

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

EATING OUT AND WEIGHT LOSS

MAY 7, 2018

FIRST OFF, THERE WILL BE NO CLASS MAY 28TH (MEMORIAL DAY), HOWEVER I'VE RESERVED THE ROOM FOR TUESDAY THE 29TH...SO PLAN ON ATTENDING CLASS TUESDAY, RATHER THAN MONDAY OF THAT WEEK! I'LL BE HELPING OUR DAUGHTER MOVE IN JUNE, SO WE ACTUALLY WILL BE ON "SUMMER BREAK" FOR THE FIRST TWO MONDAYS (4TH & 11TH). OTHER THAN THAT, HOW DID EVERYONE DO WITH "NO DRY CEREAL" THIS WEEK???

OKAY, SO...WE'RE GETTING READY TO GO AWAY FOR A LONG WEEKEND, AND AS YOU ALREADY KNOW, IT'S NOT EASY TO EAT WELL WHEN YOU'RE AWAY FROM HOME. YOU'RE PRETTY MUCH AT THE MERCY OF WHERE EVER YOU LAND! A FEW TRICKS...

EVER TRY TO ORDER HALF A MEAL WHEN IT'S NOT ACTUALLY ON THE MENU? I'VE OVERHEARD PEOPLE DOING SO, AND IT SEEMS LIKE A GOOD IDEA! WITH THE WAY PORTIONS ARE THESE DAYS, IT MAKES SENSE. ORDER UNAPOLOGETICALLY! THE WORST YOU'LL GET IS A "NOPE, WE CAN'T DO THAT!" HOWEVER, A HAPPY CUSTOMER IS A RETURN CUSTOMER. THESE DAYS, TAILORING YOUR MEAL IS THE NORM. PEOPLE EVEN DO IT AT FAST FOOD RESTAURANTS. THEY WANT OUR BUSINESS, SO WHAT'S THE HARM? IN LIEU OF THAT, CONSIDER ORDERING A LA CARTE. ALSO, CERTAIN PLACES OFFER SENIOR SELECTIONS, WHICH MEANS A SMALLER AMOUNT OF FOOD. HERE ARE SOME OTHER SUGGESTIONS:

- ASK FOR LETTUCE AROUND YOUR BURGER, INSTEAD OF A BUN! (THANKS, DEANNA!)
- STEAMED OR ROASTED VEGGIES OR A SALAD INSTEAD OF FRIES!
- LEAVE OFF UNWANTED TOPPINGS...OR TRADE FOR MORE VEGGIES. (FOR EXAMPLE, YOU COULD ASK FOR EXTRA LETTUCE, TOMATOES & ONIONS INSTEAD OF CHEESE & SOUR CREAM ON YOUR MEXICAN FOOD.)

BECOME THE PACESETTER. (I SHOULD TAKE MY OWN ADVICE ON THIS ONE...) OKAY, SO THIS IS KIND OF STRANGE. ONE STUDY FOUND THAT WHEN GALS EAT TOGETHER, WHEN ONE WOMAN'S FORK MOVES TOWARD HER MOUTH, THE OTHER IS LIKELY TO TAKE A BITE WITHIN 5 SECONDS! SERIOUSLY?!? HOW WEIRD IS THAT??? ANYWAY, THIS KIND OF OVERALL EFFECT COULD CAUSE YOU TO EAT FASTER – AND THEREFORE EAT MORE. TAKING IT SLOW WILL RESULT IN EATING LESS.

STICK WITH WATER! SUGARY DRINKS WON'T REALLY FILL YOU UP, BUT THEY CERTAINLY CAN QUICKLY ADD CALORIES TO YOUR MEAL. WATER HELPS YOUR DIGESTION & METABOLISM WITH A GRAND TOTAL OF ZERO!

REDEFINE VALUE! I KNOW WE ALL WANT TO GET OUR "MONEY'S WORTH." WASTING FOOD OR FEELING LIKE YOU'RE THROWING AWAY MONEY IS NOT A GREAT FEELING. HOWEVER! IF YOU EAT MORE THAN YOUR BODY NEEDS, YOU'RE STILL KISSING YOUR MONEY GOOD-BYE – ONLY THE EXTRA FOOD DOESN'T END UP IN THE TRASH CAN! YOU GET TO TAKE IT WITH YOU, AND THEN YOU GET TO SPEND EXTRA TIME EXERCISING TO GET RID OF IT! (AND WE ALL KNOW THAT TIME IS MORE PRECIOUS THAN MONEY!)

