

Are your portions in proportion?

**This Healthy Weight
Awareness Message is brought to you by:**



**For more information on getting healthier
at home or in your community, visit these great web sites:**

www.healthymainepartnerships.org/panp or www.healthymainewalks.org

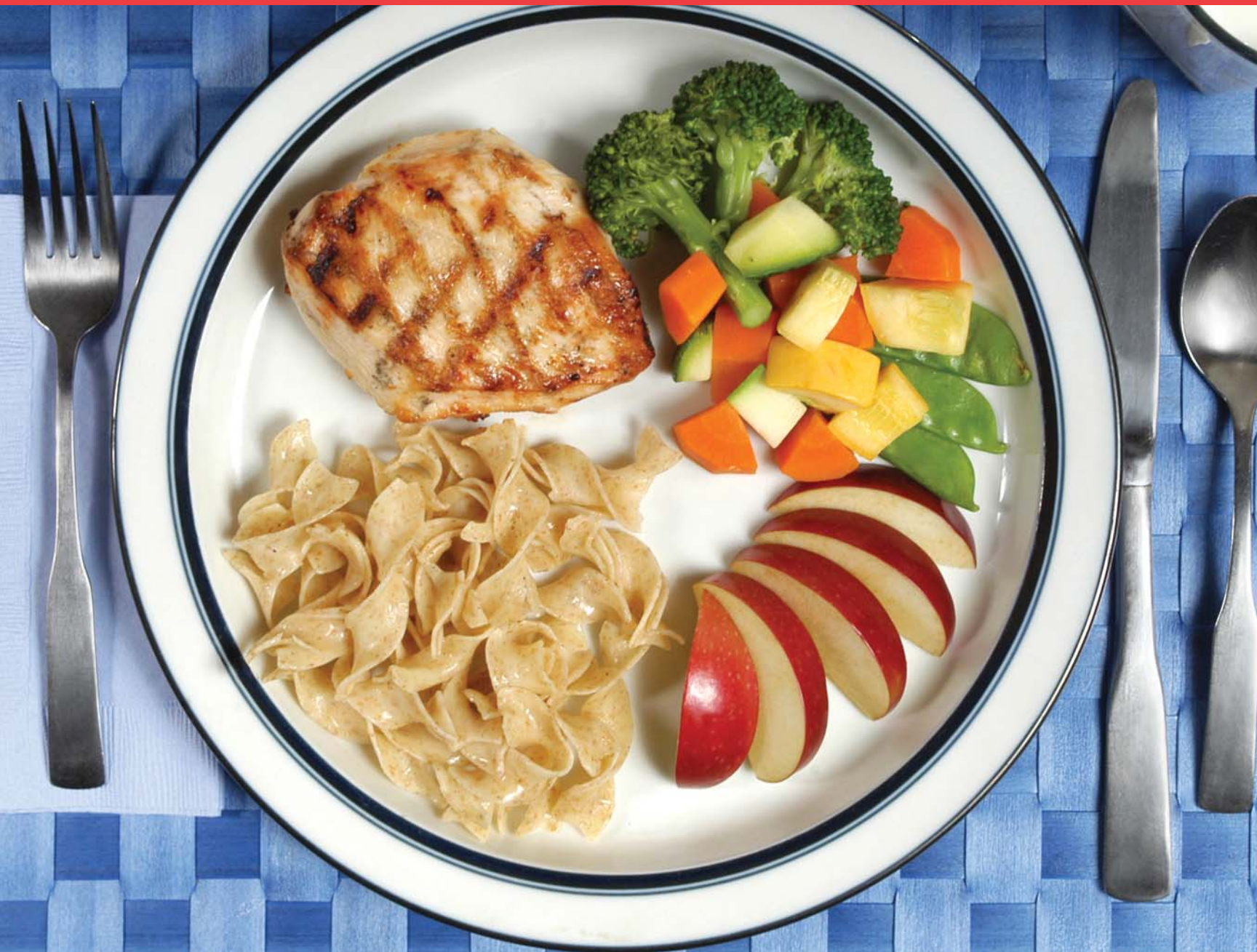
**Write us at: Physical Activity and Nutrition Program, Maine Center for Disease Control and Prevention,
Maine Department of Health and Human Services,
11 State House Station– Key Bank Plaza, 4th Floor, Augusta, Maine 04333-0011.**



John Elias Baldacci, Governor
Brenda Harvey, Commissioner
Appropriation #013-10A-2622-032

