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|  | **Subject:**  From:BCC:  Date: | **WAY TO WELLNESS- March 2019**  X  *Group lists should go in the BCC field whenever possible*  February 1st , 2019 |  |
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*(Copy everything below this line then paste it into a blank email message in Outlook.)*

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| **C:\Users\ayana.collins\Downloads\EPICW2W_2019_Banners.png** |
| **March 2019- Portion Sizes**  This month we want to bring your attention to a phenomenon occurring in our society which negatively impacts the health of your employees: portion distortion. The typical portion sizes we find available today looked very different a few years ago. This leads to overeating, weight gain, and the many adverse health effects surrounding improper nutrition.  We want to encourage you and your employee population to examine your plates and to understand what your nutrition needs are based on your individual body. What follows is a guide to discovering how much you of each nutrient you should be eating based on your unique body and goals, as well as information regarding the expansion of portion sizes through the years.  To roll out this information to your employees:   * Copy and send the following email to your employees and staff * Post the pdf version of the attached documents to your intranet, HR portal * Print out the pdf version of these documents and post them in common areas |
| Do you know how much you should be eating? Your caloric needs are yours alone, they are determined by your age, sex, height, weight, and physical activity.  Your [MyPlate Plan](https://www.choosemyplate.gov/MyPlatePlan) can help! In 30 seconds, this online tool can help you determine how much you should be eating every day. You will determine how many calories you need and find out how much fruit, vegetables, grains, protein, and dairy to consume.  It can be difficult to determine, however, what a correct portion size looks like on your plate.  Over the years, average food portions have increased, leading to overeating and many negative health effects associated with poor nutrition. These include: obesity, heart disease, diabetes, and many more.  Check out how average food portions have changed over time.  . |

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|  | 20 Years Ago | Today |
| Bagel | 140 calories, 3-inch diameter | 350 calories, 6-inch diameter |
| Cheeseburger | 333 calories | 590 calories |
| Spaghetti and Meatballs | 500 calories | 1025 calories |
| French Fries | 210 calories, 2.4 ounces | 610 calories, 6.9 ounces |
| Soda | 85 calories, 6.5 ounces | 250 calories, 20 ounces |

To find out what a correct serving size looks like, click here.