

Small Steps to Health and Wealth

Strategy 14 - Use Easy Frames of Reference (Health)

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Keep things simple when making changes to your health. Studies show that people are more likely to make positive changes in their lives if they have a clear idea of where they want to be in the future and actions required to get there.

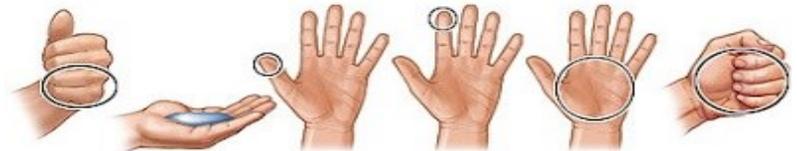
Many health recommendations are not easily remembered and acted upon and busy people don't have time to make sense of them. An example is food portion sizes, which many people are unable to estimate correctly.

Research shows people understand food portion sizes better, and may be motivated to eat less, when portions are compared to the size and shape of common objects. Portion size measurement aids (PSMAs), such as golf and tennis balls have been found to significantly improve portion estimations.



This program and newsletter is adapted from the "Small Steps to Health and Wealth Program," developed by Joanne Kinsey, M.S., CFCS at Rutgers, New Jersey Agricultural Experiment Station

Easy Portion Sizes



1/2 cup	1 oz	1 Tbsp	1 tsp	3 oz	1 cup
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The United States Department of Agriculture (USDA) released the new "MyPlate" icon in June 2011. It was designed to help consumers make healthier food choices using a simple graphic with easy to understand recommendations. The website www.chooseMyPlate.gov reminds the public that their daily food and physical activity choices affect their health and how they feel at any age. The website includes many easy frames of reference like nutritional information for 8,000 foods that can be used for menu planning, sample menus, and assistance in developing personal nutrition and physical activity plans.



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What you think about you bring about.

Bob Proctor

Deskercise!

Use a stapler or filled water bottle as an improvised "barbell." Standing or seated, lift it with your right hand, bend your elbow, and curl your arm toward your chest. Repeat 15 times and then repeat with your left hand.

ACTION STEPS

- ✓ Memorize 2-3 portion size measurement aid examples and use them for food portion decisions.
- ✓ Pay increased attention to portion (serving) size labeling information on nutrition facts labels.
- ✓ Create and carry around a "cheat sheet" with the serving size and caloric value of commonly eaten foods that lack nutrition facts labels (e.g., meat, fish, produce, fast foods).