

## NUTRITION

### March 2016 National Nutrition Month

#### Super-Size Me!

It's hard to believe that the 90's are 20 years ago...A lot has changed since the 90's. Some of the characteristics of our favorite foods have changed too, particularly, portion size. I'm guessing if you have been eaten any fast food in the recent past, you are aware of the term "super-size", but maybe you haven't noticed that portions of food at many places have grown large enough to feed two people. With the increase in portion size, there continues to be an increase in waistlines and body weight.

Let's take a look at a couple of examples of the changes in portion sizes.

1990's	Today	
Bagel: 140 Calories 3-inch diameter	Bagel: 350 Calories 6-inch diameter	
Hamburger: 333 Calories	Hamburger: 590 Calories	
Spaghetti: 500 calories 1 cup spaghetti w/ sauce and 3 small meatballs	Spaghetti: 1,025 calories 2 cups spaghetti w/ sauce and 3 large meatballs	

Just in in the last 20 years, there is an average of 165 calorie increase in the soda people can buy (6.5 ounces vs. 20 ounces). Based on a 160 pound person, it'd take 35 minutes of gardening to burn 165 calories!

If you are going to eat out there are some things you can do to eat healthier and enjoy your meal. Don't be afraid to ask questions about the ingredients and how the food was cooked. You also can ask to leave some items out or replace them with healthier choices. For more tips on how you can eat healthy when eating out and enjoy your meal, check out <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/eating-out.htm> You can also reach out to your Health Promotion Coordinator or Registered Dietitian at **(YOUR CONTACT INFORMATION HERE)**.

#### References:

<http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>  
<http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/eating-out.htm>

#### Busting Through Weight-Loss Plateau



You've eaten healthy thru the winter months, saying "no" to the *double-patty whammy burgers* and working out on a regular basis. But, recently, you've noticed that when you get on the scale, the number isn't budging. Could it be a plateau? Cue the scary music. All is not lost, there's hope...

First, take a deep breath and remind yourself that you have made great progress so far. It's not uncommon for weight loss to plateau.

#### But, what can cause weight-loss plateau?

- Initial weight loss could simply be water weight.
- As you lose weight, you may lose muscle along with fat. If you lose some muscle, your metabolism may slow, so you may burn fewer calories.
- You may not be eating enough calories too, which can slow your metabolism and cause overeating from being hungry.

#### So, what can be done?

**Look back** at your food and activity records. This will let you know if you had too many "cheat meals". Use the [SuperTracker](#) from ChooseMyPlate.gov to track your meals if you don't have a tracking tool. This super easy to use tool will help you see where your calories are coming from.

**Keep it simple.** Eat nutrient-rich, lean sources of protein such as fish, poultry, beans, nuts, and low-fat dairy products. Make sure to include whole grains, fruits, and vegetables too. Simple doesn't have to be bland, for example, choose a cup of fruit instead of chips.

**Eat protein.** Protein helps preserve lean body mass (muscle) during weight loss, promote fat loss, and contribute to a feeling of fullness.

**Rethink your drinks.** Alcohol and sugar-sweetened beverages, which include [sports drinks](#), can add extra calories and prevent you from losing weight. Stick to water and low-fat milk (or soymilk) during meals and stay hydrated.

**Shake things up.** Vary the type, intensity, duration, and frequency of your [exercise](#) plan.

Most importantly, don't give up. The road to healthy weight loss is a life long journey. Want help breaking through the plateau? Contact us at **(YOUR CONTACT INFORMATION HERE)**.

#### References:

[http://www.cdc.gov/healthyweight/healthy\\_eating/cutting\\_calories.html](http://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html)  
<http://hprc-online.org/blog/overcome-your-weight-loss-plateau>  
<http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss-plateau/art-20044615?pg=2>

Health Promotion Events



**Monthly Cooking Demo – Cheese Tasting**  
**Thurs 17 March @ 1200 at the HAWC**  
**Please call to sign up as space is limited**

**Commissary Tour – By appointment only**

## A MESSAGE FROM YOUR HEALTH PROMOTION TEAM

**March is National Nutrition Month! Let us enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives! Please check our Facebook page and stop by the Health & Wellness Center for healthy eating tips.**

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