



Healthy Eating

“At the end of ten days it was observed that they appeared better and fatter than all the young men who had been eating the royal rations.” Daniel 1:15 (NRSV)

Sometimes it’s hard to make good choices about foods. Surroundings often work against healthy eating. Today’s portion sizes are much larger than the food amount really needed. After all, who likes to leave food on the plate? Be aware of portion sizes and make efforts to keep them in check. When eating out, ask for half of the meal in a to-go box before the meal is brought to the table, or share extra-large portions with a dining partner. When eating packaged foods, always read labels to know exactly how big a portion size really is. Making simple food choices and portion control changes can help keep a body strong and healthy.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



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