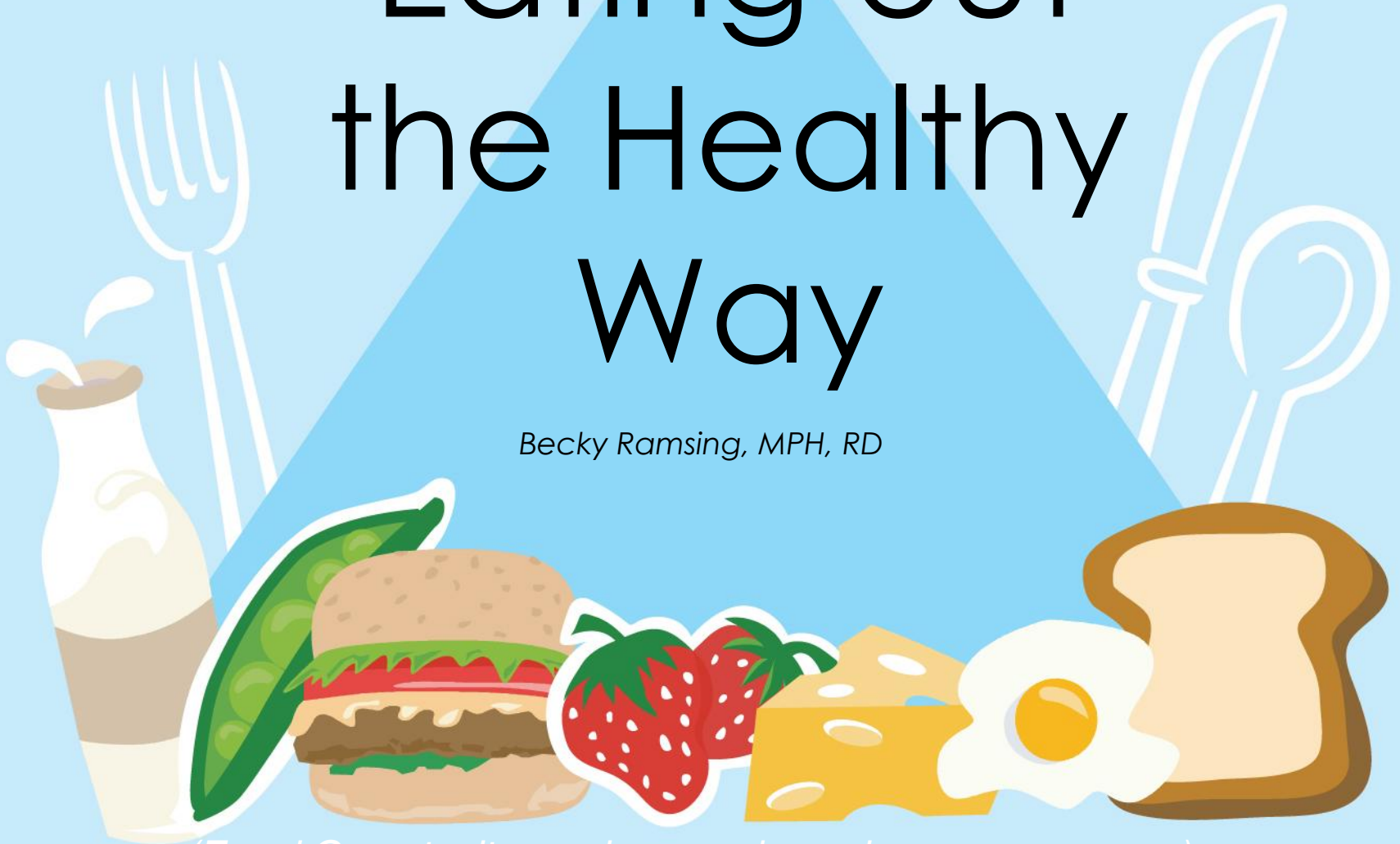


Eating out the Healthy Way

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(Equal Opportunity employer and equal access programs)

