

# COASTLINE ELDERLY NUTRITION NEWS

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## Eating Right in the New Year

With the New Year upon us, it's important to remind ourselves of basic nutritional concepts that help us maintain an appropriate weight, a balanced diet and a healthy well-being.

- 1. Never Skip Breakfast.** Try to eat within an hour of waking to keep your metabolism at its optimal level.
- 2. Stay Hydrated.** Drink ~8 glasses of fluids daily to maintain regularity, beat fatigue and limit false hunger signals. Fluids include coffee, milk, juice, water, flavored waters, etc.
- 3. Limit Processed Foods.** These foods tend to be higher in sugar, fat and sodium and contain less vitamins & minerals. This includes prepackaged foods, frozen dinners, cured meats, & cheese.
- 4. Be Mindful of Portions.** Each year, the portions we are served and eat continue to escalate. Examples of proper portion sizes are below.
- 5. Listen to Your Hunger Signals.** It's a basic concept that most people do not follow; "Eat when you feel hunger, Stop when you feel full".
- 6. Love Your Kitchen.** Research has shown time and time again that cooking from home is usually more nutritious than eating out.

### Portion Control Reminders

- 3 ounces of meat = a deck of cards
- 1/2 cup of cereal, rice, pasta = ice cream scoop
- 1 teaspoon butter, mayo or oil = a thumb tip
- 1 ounce cheese = small matchbox
- 1 tablespoon of salad dressing or peanut butter = size of your thumb

### CUTTING CALORIES CORNER

#### Did you know?

1 plain English muffin	2 grams fiber
VS.	
Whole Wheat English muffin	3.8 grams fiber
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3/4 cup Cornflakes cereal	0.5 grams fiber
VS.	
3/4 cup wheat bran cereal	5.1 grams fiber
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1/2 cup apple juice	0.1 grams fiber
VS.	
1 medium whole apple	3.7 grams fiber