

Spring 2013

EAT SMART NEW YORK!



Use MyPlate as a guide for planning meals.

Make half of your plate vegetables and fruits, and make it affordable by following these tips.



Enjoy your food, but eat less

Mindful eating, or being aware of your hunger and eating because you are hungry is a challenge for many people. "Listening" to our bodies and not overeating is not often how we approach meals or snacks. Pay attention to how you feel and put down the fork when you feel full.

Try to eat on smaller dishes, which can help you think you are eating enough food (smaller portions look larger when they "fill up" a small plate!)

Enjoy the time you spend eating. When you are less distracted, you are less likely to overeat. Make it a priority to shut off TV, radio, and phones during meals. Enjoy the company of family and friends while you eat instead.

Eat Smart New York!



ESNY

To Locate an Eat Smart New York Educator in your area visit our website:

<http://www.otda.ny.gov/programs/nutrition/contacts.asp>

Or Call:

1-800-343-8859

X 3-1469

What You Can Do

Watch Your Portion Size

- Share a meal with someone, don't eat seconds
- Eat off smaller plates
- Eat sweet foods in small amounts. To reduce temptation, don't keep sweets at home.

Change Your Eating Habits

- Keep to a regular eating schedule
- Eat together as a family most days of the week
- Make sure every family member eats breakfast everyday

What people like you are saying about *Eat Smart New York*:

"Now, we choose water instead of sugary drinks."

"I changed the way I eat, exercise and shop for foods. I exercise more often and eat less sweets. I switched from 2% milk to 1% milk!"

Enjoy Fresh Fruits and Vegetables in Season and Save Money!

Did you know SNAP benefits can be used at Farmers Markets? Enjoy fruits and vegetables all year, but especially when they are in season and more affordable.

Fruits and vegetables in season are priced lower now than the rest of the year.

See what \$3, can buy:

- 1 honeydew melon
- 2 pounds of plums
- 3 mangoes
- 1 pound of strawberries
- 3 red bell peppers
- 4 pounds of carrots
- 8 ears of corn
- 3 pounds of sweet potatoes



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Eat Smart and Be Active!

You can make physical activity a regular part of your day!

- ◆ Choose activities you enjoy!
- ◆ Choose activities you can do regularly!
- ◆ It all adds up! Try doing a few minutes of activity throughout the day and throughout the week.
- ◆ Limit T.V and video games for children. Instead, dance, walk, or play ball for a few minutes.

Contact your Eat Smart New York Educator

Eat Better for Less!

Insert CCE contact information here