

Health & Wellness Tip of the Week

Week 48
November 26, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Member of the Blue Cross and Blue Shield Association.

Fill your Palate, not your Plate, this Holiday Season

It's the holidays. Time for celebrations, family time and lots of extra calories. Watching your portions this time of year is one way to help keep proportions under control.

Here are a few tips for healthy portions:

- Use smaller serving utensils, bowls or plates.
- Serve a buffet-style dinner on a separate table so guests have to get up for seconds.
- Offer take-home containers ahead of time so guests don't feel they must eat everything now.
- Aim for half-and-half. Encourage larger portions of fruits and vegetables that cover half of each person's plate.

Source: National Heart, Lung and Blood Institute

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