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# ADULT HEALTH BULLETIN

OCTOBER 2009

## THIS MONTH'S TOPIC: EATING OUT AND EATING HEALTHY!

**J**ust because you are dieting or cutting back does not mean you can't eat out occasionally. The important thing to remember is to make healthy food choices that are low in saturated fat, trans fat, cholesterol, and sodium. Also, watch your portion sizes, sometimes less is really more.

Here are some American Heart Association tips-to-remember when eating out:

- Select entrees that are steamed, broiled, baked, grilled, poached, or roasted.
- Watch portion sizes. When large portions are presented, cut in half and ask for a "to-go" container. Make two meals from one.
- Limit items prepared in high-sodium sauces such as soy or teriyaki and

***Try restaurants that offer nutrition information on-line or upon request.***

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## Avoid eating late meals to help maintain a healthy weight.

### CONTINUED FROM PAGE 1

pickled or smoked dishes that may contain high sodium levels. Ask that your food is prepared without salt or MSG (monosodium glutamate).

- Ask that gravies, sauces, or dressings be placed in a container on the side of your dish, or skip them all together.
- Instead of pouring dressing or gravy over your food, try dipping your fork into a container of dressing or gravy and use it to pick-up a bite of your salad or entrée.
- Instead of high-fat pastries and ice creams, ask if fruit or sherbet is a desert option, even if it is not listed on the menu.
- Watch your portion sizes, eat smaller meals more frequently, and avoid eating late meals to maintain a healthy weight.

#### Instead of:

#### Have:

Cheeseburger . . . . . Grilled chicken sandwich

Fried chicken . . . . . Grilled chicken salad

French fries . . . . . Baked potato w/low fat sour cream

Regular potato chips . . . Baked potato chips, pretzels, or popcorn

Candy bar . . . . . Carrot or celery sticks

Fruit juice . . . . . Whole fruit (apple or orange)

Ice cream . . . . . Low fat pudding or yogurt

White Bread . . . . . Whole wheat bread

Bacon or sausage . . . . . Lean ham or Canadian bacon

Soda . . . . . Water

#### Try Restaurants that Offer:

- Two-for-one priced meals with smaller portions
- Nutrition information available on-line or upon request
- Create-your-own-meals with salad, fruit, and/or low fat milk options
- Child or senior portions; they usually are less expensive and offer plenty of food

The Dietary Guidelines for Americans recommends that all adults engage in some form of physical activity for at least 30 minutes most days of the week. You might consider walking for 10 minutes every day at lunch or try taking the stairs instead of the elevator. Make eating right and physical activity a family affair by encouraging your children to make healthy food choices and to exercise. If you set the example, they will soon follow.



#### SOURCES:

- <http://www.americanheart.org/presenter.jhtml?identifier=3046118>
- <http://www.americanheart.org/presenter.jhtml?identifier=531>

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**Written by:** Travonia Brown-Hughes, Ph.D., MCH Postdoctoral Fellow, University of Kentucky HEEL program

**Edited by:** Connee Wheeler

**Designed by:** Rusty Manseau

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