July: Moderation

Utah State University Extension

Follow this and additional works at: http://digitalcommons.usu.edu/extension_histall

Part of the Food Science Commons

Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit The Utah State University Cooperative Extension Office

Recommended Citation

http://digitalcommons.usu.edu/extension_histall/680

This Report is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact dylan.burns@usu.edu.
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.
**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 chunks  
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.  

Recipe from [http://dynamic/homearts.com/cgi-bin/food/gx.cgi/AppLogic+rfviewsystemrecipe?id=88noer36.htm](http://dynamic/homearts.com/cgi-bin/food/gx.cgi/AppLogic+rfviewsystemrecipe?id=88noer36.htm)