

# The Nutritionist's Corner

## Moderation & Balance are the Name of the Game

The key to a healthy eating is finding a balance in the foods that you eat every day. The good news is, all foods fit into a healthy, balanced diet—the important thing is to understand **moderation**.

### Balance Your Plate

It can be difficult to remember how much of the different food groups you have eaten throughout the day. Try to focus on one meal at a time to get the most out of the food you are eating.

Think of your plate as a diagram. Fill half of your plate with vegetables or salad. Put lean protein, like a veggie burger, grilled chicken, or turkey, on ¼ of the plate. The last ¼ should have a starch—complex carbohydrates or whole grains, like sweet potatoes, brown rice, or quinoa are all great, healthy choices.

### Take Advantage of Tray-less Dining

Not only does tray-less dining save on waste, but it also can help you control and balance your eating.

All-you-can-eat dining can be overwhelming, particularly when you are already very hungry. Take a minute to think about what you really are hungry for. Then, take a plate and fill only *that plate*, or take only what you can carry on one trip. When you have finished eating, wait a few minutes to let your body adjust to feeling full. You may not even need to get up for a second helping! Of course, if you are still hungry after waiting, listen to your body.

### Know Your Portions

A serving of meat or chicken is 3 ounces—but what does that mean? Using reference sizes can help you to get a better idea of how much you are actually eating at each meal.

Recommended Serving Size	Reference Serving Size
3 ounces lean meat, chicken, or fish;	Deck of cards
1.5 ounces of cheese	4 dice
Baked potato	a fist
1/2 cup of ice cream or frozen yogurt	1/2 tennis ball
1 pancake	A CD
1/2 of a 3-inch bagel	A can of tuna

### Treat Yourself

Have you ever tried to follow a diet and deprived yourself of the foods you love? Research has shown that completely restricting your diet will likely lead to over-compensating later.

To avoid the vicious cycle of dieting and binge-eating on your favorite, unhealthy foods like pizza and cookies, allow these foods a few times a week. That way, if you feel like you can have them whenever you want, you are less likely to feel like you are missing out on foods that you truly enjoy.

There is nothing wrong with eating a piece of pizza every now and then or a cookie after a well-balanced dinner. Just be aware that calories can add up if you are not careful.

Remember, food should be enjoyable, and not stressful!

Learn more about healthy eating habits at [www.mypyramid.org](http://www.mypyramid.org)