

September 2014: Healthy Eating on the Run!



You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, cafeteria or sit-down restaurant, there are smart choices everywhere. Here are some tips to help you eat healthy when eating out!

1. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, and steamed.
2. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, and breaded. Choose these foods only occasionally and in small portions.
3. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
4. It's OK to make special requests. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
5. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
6. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.



7. Split your order. Share an extra-large sandwich or main course with a friend or take half home for another meal.
8. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.

9. A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.

10. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.

11. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.



12. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.

13. Ask for sauces, dressings and toppings to be served "on the side." Then you can control how much you eat.

14. Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.

15. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.

16. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.

17. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.

18. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.



19. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread.

20. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.

Academy of Nutrition and Dietetics <http://www.eatright.org/>

Want to learn more about healthy eating? Come join Dr. Lee for a stroll at Riverside Park, and bring your nutrition questions!

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Riverscape Park

Provider	Topic	Date
Dr. Lamb & Dr. Barnes-Larke	Immunizations	Aug. 23
Dr. Lee	Nutrition	Sept. 27
Dr. Zigler	Dental Hygiene	Oct. 25

RSVP to Patty Griswold - pgriswold@chcgd.org

Healthy Recipe Corner!

Black Bean and Goat Cheese Oven Tacos

You can add in any protein source or veggies that you like! Feel free to use chicken, ground beef, or tempeh! These cook in 20 minutes!



- Spray a dish that is large enough to hold the corn taco shells. Fit them in snugly so they are able to stand up.

Next fill them with:

- 1 can of drained black beans that have been mixed with 2 tsp cumin
- 1 sliced medium onion
- 1/2 sliced green bell pepper -1/2 cup pickled jalapeños (or less if you don't want it spicy)
- crumbled goat cheese (as much as you want)

Place dish in a 350 degree oven and bake for 20 minutes or until tacos are crisp and golden brown! Top with guacamole, salsa, and lettuce :)

-Kelli Pitrone RD, LD

