Expanding Portions May Expand Your Waistline

Has your waistline expanded in the last few years? It may reflect the trend for restaurants to serve larger and larger portions of foods. Many of us eat out often. At one time the average hamburger was about two ounces topped with a small amount of pickle, onion, ketchup and mustard. Now if we don’t get at least a four ounce burger oozing with a special high fat sauce and cheese we feel cheated.

You may also enjoy buffets. On a fixed income, eating as much as you want seems like a good idea.

However, the more variety you’re offered and the bigger the plates, the more likely you are to overeat. Sadly, eating larger portions when eating out makes it more likely you will want larger portions at home.

How can we decide how much food is enough? Here’s how to know the amount you are eating (serving size) without using measuring cups all the time:

- A 3-ounce serving of meat, fish or poultry or a ½-cup portion of a side dish like mashed potatoes or rice is about the size of the palm of a woman’s hand or a deck of cards.
- A bagel equal to two pieces of bread is the size of the top of a large take-out coffee cup.
- A baked potato or a scoop of ice cream should be the size of a baseball.
- A piece of fruit like an apple or a serving of grapes should be the size of a tennis ball or your fist.
- A 1-ounce piece of cheese should be the size of your thumb or a pair of dice.
- A slice of bread should be the size of an audio cassette tape.
• A piece of cornbread should be the size of a bar of soap.
• A biscuit should be the size of the average refrigerated biscuit baked at home.
• A muffin should be the size of a large uncracked egg.
• A teaspoon of margarine or butter should be the size of the tip of your thumb.
• Two tablespoons of salad dressing should be the size of a ping-pong ball.
• A ½-cup of chips is the size of the average man’s handful. A woman’s handful only is about 1/3 cup.

I bet you are surprised by some of these serving sizes. Next time you eat, see if you can eat amounts closer to these guidelines. You may be surprised that you are satisfied with much less food. You will feel more comfortable, suffer less heartburn and may soon be seeing a big change in how your clothes fit.

**Easy Spaghetti Sauce**

½ pound very lean ground beef
1 chopped small onion
8 ounces sliced fresh mushrooms
1 large clove garlic, minced
6 ounces tomato paste
6 ounces of water
16 ounces low sodium canned tomatoes
½ - 1 teaspoon basil
½ - 1 teaspoon oregano
1 packet artificial sweetener

1. Place beef in microwave-proof one quart casserole. Microwave 4 minutes on HIGH stirring to break meat apart several times. Drain.
2. Add onion, garlic and mushrooms. Microwave an additional 4 minutes on HIGH or until vegetables are well cooked.
3. Stir in tomato paste, water and tomatoes. Microwave on HIGH about 5 minutes or until hot. Stir, then microwave on MEDIUM for 20 minutes stirring occasionally. May need to go to LOW if sauce begins to bubble too much.
4. Add spices and cook 3 minutes more on MEDIUM.
5. Stir in sweetener if desired. Serve over cooked pasta.
Makes 4 servings.

Nutrition Information per serving without pasta:

- Calories: 189
- Fat: 8 grams
- Cholesterol: 35 milligrams
- Sodium: 72 milligrams
- Carbohydrate: 17 grams
- Protein: 15 grams

### Types of Shared Housing

Three main types of shared housing exist: naturally-occurring, agency-assisted and agency-sponsored.

Naturally-occurring shared housing works best for people who have recently retired and have the means for finding an appropriate house mate. People who utilize naturally-occurring shared housing either have a house with an extra bedroom or are looking for a home to share.

Shared housing that is considered agency-assisted uses companies or services that do matchmaking for those with room to share and those searching for room. There are two kinds of agency-assisted models: referral and counseling. Referral assistance generally comes up with several matches for potential house mates. This is a good plan for individuals who prefer making their own selections.

Counseling models work much more with the individuals involved. Sometimes they will give personal interviews and questionnaires, set up meetings of prospective home sharers and include assistance for follow-up to resolve any problems between matched clients. Counseling assistance models are ideal for those who are trying house-sharing for the first time or who are unable or unwilling to determine a match for themselves.

Finally, agency-sponsored shared housing groups actually operate a group residence where prospective house...
mates are interviewed and screened by the staff of the agency. Most of these types of housing offer certain household tasks like housekeeping, food service, laundry, and transportation. Many health needs can also be assisted through arrangements or contracts with physicians and health care providers. This type of shared-housing is best suited for those individuals who need a little more personal care. These homes are different from boarding homes and other institutions because they are a home of an independent group of people who all share in decision-making and responsibilities. This model allows for companionship and safety at a relatively affordable price.

Though shared housing is not an ideal housing solution for everyone, it could be a good option for those who cannot afford high priced housing and want to maintain a degree of independence.

Reference: Missouri Gerontology Institute, University of Missouri-Columbia

Living Alone

For whatever reason, many people find themselves living alone during their senior years. While it may sound terribly lonely to a senior who is new to living by herself, it doesn’t have to be. Many seniors discover that living independently in their senior years is extremely rewarding.

What are the advantages to living by yourself? For one, you are in charge of your schedule. If you want to go shopping on the spur of the moment or are invited to lunch by a friend, it is up to you whether or not to go. You can fill your time with activities that you enjoy or even ones that you have always wanted to do.

Learn to enjoy your independence. Think of it as an opportunity to become more independent, more self-sufficient, and possibly an even more interesting person.

Maintain your self-respect. Often being alone is the best time to lose weight, try new hairstyles, or spruce up your wardrobe. Above all maintain cleanliness in yourself and your surroundings. Taking care of yourself and your environment will build your self-confidence and give you the strength to get through hard times and make the most of good times. Be sure to take care of your health as well by eating right, exercising, and having regular checkups.
Get involved with yourself and others. Make friends by joining a local senior center and visiting regularly. Travel to places you’ve always wanted to see. Go to churches, museums, theaters, libraries, or ball games—anywhere there will be many new people to talk with. Volunteer with local organizations. If you need to supplement your income, getting a job may be a good way to make new friends.

Invite friends to dinner. There are no rules anymore about who initiates a date. If you find someone whose company you like, don’t be afraid to invite him or her to get together.

Being alone doesn’t have to mean being lonely. Take advantage of the free time and free rein you have during your senior years to create a fulfilling life.

Reference: http://seniors-site.com
Dear Friend:

SENIOR SENSE is a quarterly publication provided by your local county Extension Service office. It is prepared by Extension Family & Consumer Sciences specialists at The University of Georgia specifically for the educational needs of older Georgians.

Please contact your local Extension Service office for more information on these and related topics.

Contributors to this issue:

Connie Crawley, MS, RD, Extension Nutrition and Health Specialist
Jorge Horacio Atiles, Ph.D., Extension Housing Specialist
Celina Blalock, Human Development Intern

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex, or disability. For large print, taped or braille editions of this publication, contact the author.

An Equal Opportunity/Affirmative Action Organization Committed to a Diverse Work Force

CHFD-E 50  Senior Sense 2-7  April, 2001

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.

Gale A. Buchanan, Dean and Director