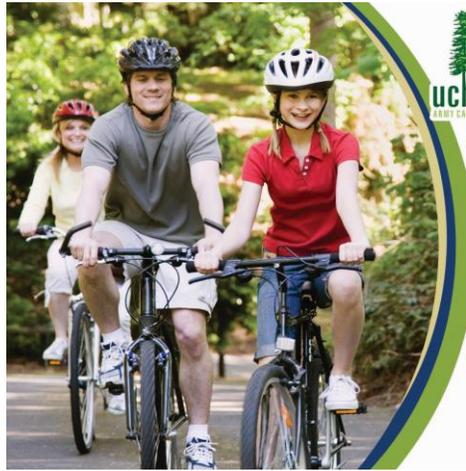
Upcoming Events



**BENNING
BLACK
KNIGHTS**
BASKETBALL TRYOUTS

MARCH 5 & 12
3:30-5:30PM | YOUTH SPORTS GYM

The team will compete in tournaments throughout Columbus and surrounding areas. Tryouts are FREE and open to boys 11-14.
Tryouts are CLOSED to parents.
Space is limited and a current sports physical must be on file.
For more info, call 706-545-1853.



ucheeCREEK
ARMY CAMPEROOD AND MARINA

SOCIAL CYCLING

Join us for a moderate paced 5-mile bike ride along the trails at Uchee Creek, 5-7pm.

2016: **Mar 18** | **Apr 22** | **May 20**
Jun 17 | **Jul 22** | **Aug 2**
Sep 15 | **Oct 14**

Free and open to all ages
17 and under must be accompanied by a parent/guardian.

Bring your own bike and helmet or reserve one free of charge, while supplies last.
Register by calling 706-545-2063.



Fort Benning Alabama Spartan Race Spartan Spring 2016

April 16, 2016

101st Airborne Division Road, Fort Mitchell, Alabama, United States



<http://www.spartan.com/en/race/detail/1370/overview?clickid=U9IWYmXlWYwG VcCR4hw0VyqEUkS1POR-S1nNxU0&c3nid=158885&c3ch=Affiliate-IR>