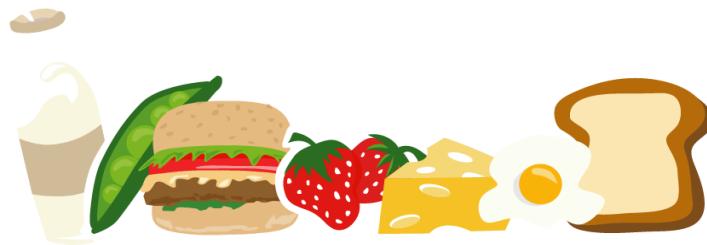
Why we eat out

- An estimated 40 percent of a family's budget is spent on food that they eat away from home. Families and people eat out because more women work outside of the home, more two-salary households, higher incomes, more affordable and convenient fast food restaurants, increased advertising, and smaller families (Frazaos, 1999).



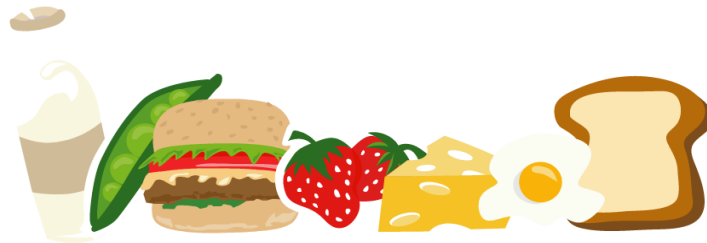
Main Points

- Meals and snacks eaten away from home can be part of a balanced diet:
 - Variety
 - Moderation in Portions
 - Limit added fats, sugars, sodium



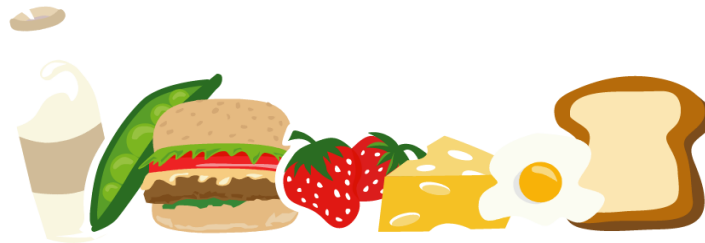
What are the most common foods
that we eat at restaurants &
cafeterias?

