

## NUTRITION TIDBITS

### NUTRITION TIDBIT #37

Did you know ...

- Although there are more low-fat, fat-free and reduced calorie foods on the market now than ever before, Americans are more overweight than ever before.
- Over 75% of older adults in North Carolina are at risk for some form of malnutrition.

What do these two conditions have in common?

- Both conditions are related to serving sizes. Overweight people generally eat too much.
- Malnourished people are not eating enough of the right kinds of foods.

The Solution:

Take control of your life. Learn about portion sizes. One way is through Partners in Wellness Portion Power program. Don't delay, start learning today.

*“Nutrition Tidbits” are provided by the Partners in Wellness Program of the N. C. Cooperative Extension Service of N. C. State University. Contact your local agent for more information.*

## **NUTRITION TIDBIT #28**

Eat less and enjoy it more. Is that possible? Yes, according to Portion Power, a module of the Partners in Wellness program. Here's how:

- Eat several small meals throughout the day instead of two or three large meals.
- Slow down your eating. Take at least 20 minutes to savor every bite.

What will this mean?

- Spreading food out over the course of a day will result in less weight gain and fat accumulation than having fewer larger meals if calorie consumption is the same or less.
- Slower eating means that you can enjoy the flavor and texture of the food and the pleasure of eating will last longer.

*“Nutrition Tidbits” are provided by the Partners in Wellness Program of the N. C. Cooperative Extension Service of N. C. State University. Contact your local agent for more information.*

## **NUTRITION TIDBITS**

As we age, our bodies need fewer calories. If we eat the same amount of food at age70 that we ate at age30, we will gain weight. Since we need fewer calories, we need to eat less. It is important to know how to measure a serving properly to keep our portions under control. Here are a few tips from the Portion Power module of the Partners in Wellness program. Use your hand to measure portion sizes as follows:

- Fist or cupped hand = 1 cup
- Thumb = 1 ounce of cheese
- Palm = 3 oz. of meat
- Thumb tip = 1 teaspoon
- One tennis ball = 1 serving of fruit

*“Nutrition Tidbits” are provided by the Partners in Wellness Program of the N. C. Cooperative Extension Service of N. C. State University. Contact your local agent for more information.*

## **NUTRITION TIDBITS**

Some medications have side effects that can influence your nutrition and health. These may include:

- Loss of appetite and weight loss
- Increased appetite and weight gain
- Nausea and vomiting
- Diarrhea or constipation
- Dry mouth or dehydration
- Indigestion or heartburn

So what should you do?

- Ask about any side effects that any new medication may have.
- Be sure that your doctor is aware of all medications that you are taking so that he can be aware of any reactions that may affect your nutrition.
- Report any side effects that you have to your doctor immediately.

*“Nutrition Tidbits” are provided by the Partners in Wellness Program of the N. C. Cooperative Extension Service of N. C. State University. Contact your local agent for more information.*