STRATEGIZE YOUR SPLURGE. IF YOU'VE BEEN LOOKING FORWARD TO THE AMAZING DESSERT, BALANCE IT OUT BY EATING GRILLED FISHED & ROASTED VEGGIES FOR SUPPER FIRST. IF THE PLACE HAPPENS TO BE KNOWN FOR GREAT FRIES, ORDER A SENSIBLE AMOUNT...AND CHOOSE THE REST OF THE MEAL ACCORDINGLY. ON SECOND THOUGHT, IF IT'S KNOWN FOR GREAT FRIES, MAYBE YOU SHOULD PICK A DIFFERENT EATERY!

FORGO THE EXTRAS. DO YOU THINK ALL THOSE THINGS ARE ACTUALLY FREE???. REMEMBER, THINK OF YOUR CALORIC ALLOTMENT (BREAD & BUTTER? CHIPS & SALSA? CHEESE BISCUITS? STOP DROOLING!!!) YOUR FAIR SHARE OF FOOD, IN OTHER WORDS) AS AN ACTUAL NUMBER AMOUNT, JUST LIKE IN YOUR CHECKBOOK. IF YOU GO OVER YOUR BUDGET, YOU HAVE TO PAY SOMEHOW, RIGHT? TELL YOUR SERVER TO LEAVE 'EM IN THE KITCHEN...CUZ YOU CAN'T "AFFORD" THEM! THEY ARE PROBABLY THE VERY DEFINITION OF "MINDLESS CALORIES!" WE ARRIVE HUNGRY, AND THESE ITEMS ARE MEANT TO "TAKE THE EDGE OFF!" WELL, THEN THEY ADD INSULT TO INJURY BY BRINGING OUT ANOTHER BASKET! NOOOOOO! IF YOU DON'T REALLY, REALLY LOVE IT, YOU WON'T REGRET PASSING ON IT.

USE YOUR NOGGIN. LOOK AT THE MENU BEFORE YOU GO (MANY OF THEM WILL BE ONLINE) OR IF YOU ALREADY KNOW WHAT IS ON THE MENU, DECIDE BEFORE YOU GO & DON'T EVEN LOOK AT IT! THAT WAY, YOU'LL CHOOSE WHAT SOUNDS GOOD AT THE TIME, INSTEAD OF WHAT FEELS GOOD IN THE MOMENT! PRE-ORDERING RELIEVES SOME OF THE STRESS & KEEPS YOU FROM FEELING RUSHED WHEN YOU GET TO THE RESTAURANT, AND WE ALL KNOW THAT WE MAKE BETTER CHOICES WHEN WE MAKE THEM AS A RELAXED PERSON! P.S. TRY TO BE THE FIRST ONE TO ORDER! YOU CAN PROBABLY GUESS WHY. YOU MAKE A GOOD DECISION, THEN JOE SCHMOE GETS SMOTHERED-DEEP FRIED SOMETHING OR OTHER, AND YOU CHANGE YOUR MIND! ORDER YOUR FOOD, AND IF IT'S TOO TEMPTING TO LISTEN TO THE OTHER SELECTIONS, EXCUSE YOURSELF AND GO WASH YOUR HANDS!

IT'S A KNOWN FACT THAT PEOPLE WHO SIT IN A DISTRACTING SPOT (BY THE WINDOW, IN FRONT OF THE T.V., ETC.) END UP EATING CONSIDERABLY MORE. ALL THAT RUCKUS MAKES IT EASY TO LOSE TRACK OF WHAT YOU'RE PUTTING IN YOUR MOUTH. SIT IN A QUIET SPOT!

REMEMBER, IT'S ALL ABOUT THE ALMIGHTY DOLLAR. MENUS ARE DESIGNED TO MAKE US SPEND MONEY! THEY DO SO SOMETIMES BY SHOWING GREAT LOOKING PICTURES...AND ALSO GIVING AWESOME-SOUNDING DESCRIPTIONS. SOMETIMES IT'S DIFFICULT TO KNOW EXACTLY WHAT THEY'RE TALKING ABOUT! WHAT FOLLOWS IS A LIST OF STUFF TO AVOID!

Do You Know Your MENU Watch Words?



