

Healthi Member *Meeting*



WEEK OF FEBRUARY 20–FEBRUARY 26 2023

MANAGING PORTIONS

Portion control is an important part of weight loss. We don't need to count out each individual pieces of food, but knowing how much to take can help.

How to manage portion sizes

- Use a smaller plate. Standard serving sizes tend to look bigger on smaller plates. This can help prevent over-loading.
- Use measuring cups or a food scale to gauge just how much you're putting on your plate.
- You don't have to "clean your plate." Box up any leftovers from your plate if you're feeling full. You can save it for tomorrow's lunch!
- 20 minute rule. If you think you need seconds, wait for about 20 minutes before getting a second helping. It can take a little while for you to feel full after you have eaten.

Identifying portion sizes (examples of one serving of each, info from the AHA)

- Protein (fish, beef, chicken): about 3 oz
- Whole grain/complex carbs: about 1-2 oz uncooked pasta or 1 slice of bread
- Fruits and veggies: 2 cup for leafy greens and 1 cup for all others
- Fats: about 1 tbsp

Remember that this is a rough guide, as people have different dietary needs. For example- those who are more physically active often require more food.

As vegetables and salad are naturally low in calories but high in fiber and other nutrients, filling up on these may help you avoid overeating calorie-dense foods.

Meet Your *Personal* Coaches



BEN

Keeping Keto Plan

@healthi_coach_ben

@CoachBen



ALEXIS

Carb Conscious Plan

@HappyLifeAlexis

@AWise1



MARY

Better Balance Plan

@Healthi_Coach_Mary_Bates

@MaryBates



LISA

Calorie Command Plan

@dumptytodiva

@fromdumptytodiva



MONICA

Calorie Command Plan

@monica_alexandra_journey

@monicafitness

Hey You should print me out!

healthi

Healthi Member *Meeting*

WEEK OF FEBRUARY 20–FEBRUARY 26 2023

WEEKLY DEEP DIVE

1

ANSWER THIS QUESTION SUPER QUICK:

Do you struggle with portion control?

2

GO INTO DETAIL.

Do you use a food scale/measuring cups? Why or why not?

3

MAKE IT YOURS

Using your answers from the first two questions,
ask yourself: How could I incorporate better habits to help manage my portions? What would they be?



This Week's *Tried & True* Healthi Recipe

Breakfast Burrito

Yields 1 serving.

- 1 **FLATOUT FLATBREAD**
- 3 **EGG WHITES**
- 1 cup **BABY SPINACH LEAVES**
- 1/4 cup **CANNED BLACK BEANS**
(COOKED)
- 1/4 cup **FAT FREE FETA CHEESE**
- 2 tbsp **SUN DRIED TOMATOES**
(NOT IN OIL)
- 1 pinch **SALT**
- 1 pinch **PEPPER**

Spray a medium sized non-stick skillet with nonfat cooking spray and set over medium-high heat.

Scramble egg whites until cooked through and add a bit of salt and pepper to taste.

Fold in the feta cheese.

Lay the flatbread onto a plate and cover with spinach. Spoon eggs, black beans, and sun dried tomatoes onto flatbread, roll up, (toast in pan with cooking spray if desired) and serve immediately.

Enjoy!

 5 BITES

 7 BITES

 7 BITES

 5 BITES

 314 CAL

 24 NET C

*Please note: nutritional information may vary based on ingredients used. Please run your ingredients through the recipe builder to get the most accurate bites/calories/NC.

Hey You should print me out!

healthi 