

Wellness for Life

September

Recipe of the Month Éclair Cake

- 2/3 box Graham Crackers
- 1 3oz. Box Sugar Free Vanilla Pudding
- 2 Cups skim milk
- 6 oz. Lite whipped topping
- 1 can chocolate icing

Prepare pudding as directed. Blend whipped topping with pudding and set aside. Line 9x13 pan with graham crackers and spread half of pudding mixture on crackers. Layer again with crackers and pudding, then top with crackers. Melt icing and pour over crackers. Chill 1-2 hours.

Yields 12- 3 in. servings

199 calories per serving

It is as easy as 1-2-3...servings?

Portion control helps with calorie control

Watching what you eat is important to maintaining a healthy weight, but how much you eat is just as important. Portion control is an easy, inexpensive way to controlling the number of calories. Here are a few very simple things you can do to control the portion.

1. Use a food journal to track the foods you are eating.
2. Use smaller plates and cups.
3. Read labels, know the serving size and calories
4. Don't eat big baked goods (i.e. jumbo muffins and brownies)
5. Don't supersize foods—choose the smaller version.

From foodandhealth.com, here is a Calorie Guide for fast food sizes:

	Large	Small
French Fries	570	250
Burger	730	260
Soda	310	150
Cookie	470	110
Ice Cream	560	230
Total calories	2,640	1,000

As you can see, one or two small changes can really impact how many calories you are taking in. So next time you eat out, consider choosing the smaller versions.