

RADIO SPOTS

NUTRITION TIDBIT # 37 – 60 seconds

Here is NUTRITION TIDBIT NUMBER 37: 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. Additionally, 3/4 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**, while malnourished people are not eating **enough of the right kinds** of foods.

What is the solution? Take control of your life. Learn about portion control. A helping of food at a restaurant, church social, or in someone's home, is NOT necessarily a serving. Generally, we are served far more food than we need.

This "Nutrition Tidbit" is brought to you 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 # 38 – 30 seconds

Today there are more low-fat, fat-free and reduced calorie foods on the market than ever before. Still, Americans are more overweight, while 3/4 of older adults in North Carolina are at risk for some form of malnutrition.

Both conditions are related to serving sizes. Overweight people generally eat **too much**, while malnourished people are not eating **enough of the right kinds** of foods.

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NUTRITION TIDBIT # 28 - 60 seconds

Here is NUTRITION TIDBIT # 28. Eat less and enjoy it more. Is that possible? Yes, according to Portion Power, a session of the Partners in Wellness program. Here are two simple ways:

First, eat several small meals throughout the day, instead of two or three large meals. Eat more often but eat less total food. This reduces the sensation of hunger.

Second, slow down your eating. Take at least 20 minutes to eat a meal and enjoy it longer.

Here's how this will help you:

Spreading food out over the course of a day will result in less weight gain and fat accumulation than having fewer larger meals. Slower eating means that you can enjoy the flavor and texture of the food and it will last longer.

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NUTRITION TIDBIT # 29 – 30 seconds

Eat less and enjoy it more. Here are two simple ways:

First, eat several small meals throughout the day, instead of two or three large meals.

Second, slow down your eating. Take at least 20 minutes to enjoy eating a meal.

It takes twenty minutes for the stomach to signal the brain that it is getting food. Slower eating helps you to feel satisfied with less food.

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