



# Healthscoop

Fall 2019

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## Tips to help you control portion size!

Increased portion sizes are linked to overeating and unwanted weight gain. More awareness of your portions sizes and mindfulness when eating will help with overindulging. Check out these tips below!

### Be aware of serving sizes.

Check the serving size on the food label. If you aren't sure how to read a food label, a dietitian can help you.

### Use smaller plates.

When eating out, ask for a box and take half your meal home.



### Don't eat straight from the container.

Empty into a small bowl what you will be eating.

### Start all meals with a glass of water

Drink a glass of water up to 30 minutes before eating to improve digestion and feel satiated faster.



### Take it slow and ditch distractions

It takes your brain 20 minutes to register that you are full after eating; slowing down can focusing on your food can reduce your total intake.

### Use a food diary

Writing down on paper or using an app to record what you eat and drink can increase awareness of the type and amount of foods you're consuming.



## USE YOUR PLATE AS A PORTION GUIDE

**1/2 PLATE**  
Vegetables  
or salad



**1/4 PLATE**  
**High Quality Protein**  
Meat, poultry, fish,  
eggs, dairy, tofu,  
beans and legumes

**1/4 PLATE:**  
**Complex Carbs**  
Grains and starchy vegetables

**1/2 TB**  
**Healthy Fats**  
Nuts, seeds, avocado,  
cheese, oils, butter

## Challenge Yourself

**Earn \$50.00 with the  
Fall Fitness Challenge!**

Track your physical activity for 30 days for 30 minutes/day to earn the \$50 gift card reward. **Registration runs September 9th - November 4th, 2019. The challenge runs from September 23-November 18, 2019.** Remember to track your activity weekly in the "Track" section of the portal.



## Save The Date!



**OPEN ENROLLMENT:**  
October 7th - 18th

## BENEFITS AND WELLNESS EXPO

**UVA Wise: Chapel of All Faiths:**  
October 2nd, 1:00pm-5:00pm  
October 3rd, 8:00am-12:00pm

**Newcomb Hall:**  
October 9th, 8:30am-2:00pm

**Education Resource Center:**  
October 10th, 7:00am-3:00pm



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