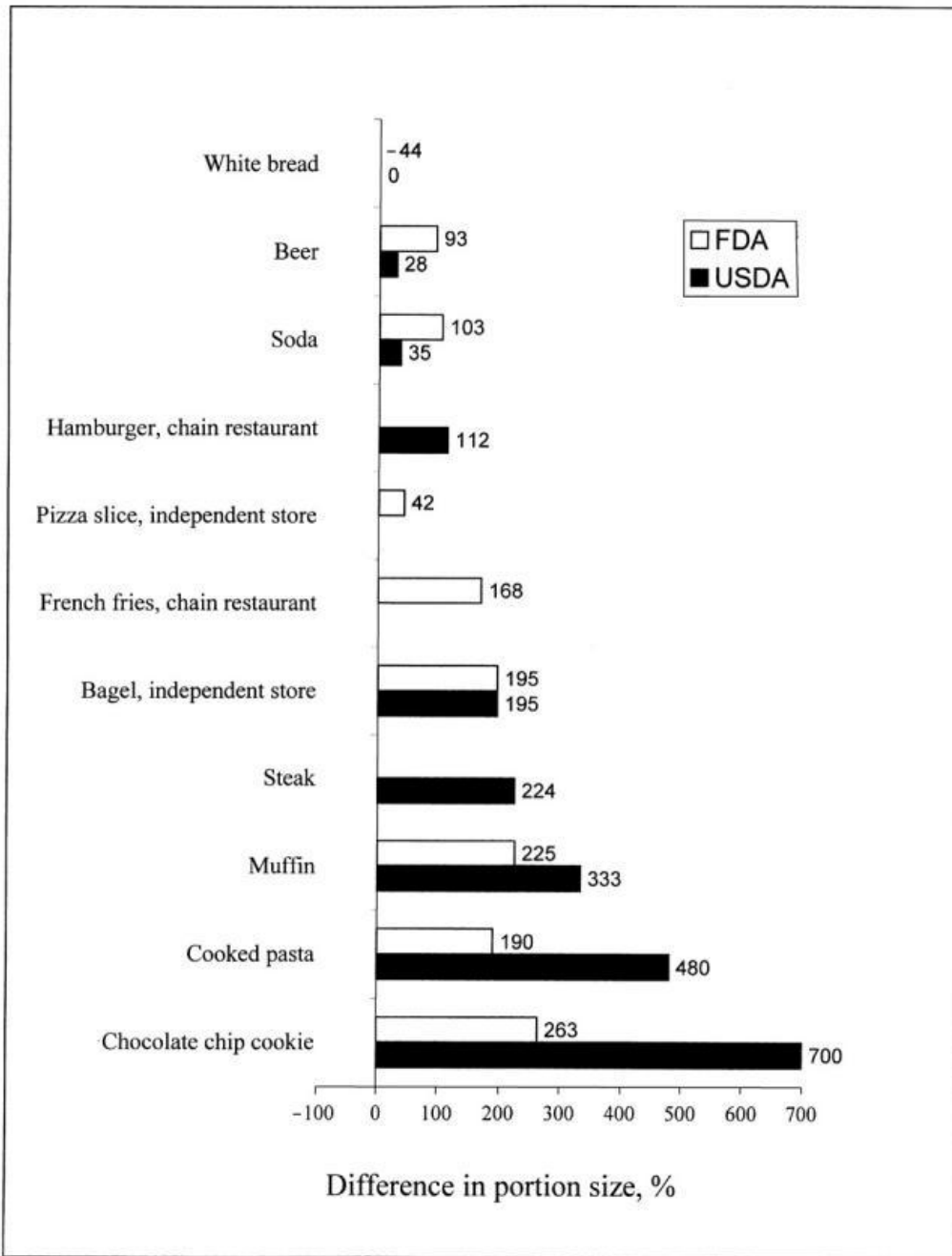
➤ You answer!



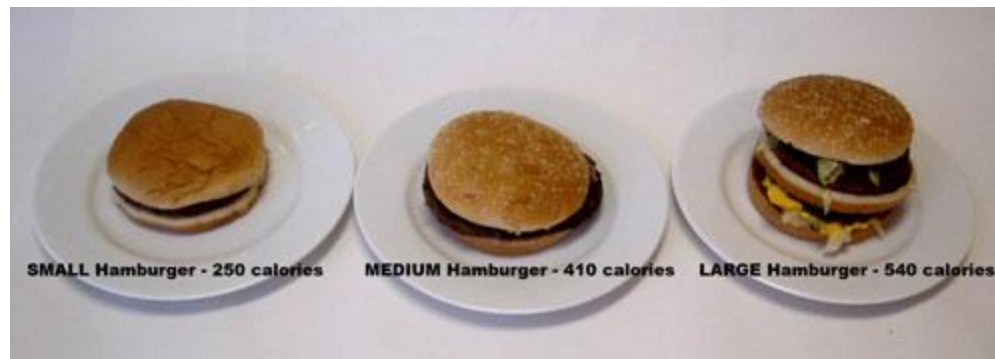
The Problem with Portions

- Research shows that we don't compensate at other meals for large portions by eating less at the next meal.
- Meals eaten outside the home increased from 34% in the 1970's to 47% in the late 1990's
- In a 2002 study, restaurant portions of cooked pasta, muffins, steaks, and bagels exceeded USDA portion standards by 480%, 333%, 224%, and 195%, respectively



