



April 2011

Six Tricks to Portion Control

Not losing weight like you had hoped? Take a look at your plate. Reducing food portions is a top strategy for cutting calories. While weighing and measuring your food is best but aren't always practical, these portion control tips are...

- ❶ **Before each meal** or snack, consider the amount you normally eat. Then reduce portions by removing a little from your plate or bowl.
- ❷ **Choose less.** Have a smaller bowl of cereal, one egg instead of two, half a sandwich instead of a whole, or a single serving snack pack, not a big bag.
- ❸ **Fill up** on big portions of vegetables.
- ❹ **Save leftovers** for the next day – and set some aside before you eat.
- ❺ **When dining out**, where portions can be huge, you could order an appetizer along with a veggie side dish.
- ❻ **Use these serving size guides** (see next page)
Baseball = 1 cup cereal, milk or veggies.
Computer mouse = 1/2 cup pasta, beans or sliced fruit.



City Events

Let's Move! Start Walking

Wednesday, April 6
 Meet at 12 noon
 City Hall Lobby



Join Mayor McGinn and King County Executive Constantine for a Let's Move! Start Walking event. Walk through the International District - 30 minutes.

Pledge to live a longer, healthier life by adding more steps each day!

Emotional Eating: The Mood/Food Connection

Tuesday, April 5
 12 noon - 1:00 pm SMT 4050/4060

Deferred Comp: Asset Allocation

Thursday, April 14
 12 noon - 12:45 pm SMT 4050/4060

Healthy Living During Busy Times

Thursday, April 21
 12 noon - 1:00 pm SMT 4050/4060

Monthly Blood Pressure Screening

Wednesday, April 27
 10:30 am - 1:30 pm SMT 4096

Deferred Comp: Equity Funds 101

Wednesday, April 27
 12 noon - 12:45 pm SMT 4096

Oral Health Makes a Difference

Taking care of your teeth and gums and getting regular dental care can reduce your risk of certain medical conditions:

- Stroke
- Premature or low birth-weight babies
- Cardiovascular disease and fatal heart attacks
- Disruption of blood sugar control among diabetics
- Dry mouth disease

Go online to learn more about your dental plan:

- Check claim status
- Check your coverage
- Find a dentist
- Print an ID card



WDS: DeltaDentalWA.com

DHS: dentalhealthservices.com/cityofseattle/

Know the Cost Before You Go to an Aetna Doctor



Cost may not be the first thing you consider when you need health care, but understanding what providers and facilities charge for the same service can help you save without sacrificing quality.

Get estimates for many, non-emergency services at AetnaNavigator.com

1. Choose a family member covered by the City's medical plan.
2. Pick the service from a list of hundreds of commonly used services.
3. Search for a specific network doctor, hospital or outpatient facility. Or, find a list of providers in your area.

Serving Size Guides



3 oz (75 g) cooked chicken or meat (4 oz raw):
deck of cards



1 cup (250 ml) cooked rice, pasta or ice cream:
tennis ball



1 oz (30 g) cheese:
4 dice or 1 domino



medium piece of fruit:
baseball



1 tsp (5 ml) butter or margarine:
one die



1 small baked potato:
a computer mouse



average woman's fist:
1 cup (250 ml)



2 tbsp (30 ml) peanut butter, jam, salad dressing:
golf ball



1 oz (30 g) of chocolate:
a packet of dental floss

General Information

Take Charge! is a general guide to healthy benefits and behavior.

Contact your health care professional with your specific health care concerns.