



THE SCOOP

ON NUTRITION



The
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Group
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From Basil Chef of Nutrition

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Portion Control

The holidays are full of traditions. Visits with friends and family, decorations, and of course...delicious, hearty meals! There's no reason to deny yourself or your children the enjoyment of the wonderful foods during the holidays, as long as you are being mindful of the portions on your plate!

The first thing to remember is that servings and portion sizes actually have different meanings. Portions are the amount of food we choose to put on our plate. A serving is defined by the USDA as a specific amount of one food group. Most people underestimate the amount they are actually putting on their plate. The amount your child puts on his or her plate may be larger or smaller than what the USDA My Plate has defined as one serving. Often times, the portion is much larger than one serving.

You can teach your children to serve themselves smaller portions that are healthier and more in line with what a serving really is. Encourage them to become familiar with the serving sizes because after all, smart eating is an essential part of growing and staying healthy! For more information about healthy eating habits and portion control, check out choosemyplate.gov!

Tips for Better Portion Control

Use a salad plate for dinner. It is easier to manage the amounts with a smaller plate.

Use small serving spoons or tablespoons to serve dishes.

Include water as part of a healthy meal, it's great for the digestion!

Encourage your child to choose an item from each of the food groups.

Encourage kids to have fun filling their plate with colorful foods. You'll see that colorful foods tend to be the healthier foods.

Cut lean meats into small portions before placing them on the table.


Holiday Grinch Kabobs!



Ingredients:

- Mini marshmallows
- Strawberries, tops sliced off
- Banana, peeled and sliced
- Green grapes
- Toothpicks

Wash and cut your fruit. On each toothpick, assemble your kabob as follows: one mini marshmallow, one strawberry, one banana slice, and one green grape. Enjoy!



For more information visit www.thenutritiongroup.biz



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these winter words.

Word List

SNOW, SNOWFLAKE, TOBOGGAN, SLED,
SKI, SNOWBALL, SNOWMAN, HOT
CHOCOLATE, JACKFROST, FROZEN, CHILLY,
COZY, FIREPLACE, SLEIGH, SKATING, ICICLE

H	X	L	H	G	I	E	L	S	H
H	J	N	O	O	A	H	D	Y	E
J	L	A	T	Q	N	K	L	K	L
E	L	M	C	W	B	L	A	D	C
W	A	W	H	K	I	L	D	O	I
E	B	O	O	H	F	N	Y	F	C
I	W	N	C	W	A	R	Z	V	I
D	O	S	O	N	E	Z	O	R	F
E	N	N	L	F	Z	L	C	S	Q
L	S	N	A	G	G	O	B	O	T
S	K	A	T	I	N	G	N	B	H
F	I	R	E	P	L	A	C	E	Y

Words may be vertical, horizontal, diagonal or backwards and upside down.

WINTER FUN FACTS

The record for the most snow angels made at one time was set in Canada in 2004. A couple of schools joined to create 15,851 snow angels!

Average snowflakes fall at 3.1 miles per hour!

The world record for the largest snowfall in one day was set in the US when Georgetown received 63 inches of snow...that's over five feet!!

The tallest snowman ever built was in Bethel, Maine in 2008 and measured 122 feet and 1 inch!

The coldest temperature ever recorded was minus 128 in Antarctica in 1983.

Ten inches of snow melts down to only one inch of water.