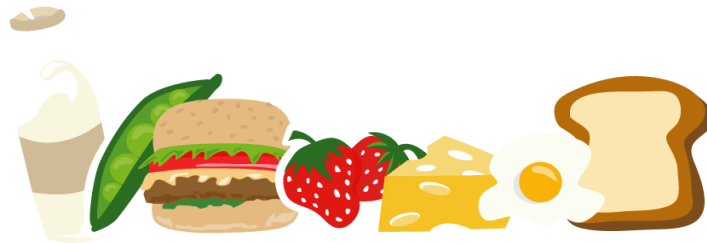


Watching the Super-size



Managing portions

- Choose an appetizer as a meal
- Share an entree
- Split before you eat
- Try a kids' meal
- Ask for a half-portion or lunch portion



Know your terms

GO

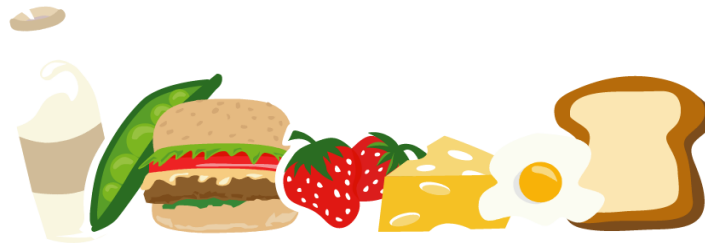
- Baked
- boiled
- broiled
- grilled
- poached
- steamed

Avoid

- buttered or buttery
- Sautéed (in what?)
- fried, pan fried, deep fried, French fried
- crispy, breaded or battered
- creamed, creamy, in cream sauce
- with gravy, au gratin
- cheese sauce, and scalloped

At breakfast:

- Ask for scrambled eggs or an egg substitute omelet.
- Ask for butter, margarine, or syrups on the side and not added to food.
- Drink low fat dairy products -- skim or 1% milk.
- Drink 100% vegetable and fruit juices.
- Choose hot or dry cereals with skim or 1% milk.
- Choose dry toast, English muffins, and bagels instead of croissants, danishes, and donuts.
- Watch the breakfast meats and fried potato sides



Breakfast comparison

	Menu 1	Menu 2
ITEMS	<i>Bacon, egg, and cheese biscuit</i> 1 small order of hash browns 1 cup coffee 1 cup 100% orange juice	<i>English muffin with jelly</i> 1 cup dry cereal 1 cup skim milk 1 cup coffee 1 cup 100% orange juice
CALORIES	<i>690 calories</i>	<i>499 calories</i>
FAT	<i>34 grams of fat</i>	<i>7 grams of fat</i>
SODIUM (SALT)	<i>1,649 milligrams of sodium</i> <i>($\frac{1}{4}$ teaspoon salt)</i>	<i>784 milligrams of sodium</i> <i>($\frac{1}{4}$ teaspoon of salt)</i>

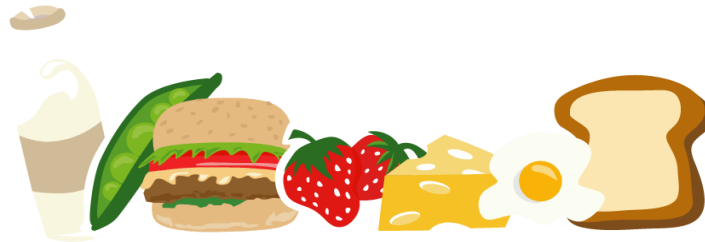
The Sandwich

- Use mustard instead of mayonnaise.
- Try red or green peppers, tomato, lettuce, cucumber, sprouts, carrot shreds or onions to spice up the meal.
- Add low fat cheese, such as sliced mozzarella. Cheese is a good source of calcium.
- Choose whole-grain bread, roll, or pita for more fiber.
- Choose turkey, grilled chicken, or roast beef sandwiches instead of burgers or mayonnaise-based meat salad sandwiches, such as tuna salad, chicken salad, or ham salad.
- Ask for a plain baked potato, pretzels, or baked chips with your sandwich instead of regular potato chips or fries.



