

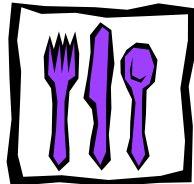


NutritionMatters

Nutrition Services | Health Services Department

Healthy Eating...on the Go!

Whether it is eating in a restaurant, picking up take-out food, stopping off at a coffee shop or eating at the cafeteria at work, Canadians are eating away from home more than ever before.



In fact, studies estimate that we eat out about five times a week and spend one-third or more of our food budget when eating out.

Eating Out & Being Healthy: Can they go hand in hand?

Going out to a restaurant or picking up a quick bite for lunch does not have to mean throwing away all of your healthy eating habits. Eating out can be nutritious as long as some thought goes into selecting the place, the menu items and how the food is prepared.

Here are some points to help you enjoy your dining experience while maintaining your healthy eating habits:

① Location matters

Look for a place to eat that has a wide variety of foods available. Ask the waiter if they will modify an existing menu item. Stay away from

establishments that limit eating to one or two entrée choices such as fried chicken or fish and chips. These kinds of places often cannot offer healthier alternatives due to their limited availability of food.

Avoid places that encourage eating to get your money's worth, such as "all-you-can-eat" menu items or "two for the price of one" foods. These promotions may appear tempting, but they create a situation where you may eat more than you originally intended.



Eat Smart! Ontario's Healthy Restaurant Program

Consider eating at restaurants that have received the Eat Smart! award. The award can assure you that the restaurant meets high standards in nutrition, food safety and offers non-smoking seating. These restaurants offer more menu options that are lower in fat and include more vegetables and fruit choices in their menus. Your special requests will also be accommodated.



Ontario's Healthy Restaurant Program



Contact York Region Health Services
for a listing of these restaurants at
1-800-361-5653
or visit the website
www.region.york.on.ca

② Choose wisely

Now that you are at an establishment that offers healthy food choices, it is up to you to take advantage of them. For the most part, your two main concerns are fat and fibre.



FAT Fat in foods often brings out tastes and flavours. However, fat can also add a lot of calories to your diet. As well, certain types of fat may increase your risk for heart disease, stroke, diabetes and some types of cancers.

An entrée may be high in fat because it is made with fatty cuts of meat or higher-fat dairy products. Alternatively, fat may be added to an entrée in the form of a cream sauce, butter, oil, extra cheese, mayonnaise or sour cream. Or perhaps the entrée was fried, incorporating fat in the cooking process. Be aware of all sources of fat. Use the following table to help you spot foods higher in fat.

Once you have identified entrées that are higher in fat, you have a few options. You can choose the deep-fried calamari that you have been

looking forward to and balance this out with a small pasta with tomato-based sauce and skip the dessert.

Alternatively, you could share the calamari with a friend to leave room for the dessert. Or you could enjoy the fried calamari this once and not have it again for a few months.

Words Meaning *Less FAT*

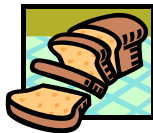
Baked	In broth
Broiled	Marinara
Boiled	In white wine
Steamed	Au naturel
Poached	In its own juice
Grilled	Lean
Barbecued	Tomato-based
Skinless	

Words Meaning *More FAT*

Fried	Au Gratin
Deep-fried	Hollandaise
Battered	Bernaise
Buttered	Marinated in oil
Breaded	In pastry shells
Sautéed	Scalloped
Creamed	Crispy
With garlic butter	À la mode
Cheesy	Au fromage
Alfredo	Smothered

FIBRE Fibre often adds unique flavours and texture to food. In the body, fibre helps maintain bowel function. Some fibres also help control blood cholesterol levels, blood sugar levels and may help control weight by providing a feeling of fullness. In addition, many foods that are high in fibre, such as fruits and

vegetables, are also great sources of a variety of needed nutrients. Some ways to add more fibre to your meal is by ordering a side salad, choosing an entrée that comes with vegetables, having fruit for dessert and opting for whole-grain whenever possible. Choosing a dish with lentils or beans such as chilli is another great way to boost your fibre intake.



③ Make special requests

Restaurants are used to catering to special requests as people are becoming more concerned about what they eat. Don't be afraid to ask for foods to be served your way.



Feel free to ask for a substitution, that an ingredient be left out or that something be prepared in a specific way. For instance, you can ask for a side salad or baked potato instead of French fries, mustard instead of mayonnaise, or tomato sauce instead of a cream sauce. You can also ask, for example, that the sour cream, salad dressing or "secret sauce" be left out or served on the side. Another great way to moderate fat intake is to order 2%, 1% or skim milk in coffee instead of cream.

Many restaurants will also change how they prepare their food to suit your needs. For example, you can ask for the item to be broiled instead

of pan-fried, that an entrée be made with less oil or that half the amount of cheese be added to the pizza.

④ Practice portion control

Once you have placed your order, the next step is to control the amount of food you eat. Many restaurants serve such large portions that it could be double what you would serve yourself at home. Don't feel that you have to clean your plate. Try the following portion control strategies:



Portion Control Strategies

Wrap it up

Eat until you feel comfortably full, not "stuffed", then ask to have the remainder wrapped to take home.

Share your meal

If you have a willing dining partner, you may want to share an appetizer, an entrée and a dessert.

Ask for half portions

Ask your waiter about the portion sizes of the entrées and request a "half portion" or smaller portion.

Cover your food once you are done

Put your napkin or place your knife and fork entirely over your plate when you feel comfortably full. This will signal to the waiter that you have finished your meal and hopefully the plate will be picked up promptly.

Selecting Healthier Menu Options... It's your Choice



Choose MORE often...

Appetizers

- Broth-based soups with vegetables
- Grilled/Broiled/Baked appetizers (e.g. grilled calamari, shrimp cocktail)
- Oil and vinegar based dressings served on the side
- Whole-grain breads and buns, bruschetta
- Vegetable platter

Main Entrées

- Pasta with tomato sauce and vegetables
- Regular-sized burger with tomato, lettuce, ketchup and mustard
- Grilled chicken sandwich
- Broiled or grilled meat, fish or poultry
- Pizza with vegetables and less cheese

- Lean meats such as sirloin, pork tenderloin, eye of round, veal, chicken, turkey and fish
- Lower-fat luncheon meats such as pastrami, ham, chicken, turkey and roast beef
- Eggs and back bacon or ham
- Sandwiches made with lower fat condiments such as mustard, salsa or horseradish

Desserts

- Sorbets, frozen yogurt
- Angel food cake, biscotti and meringues
- Fresh fruit
- Fruit crisp or fruit salad

Choose LESS often...

Appetizers

- Cream soups
- Deep-fried/Breaded appetizers (e.g. deep-fried calamari, potato skins)
- Mayonnaise-based salad dressings (e.g. Caesar or Greek dressings)
- Tea biscuits, croissants, garlic bread

Main Entrées

- Pasta with cream or cheese sauces
- Deluxe sized burger or double burger with cheese and mayonnaise
- Fried chicken sandwich
- Breaded or fried meat, fish or poultry
- Pizza with pepperoni, any other meats or double cheese
- Fatty meats such as prime rib, ground beef, T-bone steak, spare ribs, duck and goose
- Higher fat luncheon meats such as bologna and salami, as well as tuna, salmon and egg salad sandwiches
- Eggs and side bacon or sausages
- Sandwiches made with higher fat condiments such as margarine, butter or mayonnaise

Desserts

- Regular ice-cream
- Rich desserts such as cheesecake, mousse cake and chocolate fudge brownie
- Double crusted fruit pie
- Desserts made with whipped cream

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