

Fairfax County School Health Promotion March & April Newsletter Articles



Serving Size...It's All in Your Hand

Newsletter and/or KIT

Are you aware that the *amount* of food we eat is just as critical as the *kind* of food we eat?

It is essential that our daily diet includes the right varieties, as well as the right-sized portions of food. Understanding "serving sizes" can help us incorporate the proper amount of healthy foods into our daily diet. Incorporating plenty of nutrients into meals and snacks, such as fruits, vegetables and whole grains, will supply you and your students with the energy your body needs to keep you active and focused throughout the day.

Mindfulness Corner

Students

With a multitude of distractions available, we often fail to truly focus on the act of eating. Busy schedules and a host of media choices prompt us to eat quickly and mindlessly with little thought as to what we put in our mouths. Research shows that distracted eating can lead to consuming more food – not only in the actual moment, but throughout the day, as our brains fail to recall just how much we ate. Try to slow down and really focus on your meal. Pay attention to the aroma and the flavor of what you eat. Not only will it add enjoyment, but you'll end up feeling satisfied for a longer period of time.

Staff

It has become an increasingly common habit for us to be distracted while we eat. Things such as watching TV and browsing social media while eating can affect our body's natural system of communicating when our stomach is full. In other words, we tend to overlook signals that indicate to us that we have consumed enough food. We become less aware and may end up eating more than we need to. Not only are we unaware of when to stop eating, but our memory of the food eaten is also impacted, which can potentially lead to more calories than necessary throughout the day. Seize an opportunity to be mindful while you are eating and enjoying your meal.

References:

<https://healthyforgood.heart.org/eat-smart/articles/portion-size-versus-serving-size>
<https://www.health.harvard.edu/blog/distracted-eating-may-add-to-weight-gain-201303296037>
<https://theconversation.com/five-reasons-why-we-overeat-89323>

Hashtag:

#ffxhealthykids

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