



STALL STREET JOURNAL

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[A WEEKLY DOSE OF KNOWLEDGE]

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A Healthy Appetite



How healthy your meal is depends not only on what's *in* it, but also *how much*. Eating sensible portions that make you feel full, but not stuffed, can help you maintain a healthy weight and avoid post-meal sleepiness. Here's how:

- Drink a glass of water 10 minutes before a meal, and also sip throughout. This will help you eat more slowly.
- Use a smaller plate.

- Wait 10 to 15 minutes before going back for seconds. You may find you're no longer hungry.
- Eat mindfully. Focus on the flavor, texture, and aroma of your food.
- Instead of eating packaged foods right out of the bag or box, take out a portion and put it in a separate container.
- Buy treats and sweets in small packages.
- In a cafeteria setting, use one plate. Fill any additional with fresh fruits and veggies.
- At a restaurant, order an appetizer instead of a full entrée.
- Ask for a to-go container with your meal and divide your entrée in half. Instant lunch for the next day!
- Share a meal with a friend. At restaurants you can ask the server to bring an extra plate or split the dish before serving.

As they say, our eyes are usually bigger than our stomachs. If you feel yourself getting full and there's still more food on your plate, pack it up and refrigerate or freeze. Leftovers are great for busy days.

IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

How Do You Identify?

Exploring the Labels of Sexual Identity



READ *STUDENT HEALTH 101* TODAY:

<http://readsh101.com/wlu.html>

Student Health Center

540-458-8401

Lower level Davis Residence Hall

Counseling Services

540-458-8590

Early-Fielding

Office of Health Promotion

540-458-4501

Elrod Commons, Room 250

Campus Recreation

Warner Center 416

540-458-8244