The Health Colonel
Tips and Guidance
for Health, Fitness, Weight Loss and Boot Camp From Lt. Col. Bob Weinstein, Ret.

[Colonel Bob's Amazon Shopping Tips for Health, Fitness and Weight Loss](#)

Six Tips to Help You Control Your Portions to Eat Healthy

> *"Most people spend more time and energy going around problems than in trying to solve them."* -- *Henry Ford*

I sat down to a plate of pasta and vegetables the other day. The plate was over 10 inches in diameter, lots of room for lots of food. I filled it up.

What if I had an entire set of tableware that would allow me to control portion sizes. Would it work or would it be a waste of time.

Would I eat less cereal if I had a smaller bowl with a portion size marking?
Would I eat less pasta if I used a plate that was 6 inches in diameter or was marked with a circular border to measure the amount?
Would I eat less meat a clear way to visualize the proper portion size?

Well, researcher at Cornell University hosted an ice cream social. Participants were randomly given a large bowl or a small one. They were also handed a small or large spoon. The results? Those who used the larger bowl ate just over 30% more than those who used the smaller bowl. Also, those who received a larger spoon served themselves 15% more ice cream than those who used the small spoons.

SPECIAL RESOURCES TO FIND PORTION SIZE PLATES AND MEASURING AIDS AT AMAZON.COM:

[Portion Control Meal Measure](#)

[Evenflo Smart Steps Portion Plate- 2 Pack](#)

[PORTION PALS - Portion Control Discs](#)

[Digital Nutritional Scale](#)

Portion size control through the use of smaller eating utensils does work. Here are some practical tips to help you cut back on excess calories:

1. Purchase snacks in single serving size.
2. Learn how to visualize the proper portion sizes for vegetables, fruits, meats, fish, peanut butter and others.
3. Share a dessert with friend.
4. Put aside half of that restaurant meal and have it packed by the waiter before you begin eating.
5. For those foods you tend to overeat, portion out snack-sized plastic baggies with the standard portion sizes.
6. Never eat out of the package (can of nuts, bag of chips, box of cereal, box of cookies or other)
NOTE: Be aware of emotionally driven eating and follow the above.

THE BEST VISUAL GUIDES FOR PORTION SIZES:

fish (3 oz) = checkbook size (175 calories)
chicken breast (3 oz) = deck of playing cards (94 calories)
pasta (cooked 1/2 cup) = golf ball size
orange (1 cup) = tennis ball (65 calories)
butter (1 tsp) = a scrabble tile (67 calories)
dinner roll = a yo-yo (85 calories)
potato = a computer mouse (130 calories)
brown rice (1/2 cup) = an ice cream scoop (110 calories)
beef (3 oz) = bar of soap (140 calories)
peanut butter (1 tsp.) = one die (100 calories)
hamburger = (3 oz) = a mayo jar lid (250 calories)

On page 185 of my book, Weight Loss - Twenty Pounds in Ten Weeks - Move It to Lose It, you will find a handy serving size overview. On pages, 178 - 181 you will find 1,200 calorie and 1,600 calorie menus as a guide to customize to your eating lifestyle.

Workshops for Lifestyle and 10 Week Weight Loss Challenge

SPECIAL ANNOUNCEMENT
The workshops have been postponed until more participants sign up. Once we have 15 to 20 participants we will then coordinate a suitable schedule for those participating. The classes are not just great for weight loss but also for any goal setting for lifestyle improvements.

Hurry up and register. As low as $3.75 per workshop. These workshops are for all those seeking to take back and gain more control of their lives. Primarily established as a weight loss challenge, all topics apply to life, not just weight loss. Whether signing up for the weight loss challenge or just to improve other areas of your life, use the registration form.

You may also register for individual workshops.

WORKSHOP REGISTRATION FORM

WORKSHOP DETAILS

WORKSHOP TOPICS AND DATES

1. How to Set and Implement Your Goals
2. What to Eat and What to Avoid
3. Myths and Lies About Eating
4. Myths and Lies About Exercise
5. Let's Talk About Supplements

6. How to Overcome Obstacles
7. How to Find Time for What's Important
8. How to Manage Stress
9. How to Use Emotional Energy
10. How a Spiritual Life Can Improve Your Health

Please register if you are planning on attending. More info? Call 954-636-5351

Signed copies of Col. Bob's books (special price):
These prices apply when you pick up the book at the Marriott Harbor Beach before or after Beach Boot Camp.

- Discover Your Inner Strength, For The Special Price Of $10.
- Weight Loss – Twenty Pounds In Ten Weeks, For The Special Price Of $10.
- Quotes To Live By, For The Special Price Of $7.
- Boot Camp Fitness For All Shapes And Sizes, For The Special Price Of $11.

You may also order his books and other products online.

Grit's Healthy Recipe Tip

VEGETABLE PASTA SOUP
(Servings 6)

This soup is really yummie, it just takes 20 min to prepare it and 40 min to cook it …

- 2 teaspoon olive oil
- 1 chopped onion
- 1 chopped carrot
- 2 chopped celery sticks
- 350g potato, chopped
- 400g drained can corn kernels or defrozen
- 1 l vegetable stock
- 1 cup (90g) pasta

1)   Heat oil in a large pan and add onions, celery, carrots, cook it with low heat with regularly stirring, for 10 min, or until soft
2)   Add the potatoes, corn and stock, bring it to boil, dimmer the heat, simmer for 20 min until the vegetable are tender
3)   Add pasta and return to boil, reduce the heat and simmer again for 10 min until the pasta is " al dente"

Bon Appetite !

You also can add chicken or beef if you like it "meaty" !

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