



# Well NEWS

A Monthly Insight into Health and Wellness



## Portion Pitfalls

Various research studies have shown that people consume more calories when faced with larger portions. Here are some simple tips to help you avoid the most common portion distortion pitfalls.

### When Eating Out.

Take control of the amount of food you eat by splitting an entrée or wrap half of your meal to go as soon as it is served.

### When Eating In.

Serve the food onto the plates in a different area than you plan to eat. If you put the serving dishes on the table, you are more likely to over serve or go back for seconds.

### In Front of the TV.

When eating in front of the TV, put the amount you plan to eat in a serving dish rather than eating out of the package. Better yet, avoid sitting in front of the TV when eating and instead focus only on your meal or snack.

### Go Ahead, Spoil your Dinner.

If you are hungry between meals, eat a healthy snack to avoid becoming over hungry and therefore overeating during your next meal.

### Be Aware of Large Packages.

The larger the package, the more people consume from it without realizing it. Don't eat straight from the package, but rather divide food into smaller portions.

### Out of Sight, Out of Mind.

People tend to consume more when they have easy access to food. Make sure your home is stocked with an abundance of healthier food options.

## Portion Distortion

Ribeye Steak (cooked)



Outback Steakhouse: 11 oz., 1,190 calories (Left)  
USDA: 3 oz., 330 calories (Right)

Chocolate Chunk Cookie



Starbucks: 3 oz., 360 calories (Left)  
USDA: 1 oz., 120 calories (Right)

Smoked Ham & Swiss Sandwich



Panera: 14 oz., 700 calories (Left)  
USDA: 5 oz., 250 calories (Right)

Ben & Jerry's Cookie Dough Ice Cream



500g tub - 1,350 calories  
100g serving - 270 calories



## Newsletter Quiz

1. What is or was your best age and why?
2. What is your biggest portion pitfall?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by September 30, 2014.



# Recipe

## OF THE MONTH

### Tomato, Mozzarella and Basil Quinoa Salad



#### Ingredients:

- 1 cup uncooked quinoa
- 1 cup grape or cherry tomatoes
- 8 ounces mini fresh mozzarella cheese balls
- About 10-15 torn basil leaves, or to taste
- 3 to 4 tablespoons rice wine vinegar
- 2 to 3 tablespoons olive oil
- ¾ teaspoons olive oil
- ½ teaspoon black pepper, or to taste
- Pinch sugar, optional and to taste

#### Directions:

Cook quinoa according to package directions and place in a large bowl.

Add all remaining ingredients and toss very well to combine. Taste and see if salad needs more vinegar, salt, etc and season accordingly. I found it needed a fairly generous amount of salt and a pinch of sugar to balance the flavors for my taste preference.

Salad can be served immediately or transfer to an airtight container, refrigerate, and allow flavors to marry for up to 24 hours before serving. Salad will keep airtight in the fridge for up to 3 days, noting that vegetables will release water as time passes.

## Healthy Aging Month

September is Healthy Aging Month and is focused on providing inspiration and practical ideas for adults to improve their physical, mental, social and financial well-being. Even if you don't feel like you are aging or that you are already doing so gracefully, some of these tips are ones that we can all gain from living by.

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 25? 40? Now? Picture yourself at that age and live it!
2. Be positive in your everyday conversations and actions. When you catch yourself complaining, stop and change the conversation to something positive.
3. Have negative people in your life that complain all of the time and constantly talk about how awful everything is? Distance yourself from them. Cruel as it sounds, they will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
4. Walk like a vibrant, healthy person who has confidence. It is amazing how much better it makes you feel. Stand up tall, take big strides, and walk with your heel first.
5. Stand up straight! Hold your stomach in, have your shoulders back, and chin up. Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. Bonus: your waistline will look trimmer by following this advice.
6. Smile often. Research shows that people who smile more often are happier. Your teeth are just as important to your health as the rest of your body, so make sure you take care of them too. Good oral health is a gateway to your overall well-being.
7. Lonely? Do something about it. Find volunteer opportunities, take a class, or invite someone to meet for lunch, brunch, dinner or coffee.
8. Make time for your annual physical and other health screenings. This can keep you ahead of having any unexpected health issues arise.