

## To Eat, or Not to Eat

Ever wait until you're starving to eat, and then eat until you're stuffed? Recognizing when you're full and when you're hungry is an important part of healthy eating. It's important to think about what your body is telling you so you know when to eat — and when to stop eating. Consider these things when you're about to eat:

### Are you really hungry?

People may eat when they're happy, sad or bored. Consider whether you really are hungry before you eat. Take a break between bites — eating slowly gives your body time to tell your brain that you're full.

People sometimes respond to outside messages that tell them to eat. For instance, you may be reminded of a particular food or restaurant when you see commercials on TV or other advertisements. This may make you feel like you want to eat something when in fact you're not hungry.

### Avoid distractions

Turn off the TV. Eating in front of the TV may distract you and cause you to eat more food than you actually need. It is important to pay attention to what you're eating so you can identify when you're full. Turning off the TV at mealtimes will help you focus on what you are eating, and how much. The same goes for video games and the computer!

### Serve yourself

Large portion sizes may make you eat more than you actually need to feel full. At meals, put the amount you want to eat on your own plate. Remember — you can always get more if you're still hungry, so try not to overload your plate.

## Just a Little Sloppy Joe

### What You'll Need

1 medium onion, chopped	2 garlic cloves, minced
1 green pepper, chopped	1/2 teaspoon dried basil
1/2 cup unsweetened pineapple juice	1/2 teaspoon dried oregano
1 pound lean ground turkey	1 tablespoon Worcestershire sauce
1 6-ounce can tomato paste	cooking spray
1/2 cup water	6 whole wheat rolls

Serves 6

### Let's Cook!

- 1 Spray a medium pan with cooking spray. Cook ground turkey, onion and green pepper until the temperature of the turkey mixture reaches 165 degrees on a meat thermometer and peppers and onion are soft.
- 2 Drain liquid and fat from meat mixture.
- 3 Add tomato paste, water, Worcestershire sauce, minced garlic, oregano, basil and pineapple juice, and cook on medium heat for about 15-20 minutes.
- 4 Serve on whole wheat rolls.

### Nutrition Facts

Serving Size (200g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
<b>Saturated Fat 2.5g</b>	<b>13%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 7g</b>	
<b>Protein 16g</b>	
Vitamin A 10%	Vitamin C 60%
Calcium 4%	Iron 10%

Nutrition facts do not include rolls.



Main Dishes