

## Outsmart Your Mind to Eat Better Presentation Notes

<b>Presenters:</b>	Lacy Wolff, Michael Harper, M.Ed.
<b>Topic:</b>	Nutrition
<b>Resources:</b>	ERS Wellness Webpage: <a href="http://www.ers.texas.gov/wellness">www.ers.texas.gov/wellness</a> DPS Fitness Wellness Webpage: <a href="http://www.dps.texas.gov/etr">www.dps.texas.gov/etr</a> 30 Minute Meal Ideas & Spice Blend Recipes: <a href="https://www.dps.texas.gov/ETR/nutrition.htm">https://www.dps.texas.gov/ETR/nutrition.htm</a> Academy of Nutrition & Dietetics: <a href="http://www.eatright.org">www.eatright.org</a>
<b>What is the impact of portion sizes on how much you eat?</b>	
<b>How can you use portion sizes to your advantage?</b>	
<b>What are a few strategies to help ensure healthier portions and selections when eating out?</b>	
<b>How can you reduce or increase friction to help control what you eat?</b>	
<b>What is a good hand size for portion of protein?</b>	

<b>What is a good hand size for portion of carbohydrates?</b>	
<b>What is a good hand size for portion of fats?</b>	
<b>What words can help indicate healthier items on a menu?</b>	
<b>Questions (include any questions you have remaining after the presentation)</b>	

What action can you take this week to help you outsmart your mind to eat better?

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