

To Your Health

March 2009

Healthy Eating On the Run

You probably eat out a lot - most Americans do.

Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Try these tips to **help you eat healthy when eating out.**

- ◆ Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
- ◆ Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
- ◆ Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

- ◆ Order the regular or child-sized portion. Mega-sized servings are probably more than you need. Or, order an appetizer in place of a main course.
- ◆ Split your order. Share an extra large sandwich or main course with a fellow diner, or take half home for another meal.
- ◆ Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
- ◆ At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
- ◆ Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.
- ◆ Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories and fat of the regular size.
- ◆ Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.
- ◆ Always eating on the go? Tuck portable, nonperishable foods in your tote, briefcase or backpack for on-the-run snacks or a meal. Try a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers, or whole grain crackers and peanut butter.

Source: American Dietetic Association, www.eatright.org

For more information on "spending smart away from home," visit **Spend Smart. Eat Smart.** - the new ISU Extension Web site found at - www.extension.iastate.edu/foodsavings. Look for the "eating out" section. Register to receive a weekly tip in your e-mail.

Vending Machines Eat Money

I found this note posted on the **Spend Smart. Eat Smart.** blog ...

"When I go by a vending machine, it is tempting to stop for a snack. But, just like everything, prices have gone up. If I buy a \$.75 item every day, it adds up to \$3.75 per week and \$195.00 in a year. I can think of lots of things to do with \$195.00 - like getting several massages, or taking my family out for a special treat.

"You can save money if you take a snack from home. For example, peanuts are a popular selection at a vending machine. The cost is \$.75 for 2 ounces. But, if I buy a large container of peanuts* (34 ounces) for \$5.29 and fill a small container that holds 2 ounces, my cost for a snack is only \$.31. WOW! The vending machine snack costs more than twice as much.

"This same concept works with most of the items in the vending machine...Now if I can just remember to bring that snack from home."

*("Dry roasted peanuts are healthier than cocktail peanuts because they have less sodium and fat.")

-- contributed by Susie

You can follow blog conversations at www.extension.iastate.edu/foodsavings for more ideas on spending your food dollars wisely.

Make It, Take It

Susie mentioned saving money by taking a snack with you. Here's a recipe for you to try. One serving is 1 cup - plenty for a snack.

Popcorn Trail Mix

Makes 14 - 1 cup servings

Ingredients:

6 cups air popped popcorn
2 cups chocolate Chex® cereal
2 cups toasted oat cereal
2 cups pretzel twists
2 cups honey flavored shredded wheat cereal
1 cup peanuts (optional)

Instructions:

Combine all ingredients in a large plastic food storage bag. To control portions, divide into servings and place in individual bags or sealable containers.

Nutrition information per 1 cup serving: 95 calories, .8g fat, .1g saturated fat, 0mg cholesterol, 178mg sodium, 20g carbohydrate, 2g fiber, 2.3g protein

Source: Spend Smart. Eat Smart. web site - ISU Extension

RE-think screen time

Entertainment screens (TV/DVD/computer/video game) use lots of electricity. Turning off screens saves energy dollars and helps kids be healthier, smarter, and better behaved. Pediatricians recommend no screen-time for children under 2 and less than 2 hours a day for older children. Turning off screens gives your family time for active fun and togetherness - such as playing ball (any ball outside, Nerf® balls inside) or dancing to silly music.

Need sports equipment or bicycles for family activities? Check out garage sales, thrift stores, second hand sporting goods stores, and sports equipment swaps for gently-used items.

Source: Eat Right Montana - a coalition promoting healthy eating and active lifestyles