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July: Moderation

Utah State University Extension

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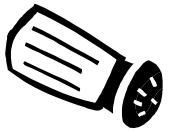
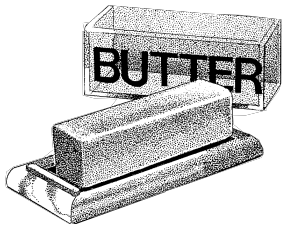
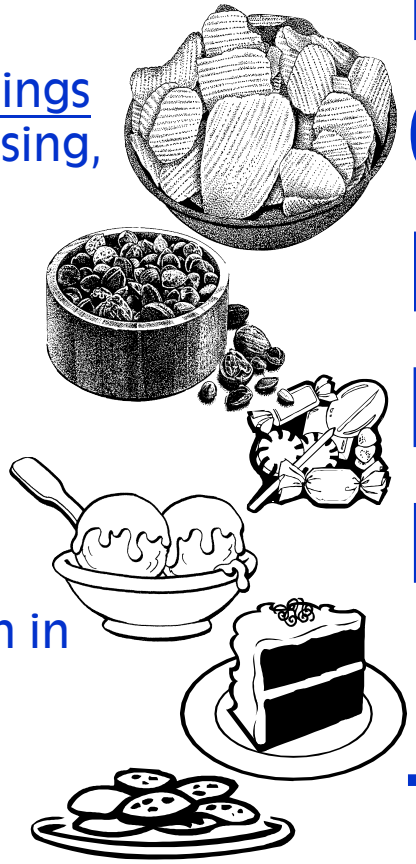


Moderation in all things

This phrase is confusing, especially when it comes to food. We are told to eat salt, fat, and sugar in moderation, but what does that mean? Here are some ways to help you put moderation in your lifestyle.





Medium or small portions

On the light side

Dainty or little in size

Extremes are out

Reasonable

Avoid too much or too little

Take it easy

In control

Only eating until not hungry, not until too full

No scarfing down food. Take time to enjoy food.

Utah State University Extension

State of Utah
DEPARTMENT OF WORKFORCE SERVICES

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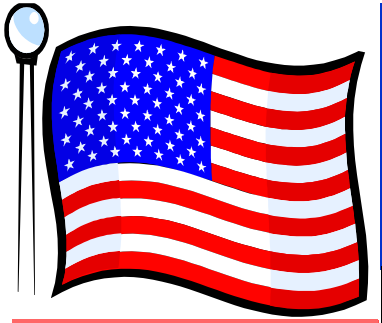

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Pass up fancy or big meals at the start of the month so you can buy food for the rest of the month.
					Don't eat everything on your plate if you are not hungry.	
				Be in control. You can choose less expensive foods so that they will last the entire month.		
			Start out with smaller portions. Then if still hungry, get more.			
		Eat slowly. It takes 20 minutes to feel full.				
	Eat just until you are not hungry, not until you are too full.					

Cool Ham & Cheese Kebobs

12 (12-inch) wooden skewers
24 cherry tomatoes
1 bunch broccoli – cut into 24 florets
1 1/2 lbs (1-inch thick) deli ham - cut into 24 chuncks
1 (12 oz) pck Monterey Jack Cheese – cut into 24 chunks
3 tbsp mustard
3 tbsp mayonnaise
2 tbsp honey
1/2 tsp black pepper

1. Alternately thread 2 each of tomatoes, broccoli, ham, & cheese onto each skewer.
2. In a small bowl, combine mustard, mayonaise, honey, & black pepper. Whisk until smooth. Serve as a dip for kebobs. Makes 12 kebobs.

NEP
Nutrition Education Program for Families

Recipe from http://dynamic/homearts.com/cgi-bin/food/gx.cgi/AppLogic+rfviewsystemrecipe?id=88nocr36.htm