Green Flag (Potentially Good for You)

Baked
Boiled
Broiled
Fat Free
Fresh
Grilled
High Fiber
Light
Marinated
Multi-Grain
Poached
Red sauce
Reduced
Roasted
Seasoned
Steamed
Stir-Fried
Vegetarian
Vinaigrette
Whole Wheat

Red Flag (Probably Bad for You)

Au gratin
Basted
Battered
Bearnaise
(or hollandaise)
"Bet you can't
finish it"
Bottomless
Breaded
Buttery/Buttered
Casserole
Cheesy
Country-Style
Covered
Creamed/Creamy
Crispy
Crunchy
Escalloped
Fried/Deep Fried
Giant
Loaded
Platter
Smothered
Stewed
Stroganoff
Stuffed
Value
Volcano
White Sauce

HOW TO SPOT THE HIGH-FAT CHOICES IN ETHNIC CUISINES!

INDIAN: THESE FOLLOWING ITEMS ARE NORMALLY DEEP-FRIED: SAMOSAS, PAKORAS, AND PAPADUM. IN ONE OF THE MORE FAMOUS DISHES, CHICKEN TIKKA MASALA, THE CHICKEN PIECES ARE GENERALLY GRILLED, BUT ARE THEN ADDED TO A RICH, CREAMY SAUCE! CURRIES IN GENERAL ARE ALSO RICH IN CREAM OR COCONUT MILK, SO INDULGE SPARINGLY. A LOWER-FAT CHOICE IS TANDOORI OR TANDOOR (MARINATED MEAT COOKED IN A SPECIAL CLAY OVEN.) JUST WATCH THE DIPS YOU USE.

MEXICAN: COMMON DEEP-FRIED ITEMS: HARD TACOS (INCLUDING TACO SALAD SHELLS!), TORTILLA CHIPS, TOSTADAS, AND CHIMICHANGAS. TAMALES OR BURRITOS TEND TO BE A BETTER CHOICE; JUST BE AWARE THAT THE PORTIONS CAN BE GINORMOUS... AND "SMOTHERED" OR "WET" USUALLY MEANS DROWNING IN HEAVY SAUCES.

CHINESE: OBVIOUSLY SPRING ROLLS ARE DEEP-FRIED. DID YOU KNOW THAT MANY NOODLE DISHES ARE HIGH IN FAT? CHOW MEIN NOODLES ARE PRE-FRIED TO BEGIN WITH, AND THEN MORE OIL HAS TO BE ADDED DURING COOKING TO PREVENT THEM FROM STICKING! PAN-FRIED DISHES ARE ALSO HIGH IN FAT, BECAUSE SO MUCH OIL HAS TO BE ADDED TO KEEP THE PIECES SLICK AND SEPARATED. STAY AWAY FROM "SPECIAL SAUCE" AND "CRISPY" ITEMS, ALSO. IN POPULAR DISHES SUCH AS SWEET AND SOUR, THE MEAT PIECES ARE ALSO BATTERED AND DEEP-FRIED BEFORE THE SAUCE IS ADDED! DOUBLE TROUBLE! FOR LOWER-FAT CHOICES, LOOK FOR SAUTEED, BRAISED, OR STEAMED ITEMS OR NOODLE SOUPS, AND ASK FOR ANY SAUCES TO BE SERVED ON THE SIDE.

JAPANESE: ONE WORD: TEMPURA! OTHER ITEMS THAT ARE DEEP-FRIED INCLUDE KATSU OR KARAAGE-STYLE DISHES. YAKI SOBA IS PAN-FRIED NOODLES. SAFER BETS ARE TO REQUEST BROTH-BASED NOODLE DISHES LIKE RAMEN AND UDON, ROBATA OR YAKITORI (GRILL) ITEMS, OR JUST TRADITIONAL SUSHI.

ITALIAN: RED SAUCE IS LOWER IN FAT THAN WHITE SAUCE. PORTIONS, PORTIONS, PORTIONS! PASTA IS A RELATIVELY INEXPENSIVE ITEM, SO NATURALLY THEY'LL TRY TO FILL YOU UP! EGGPLANT PARMESAN, LASAGNA AND THE LIKE ARE NORMALLY CHEESY, GOOEY AND NOT A WONDERFUL IDEA! ALSO, WHY DO WE NEED GARLIC BREAD WITH OUR PASTA DISH? UNLESS WE HAVE A DATE TO GO RUNNING, (AFTER A GOOD, CARB-INDUCED NAP, THAT IS!) CHOOSE ONE OR THE OTHER!

OUR "NO!" FOOD FOR THIS WEEK: INSTEAD OF A "NO!" FOOD, WE DECIDED TO HAVE THE GOAL OF EATING AT LEAST 3 SERVINGS OF VEGETABLES A DAY!

SEE YOU MONDAY!