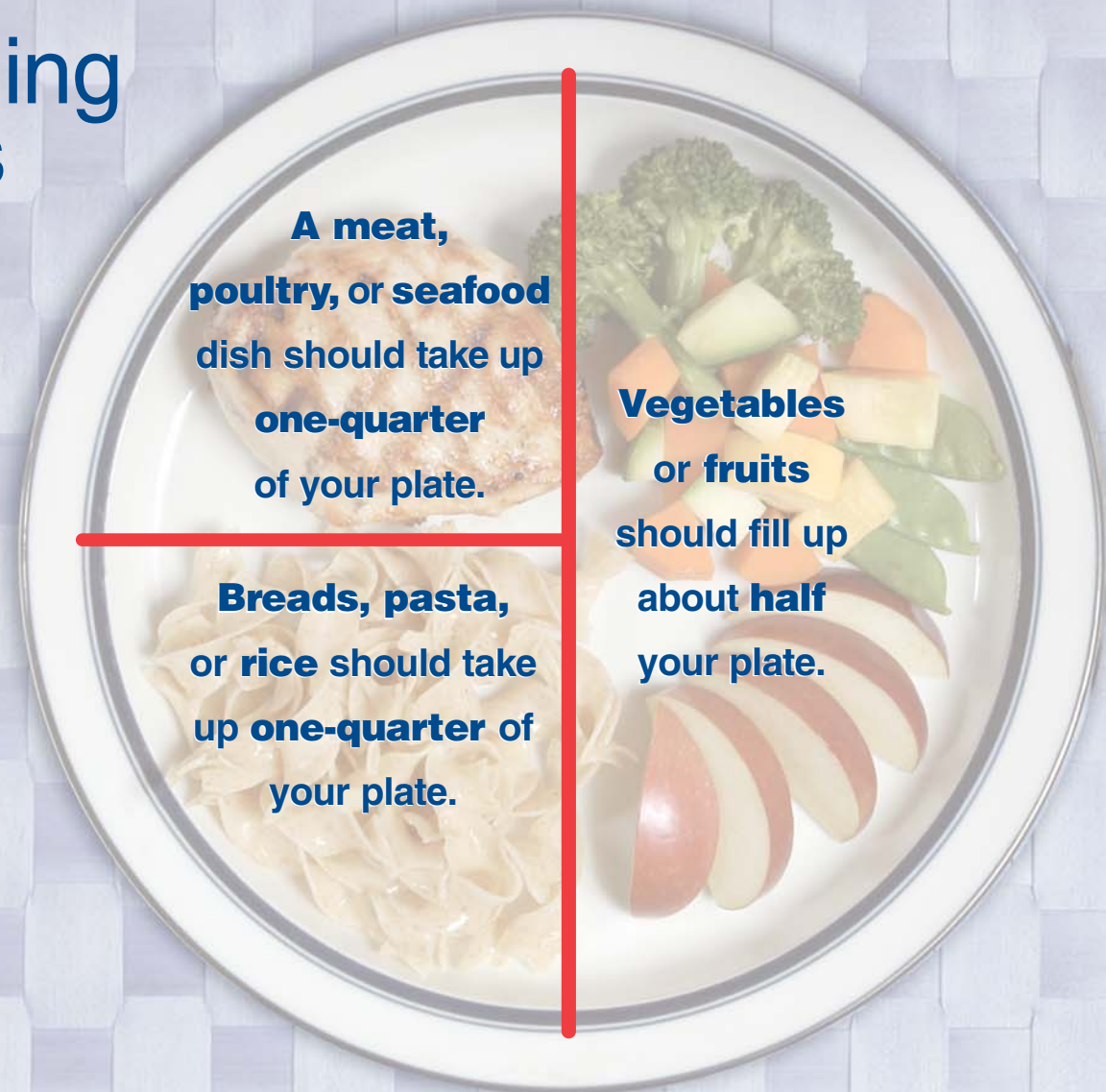
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Funding is provided by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your regional office. You can find your regional office by calling 1-800-442-6003 or visiting www.maine.gov/dhhs/OIAS/foodstamps/how-to-apply.html#how.



It's this simple.

We are filling our plates with **too much** of some kinds of food and **not enough** of other kinds.



And here are four other great tips when serving food at home:

1

Try to serve a fruit or vegetable at every meal. When it comes to fruits and vegetables, most of us do not eat enough. Try frozen or canned.

2

Buy whole wheat bread instead of white bread. It's much healthier. The same goes for **whole wheat noodles and pasta** instead of the regular kind. And **brown rice** is much healthier than white rice.

3

Serve foods from the kitchen counter, rather than from the table. One reason we eat too much is that we often grab second helpings, even when we are full. When the extra food is off the table, you will be less likely to go for seconds.

4

Serve all sauces and salad dressings on the side. They add extra calories without nutrients.