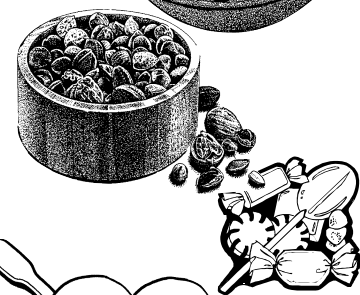
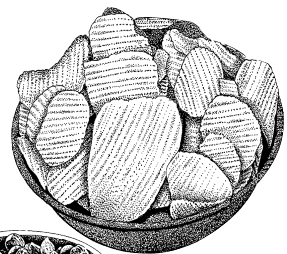
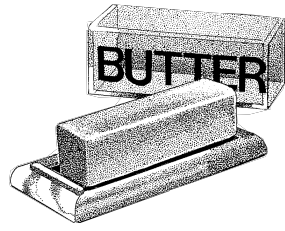


Moderation in all things
 This phrase is confusing, especially when it comes to food. We are told to eat salt, fat, and sugar in moderation, but what does that mean? Here are some ways to help you put moderation in your lifestyle.



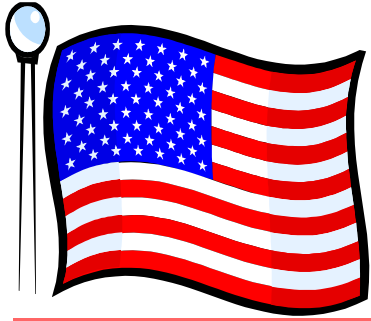
Medium or small portions
On the light side
Dainty or little in size
Extrêmes are out
Reasonable
Avoid too much or too little
Take it easy
In control
Only eating until not hungry, not until too full
No scarfing down food. Take time to enjoy food.

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July

SUN	MON	TUE	WED	THU	FRI	SAT
						Pass up fancy or big meals at the start of the month so you can buy food for the rest of the month.
					Don't eat everything on your plate if you are not hungry.	
				Be in control. You can choose less expensive foods so that they will last the entire month.		
			Start out with smaller portions. Then if still hungry, get more.			
		Eat slowly. It takes 20 minutes to feel full.				
	Eat just until you are not hungry, not until you are too full.					

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.
2. In a small bowl, combine mustard, mayonnaise, honey, & black pepper. Whisk until smooth. Serve as a dip for kebobs. Makes 12 kebobs.

NEP

Nutrition Education Program for Families