Soup & Salad Bar

- Use fat-free salad dressings or vinegar.
- Choose tossed salad rather than mayonnaise-based salads, such as coleslaw or potato salad.
- Avoid topping your salad with eggs, imitation cheese, or bacon bits. Use raisins or croutons.
- Eat low fat crackers or saltines instead of club.
 - *Four club crackers have 4 grams of fat compared to only 1 gram of fat found in 4 saltine crackers.*
- Top your salad with beans (kidney or garbanzo) for protein.
- Add low-fat cottage cheese to your salad for extra calcium.
- Choose broth or tomato-based soups containing noodles, rice, or vegetables instead of cream or cheese-based soups.

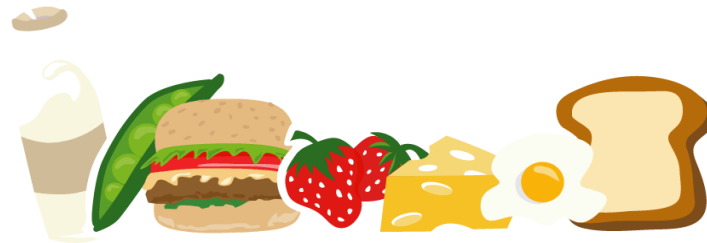


Lunch comparison:

	Menu 1	Menu 2
ITEMS	<ul style="list-style-type: none">- Chef salad with 2 tbsp. Thousand Island salad dressing- 4 club crackers- 1 cup cream of mushroom soup- Sweet tea	<ul style="list-style-type: none">- Garden salad with 2 tbsp. Low-fat Italian salad dressing- 4 saltine crackers- 1 cup minestrone soup- Sweet tea
CALORIES	599 calories	348 calories
FAT	36 grams of fat	8 grams of fat
SODIUM (SALT)	660 milligrams of sodium	1337 milligrams of sodium

Main dishes

- Eat a tossed salad before your main course. This will help fill you up so you are less likely to overeat when your main course comes.
- Choose grilled or steamed vegetables as a side dish instead of French fries.
- Choose tomato-based sauces on pasta, rather than white creamy sauces, which are higher in fat.
- Choose meals that contain grilled, steamed, broiled, or baked chicken, fish, or beef instead of dishes that are breaded and fried.



Entrée comparison

	Menu 1	Menu 2
ITEMS	<ul style="list-style-type: none">- 6-ounce grilled chicken breast- Baked potato with sour cream- Mixed vegetables- Diet Coke	<ul style="list-style-type: none">- 8 ounce steak- French fries- 1 roll- Diet Coke
CALORIES	724 calories	1040 calories
FAT	13 grams of fat	41 grams of fat
SODIUM (SALT)	197 milligrams of sodium	371 milligrams of sodium

Snacks & desserts

- Ask for a milkshake made with skim or 1% milk. This is lower in fat and will provide you with calcium.
- Try diet sodas or unsweetened tea instead of regular sodas, which are high in sugar.
- Eat fruit for dessert.
- Try sherbet, low-fat frozen yogurt, or fruit ices.
- Have a cup of coffee or tea instead of a dessert.
- Share a rich dessert, such as a pie, cake, or pastry, with some friends.
- Or... wait until you get home – costs less and you just may be full enough to avoid it all together

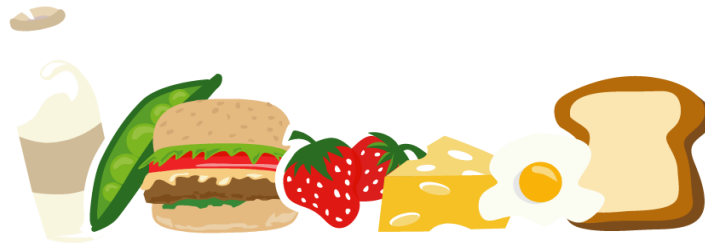


Dessert Comparison

	Menu 1	Menu 2
ITEMS	Vanilla ice cream cone	Soft-serve vanilla frozen yogurt cone
CALORIES	350 calories	118 calories
FAT	10 grams of fat	1 grams of fat
SODIUM (SALT)	170 milligrams of sodium	84 milligrams of sodium

