

# Health & Wellness

## Tip of the Week

**March** is all about focusing on **nutrition**. It is the perfect time to remind you about the importance of making healthy choices and eating right.

# Week 10

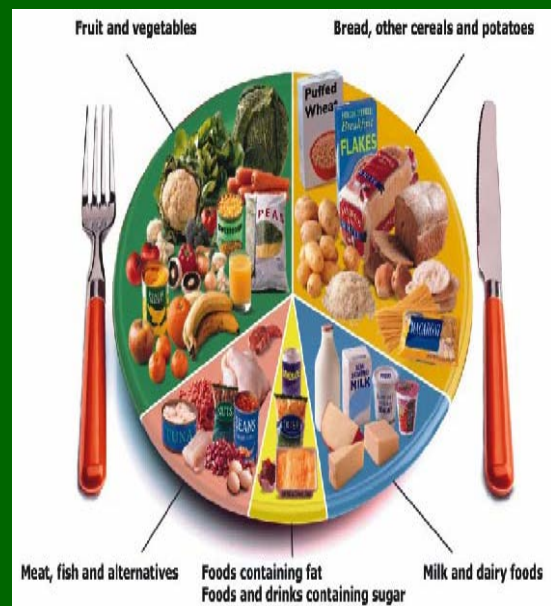
## March 7, 2016

### Help With Healthy Helpings

You've filled up your plate, but now you feel that little twinge of guilt. The good news is that it's okay to serve up a full plate when it's filled with the right portions of healthier food choices. Other factors, such as weight, gender and physical activity, also affect how much food you should eat.

Try these healthy helping tips:

- 🍷 Eat a variety of colorful veggies
- 🍷 Fill up on fresh fruit
- 🍷 Go with grains, making at least half of them whole grains
- 🍷 Consume calcium-rich foods that are low fat or fat free
- 🍷 Pick lean protein
- 🍷 Read Nutrition Facts labels on packaged foods
- 🍷 Use smaller dishes or cups to avoid oversized portions
- 🍷 Tune in to hunger cues and stop eating when you are full



Source: American Heart Association



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