



HealthBits

Dining Out 101

November 13th, 2009

It has been estimated that portion sizes in the past 20 years have increased in restaurants and at home by as much as 50%. Today, the average person eats 200 more calories each day than in the 1970s. (which means 20 lbs wt gain in a year if we don't make changes!)

It is possible to gain weight even if you are eating healthy foods if you are not watching your portions! However, portion size is something you can control! With a little effort you can develop habits to control your portions. Here are some tips...



At the restaurant:

- Order an appetizer as an entrée. Stay away from fried foods though.
- Split an entrée with another person.
- Order from the lunch menu at dinnertime.
- Order smaller sizes, such as a half-order or petite cuts of meat.
- Get a doggy bag and have leftovers the next day.

At home:

- Use smaller plates. You can't fit as many servings on a smaller plate and it will also make food look bigger.
- Skip seconds and get out the Tupperware.
- Divide up single serving portions ahead of time, in sealable bags or containers.
- Read the nutrition label and follow the recommended serving size and eat only one.
- Eat foods that curb hunger, such as oranges, apples, oatmeal, fish, brown rice, and whole wheat pasta.

Upcoming Events

**Free Health Screening
open to all employees**

Wed Dec 2nd

Watch e-mail for details

Join us for the

Nutrition Services



"A Taste of Holidays from Around the World"

(Come & sample some holiday foods from around the world!)

Open to the Community



Thurs., Dec. 10th

11:00 — 1:00

Stop in during this time

Administrative Center

Room B190 (Basement)

**** Registration required****

Contact: Judy DeBack

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or 785-9865



Did You Know...

Menu Watch Words

Often high in fat

Alfredo
Au gratin
Basted
Batter-dipped
Breaded
Creamy
Crispy, crunchy
Deep or pan fried
Marinated
Sautéed

Often large portions

Combo
Country-style
Feast
Grande (Giant)
Jumbo
King size
Super size
Supreme
Volcano

Better choices

Appetizer
Kiddie
Light
Luncheon
Grilled
Regular
Salad size
Small
1/2 portion
Petite
Steamed
Broiled



Click Pick

(recommended website)

www.gundluth.org

(go to this website to find local restaurants/grocery stores that provide "500 Club" entrees and foods—these will contain 500 calories or less)

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Questions or Comments?

E-mail Hottenstein.kim@co.la-crosse.wi.us or call 785-9793