

WHAT THE HEALTH!?

mindLESS eating

eating on autopilot

eating in front of the TV, computer, while driving, etc.

relying on external VS internal clues: clean plate, empty package

EATING JUST BECAUSE IT'S THERE!

People who ate from clear dishes ate **71%** more than those who ate from white dishes.

People ate **53%** more popcorn from large buckets than from small buckets. (evethough the popcorn was STALE!)

mindFUL eating

Don't skip meals! Ignoring hunger can lead to overeating.

More bang for your buck: Protein and healthy fats keep you fuller for longer!

Have a plan: know when and where to grab healthy options

CHOOSE SATISFYING SNACKS THAT INCLUDE PROTEIN!

Whole grain crackers, Cheese, Carrots & veggies with hummus, Yogurt with granola, Eggs, Apples & Fruits

VS

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Rabies: It's Preventable!

- R**eport stray or dead animals
- A**void contact with wild animals
- B**eware of bats
- I**t's important to vaccinate your pets
- E**xclude wildlife access to your home
- S**ecure garbage can lids



Rabies Vaccination Clinic:

Thursday, March 28th from
6-8pm at the
Waverly Village Barn

Don't forget to Pre-Register at
www.health.ny.gov/go2clinic/54



March 2019

National Poison Prevention Week March 17-23, 2019

Top 5 Causes of Poisoning