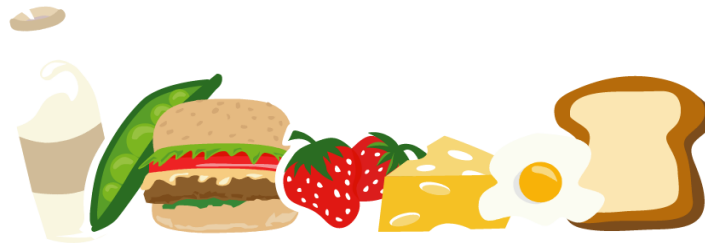
Italian

- Enjoy grilled or broiled meats instead of breaded and pan-fried meats, such as chicken or veal parmigiana.
- Look for traditional dishes that have beans for vegetables instead of high fat sausages or high sodium cured meat.
- Order a bowl of minestrone soup. The soup is filled with beans, vegetables, and pastas.
- Order a fresh tossed salad with dressing on the side.



Pizza

- Go easy on high-fat toppings such as bacon, pepperoni, sausage, olives, anchovies, and extra cheese.
- Ask for half the cheese
- Choose lean meats such as lean ham or chicken.
- Load up on vegetable and fruit toppings for less fat and more fiber, phyto-nutrients and vitamins.
 - Try bell peppers, mushrooms, broccoli florets, spinach, pineapple chunks, and/or tomato slices.



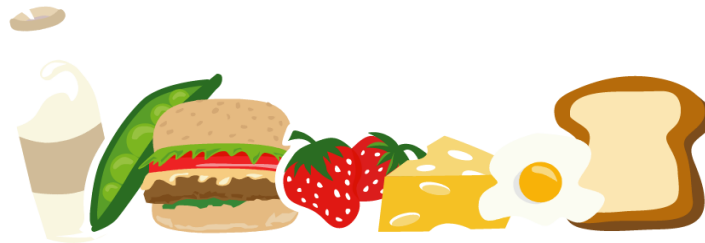
Mexican

- Enjoy salsa on baked or soft tortillas.
- Choose baked or stir-fried entrees, such as enchiladas or fajitas. Entrees such as chile rellenos, chimichangas, or flautas are fried and high in fat.
- Enjoy a taco salad, but don't eat the whole tortilla shell.
- Order soft tacos instead of hard shell tacos and tostadas, which are fried.
- Order the guacamole and sour cream on the side so you can control the amount you eat.
- Ask for less (or no) cheese on top
- Avoid the cream based sauces



Asian foods

- Order plain or steamed (brown) rice or noodles, rather than fried versions.
- Look for dishes that are roasted, simmered, steamed, or stir-fried (with little or no oil).
- Ask for no added MSG in the meal. (loaded with sodium!)
- Choose vegetarian dishes for your meal.
- Ask for sauces on the side or for a smaller amount to be added to food.
- Don't be afraid to enjoy the fortune cookie. A single fortune cookies has just 15 calories and 0 grams of fat.



What to Drink

- Water!
- Iced tea or diet sodas - \$\$
- Watch the added calories – order small
 - Sweetened juices
 - Smoothies & shakes
 - Coffee drinks
 - Alcohol



Conclusion

- Eating out often makes it harder to control what you eat
- It IS possible to find healthy meals when eating out
 - Remember the Pyramid
 - Avoid added fats & sugar
 - Choose plenty of vegetables & fruits
 - Watch your portions!
 - Pay attention to what you drink
 - Enjoy the experience!

