

WHAT'S NEW IN NUTRITION?

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Wisconsin Nutrition Education Program (WNEP)

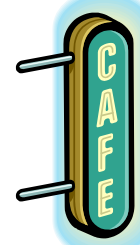
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While dining out can be fun, convenient and even necessary at times, it can also challenge your health if you don't put a little thought into your food choices. Your goal should be to eat foods you enjoy while meeting your daily nutrient needs and not consuming too many calories, fat, sugar or sodium.

Think about all the foods you eat over a few days, rather than one meal at a time. If you splurge when eating out, make up for it by eating a few lighter, smaller meals at home.

It is possible to eat out and still eat healthfully – without sacrificing taste or enjoyment. Here are some ideas to keep in mind next time you order off a menu!

FAST FOOD:

- ◆ Opt for **grilled** menu items over fried – if you cannot resist something fried, keep it down to one fried food per meal.
- ◆ Order **rice or a baked potato** instead of French fries. If you crave fries, **order a small size** instead of large or share an order with someone else.
- ◆ Skip the double-decker entrees with extra bread and meat.
- ◆ Go **easy on the mayonnaise** and other high fat spreads. Mustard, ketchup, horseradish and pickle relish are good low fat condiments.
- ◆ Have low fat milk or 100 percent juice and forego the soft drink.
- ◆ Resist super sized portions that seem like a good value unless you are sharing it with someone else.

EATING IN A RESTAURANT:

- ◆ Order **small portion sizes** or an appetizer – restaurant portions tend to be large.
- ◆ Eat half a sandwich instead of a whole.
- ◆ Choose whole wheat bread instead of white bread or a croissant.
- ◆ Select **grilled, lightly sautéed or stir-fried items** rather than those that are deep-fried.
- ◆ Go **easy on baskets of bread** and other pre-meal offerings.
- ◆ Order an appetizer and **share a main entrée** with a friend.
- ◆ If your sweet tooth is calling, **split a dessert**.

Think about what you drink. A soft drink has 150-175 calories and virtually no nutritional value. Compare that to a glass of low fat milk. For about 120 calories or less, you are getting a third of your daily calcium requirement, in addition to vitamins A and D, protein and other important nutrients.

CUTTING "CARBS"?

*"LOW-CARB" FOOD;
what does the label
mean?*

*There is no legal
definition of a
"low-carb" food for
food labeling so the
"low-carb" label has
little meaning.*

Any food can be labeled "low-carbohydrate" or "low-carb."

The total carbohydrates listed on a food label includes the carbs from both fiber, sugar and starches.

There is little or no evidence for the claim that some types of carbs are more likely to affect weight than others.

The "low-carb" label often demands a higher price than a regular product.

The bottom line may be that the low-carb foods may be very close to the same as a conventional product that may cost less than the newer "low-carb model". Ingredients were found to be the same in new low-carb 100% whole wheat bread as regular 100% whole wheat bread.

However, the slices were smaller so the carbs were less, as were the calories, compared to a regular slice. Another low-carb bread product listed the serving size as "1/2 slice".

Food portions sizes are key to controlling both the amount of calories, as well as carbs, protein, fat or any other nutrient when you are trying to watch what you eat to help stay healthy.

Low-carb candies are pretty much the same as the sugar-free candies, which have been on the market for some time, but are now

being labeled differently to take advantage of the current low-carb trend.

*Your Burnett County
Nutrition Education Program
Educator has been trained to
help individuals and families
stretch food \$\$ by creating
spending plans and preparing
low-cost nutritious meals.
For this FREE service, call or
stop by our office.*

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