

## NATIONAL NUTRITIONAL MONTH

Always in a hurry and find you are eating out a lot? Have you ever heard the term used by a small child referring to hamburger as car meat? That is a definition of a four year old when he wants a Mc Donald's hamburger. Today's society is very fast paced with the juggling of kids, school activities, work, and social engagements. It is very hard to find time for a family to sit down at the dinner table together. It appears that a lot of us make our meals, fast food. Fast food doesn't necessarily mean it is bad for you. You can make healthy decisions about what you eat when you are dining out by watching the fat intake.

There are many tips you can consider when making menu decisions. Choose meats that are broiled, grilled or baked and not fried. Instead of french fries, try a salad or baked potato, these are exceptional in nutritional value. By opting for lighter portions, order a children's size meal or split a meal with another person. You might even consider ordering an appetizer along with a salad as a main entrée. If you do get a main entrée, and it is too large, ask for a box to go and split the food up before you eat so you are not tempted to eat it all at the restaurant.

For lunch, consider salads with lots of vegetables, requesting that the dressing be put on the side. This gives you control of dipping your fork tines in the dressing with each bite. (You will find you will use less dressing.) If you are eating at a buffet; make only two trips, a trip for salad, then a trip for your main entree. Pizza is an area that you can get into a lot of extra calories and fat. In order to reduce the fat and calories, order a thin

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crust and have it loaded with vegetables instead of meat. If you are really hungry, starting with a salad before your pizza will help you fill up.

Other good tasty alternatives for food choices are sandwich wraps made with lean cuts of meat and soft tortilla shells. Or at breakfast you could choose cereal and milk over doughnuts, which contain a lot of fat! If you are hungry for bread, choose lower fat bagels, English muffins or soft pretzels and lightly spread with cream cheese, margarine, jelly or jam.

Dessert is something you should not deny yourself if you have an urge. Choose fresh fruits instead of processed pies or cakes. Or if you choose, share a dessert. This will satisfy the desire and you'll get half the fat and calories. Another thought is, if you crave something sweet, try a sundae from Mc Donald's, it is cheap, small and satisfies the cravings, without a lot of calories like a large sundae.

Now that you have tips on more nutritious eating, it is time to start walking. As an incentive for reading my article, the first 10 people who respond to my eMail address, will receive a free pedometer. Type – "A time for walking." You will have 10 days from the date of the article publication. No family members please. Limit one per household.

As always, if you have any questions or comments, eMail me at [gheffelmire@dearborncounty.in.gov](mailto:gheffelmire@dearborncounty.in.gov)

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