

# Healthy Weighs



## How to Eat Smart When Eating Out

Americans are eating 40% of their meals at restaurants and fast food palces. This trend is contributing to the growing problem with obesity. The following are some tips to help decrease the fat and calories when eating out:

- 🍏 Watch your portion size. Typical portion sizes are frequently larger than standard portion sizes. Avoid eating too much by sharing with a friend, saving some for later, or by ordering an appetizer.
- 🍏 Ask for high-fat dressings, cream-based sauces, butter, and sour cream to be served "on the side"—or simply omit them completely.
- 🍏 Do not be intimidated by a server or the people you are dining with. Ask questions about how the meal is prepared and choose a healthy alternative.
- 🍏 Clues that could indicate lower fat choices include: grilled, roasted, baked, broiled, steamed, stir-fried, and poached.
- 🍏 Key words that indicate foods to avoid include:
  - ◆ A la mode (with ice cream)
  - ◆ Au fromage (with cheese)
  - ◆ Au gratin (in cheese sauce)
  - ◆ Au lait (with milk)
  - ◆ Basted (with extra fat)
  - ◆ Bisque (cream soup)
  - ◆ Buttered (with extra fat)
  - ◆ Casserole (in cream sauce)
  - ◆ Creamed (in extra fat)
  - ◆ Crispy (fried)
  - ◆ Escalloped (with cream sauce)
  - ◆ Hash 9with extra fat)
  - ◆ Hollandaise (with cream sauce)
  - ◆ Pan-fried (in fat)
  - ◆ Sautéed (fried with extra fat)
- 🍏 Do something active after your meal, such as going for a walk or dancing.
- 🍏 Balance your meals to include your favorite dish. Choose low-fat selections along with high-fat selections. For example, if that cheesecake sounds too good too pass up, choose a lighter meal or skip the appetizer, or if you really want cheese dip, then choose fruit or sorbet for dessert.

Source: American Cancer Society; Total Wellness: Becoming a Total Person, Feb 2001

# FIT TIPS

## Everything in Moderation

When it comes to exercise, we each determine what we can or cannot do and how hard we push ourselves. Some follow the all-or-nothing principle, believing that if exercise is good for you, it has to be hard or painful. The Surgeons General's Report includes a recommendation that everyone participate in 30 min or more of physical activity on most or all days of the week. Brisk walking is the most popular choice since it can be easily incorporated into a busy day, has low injury rates, does not require special skills or equipment, and can be done by anyone, at any age. However, do not forget the things you do everyday. Gardening provides a multitude of opportunities for improving muscles strength, as does waxing your car or vacuuming the carpet. To insure that you are able to stick with exercise, choose activities you enjoy that can easily become a part of your routine. Begin slowly, giving the body time to adjust, and work up to the desired amount and intensity.

## Examples of Moderate Amounts of Activity

- Washing and waxing a car for 45-60 min
- Washing windows/floors for 45-60 min
- Playing volleyball for 45 min
- Playing touch football for 30-45 min
- Walking 1.75 mi in 35 min (20 min/mi)
- Basketball (shooting baskets) for 30 min
- Basketball (playing a game) for 15-20 min
- Shoveling snow for 15 min
- Jumping rope for 15 min
- Running 1.5 mi in 15 min (10 min/mi)
- Dancing fast for 30 min
- Pushing a stroller 1.5 miles in 30 min
- Raking leaves for 30 min
- Walking 2 miles in 30 min (15 min/mi)
- Water aerobics for 30 min
- Swimming Laps for 20 min
- Bicycling 5 mi in 30 minutes
- Bicycling 4 mi in 14 min
- Stair climbing for 15 min
- Gardening for 30-45 min

Source: American Council on Exercise: [www.acefitness.org](http://www.acefitness.org)

## Carrots, Zucchini, and Basil

### Ingredients:

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|--|--|
| 3 small zucchini                           | Salt and freshly ground black pepper (to taste)  |
| 3 small carrots                            | Dash of lemon juice or to taste                  |
| 2 scallions                                | 1-2 tsp. Fresh basil leaves, chopped (or 1/4-1/2 |
| 1 Tbsp. Extra virgin olive oil             | tsp dried), to taste                             |
| Water or fat-free,<br>reduced sodium broth | 1 Tbsp. Chives, chopped                          |
| 1 clove garlic, minced                     |  |

### Instructions:

Cut the zucchini and carrots into very thin slices (the size of wooden matchsticks).  
Cut the scallions into thin slices including a little of the green.  
In a medium-sized skillet, heat the oil. Add the carrots and begin to sauté, stirring frequently.  
When they begin to soften, add the zucchini and scallions. (Add a tbsp or two of water or broth if needed.) Since the heat is rather high, do not add the garlic until the vegetables are almost done or it may brown. Season with salt and pepper and add lemon juice to taste when the vegetables are crisp-tender. Sprinkle with basil and chives and serve immediately.

Nutritional Information: Makes 6 servings

Per serving: 41 cal, 2 g total fat (0 g sat. fat), 5 g carbohydrate, <1g protein, 1 g dietary fiber, 21 mg sodium.