

## Extension Tip of the Week

Seems like super-sized food is offered everywhere from grocery store shelves to your favorite restaurant. Is there room for “mini-meals”? As waistlines continue to expand, there is evidence that eating several smaller meals a day – up to six – may be a healthy choice.

In fact, some studies suggest that people eating healthy mini-meals have higher energy levels throughout the day and lower cholesterol levels. If you choose mini-meals, remember you still have to live within the same calorie guidelines as you would with the more traditional three meals a day. So portion sizes are important. Also remember that no matter how you break up your meals, balancing your calorie intake with your physical activity is key to maintaining a healthy weight, which can reduce your risk for a host of serious diseases.

(Source: BecauseWeCare, American Cancer Society newsletter, September 2008)