

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MARCH 11, 2019

EAT OUT THE RIGHT WAY!!!

WE AMERICANS LOVE TO EAT OUT...THE LATEST STATISTICS SHOW THAT INCLUDING BREAKFAST, LUNCH, AND SUPPER WE AVERAGE 5.9 TIMES PER WEEK! THAT SOUNDS CRAZY - THAT NUMBER IS FROM A WEBSITE CALLED ZAGAT, AND IT'S FROM 2018 FIGURES. WOW.

WE ALL KNOW THAT LETTING SOMEONE ELSE DO THE COOKING FOR YOU (EVEN THOUGH IT'S SUPER TEMPTING!) CAN BE A REAL THREAT TO YOUR WAISTLINE. TROUBLE IS, A STUDY (ANOTHER ONE I FOUND ONLINE, OF COURSE!) FOUND THAT FEMALES IN PARTICULAR CONSUME AN EXTRA 253 CALORIES AND 16 GRAMS OF FAT ON THOSE 5.9 DAYS. YIKES!

WE'VE TALKED ABOUT THIS PHENOMENON TIME AND AGAIN: THE MORE YOU'RE SERVED, THE MORE YOU'LL EAT. EVEN KNOWING THAT PORTION SIZES HAVE VIRTUALLY DOUBLED IN RECENT YEARS, WE SIT AND VISIT - AND NIBBLE - UNTIL WE'VE LICKED THE PLATTER CLEAN! WHAT TO DO???

OKAY, SO FIRST OF ALL, THAT "5.9" NUMBER. COME ON, THAT'S RIDICULOUS. PAY ATTENTION, STAY MINDFUL! MAKE A MENU (IF NOT AN ACTUAL ONE, AT LEAST HAVE SOME MEALS IN MIND!) AND GET THE GROCERIES IN THE HOUSE TO BACK IT UP. IF YOU HAVE SOME OPTIONS AVAILABLE, YOU WON'T BE AS TEMPTED TO EAT AWAY FROM HOME.

YOU'RE PROBABLY THINKING "REALLY? 5.9 TIMES? THAT CAN'T BE ACCURATE!" ACTUALLY, I THINK IT DOES SOUND A LITTLE HIGH, TOO, BUT KEEP IN MIND WHAT THE FIGURE INCLUDES: BREAKFAST, LUNCH, AND SUPPER. SO...THEY'RE NATURALLY COUNTING THINGS LIKE STOPPING FOR DONUTS AND COFFEE - THE DRIVE-THROUGH AT THE FAST FOOD RESTAURANTS - ALL THAT JAZZ! I'D ACTUALLY BE INTERESTED TO COME UP WITH SOME FIGURES OF OUR OWN, JUST TO SEE WHERE WE STAND ON THIS.

ONE OF THE TACTICS FOLKS TEND TO USE WHEN PLANNING THEIR DAY IS TO SKIP LUNCH IF THEY'RE EATING SUPPER AWAY FROM HOME. DON'T DO THAT! IT'S OKAY TO "BANK" SOME CALORIES, YES - BUT SKIPPING MEALS = FAMISHED PERSON = ATTACKING THE BREAD BASKET AS SOON AS YOU TAKE A SEAT! JUST IMAGINE THE DAMAGE YOU CAN DO BEFORE YOUR ORDER'S EVEN TAKEN! RATHER THAN TOTALLY SKIPPING LUNCH, TRY EATING A LIGHTER MIDDAY MEAL. MAKE SURE, AS USUAL, THAT YOU INCLUDE SOME PROTEIN AND FIBER. REMEMBER THAT THIS IS HOW YOU MAINTAIN AN EVEN BLOOD SUGAR. YOU'LL STAY SATISFIED LONGER! YOU MIGHT EVEN HAVE A SMALL SNACK LATER IN THE AFTERNOON. AGAIN, THINK PROTEIN: A CUBE OF LOWFAT CHEESE, A HANDFUL OF NUTS, OR MAYBE A SMALL YOGURT. KEEP THAT HUNGER AT BAY!

GO EASY ON THE ALCOHOL. HERE'S ANOTHER STAT FOR YOU: GALS WHO INDULGE IN MORE THAN TWO DRINKS A DAY CONSUMED NEARLY 30 PERCENT MORE CALORIES! STICK TO ONE GLASS OF WINE (OR WHATEVER YOUR DRINK OF CHOICE IS - BUT BE REASONABLE!) YOU DON'T NEED THE EXTRA CALORIES, AND YOUR JUDGEMENT WILL BE BETTER. (AKA YOU'LL STILL BE ABLE TO MAKE GOOD CHOICES!)

SPEAKING OF PROTEIN, BE PICKY! STICK WITH LEANER CUTS OF MEAT. IT'S EASIER TO DO NOW THAT MANY MENUS ARE LABELED WITH NUTRITION INFO. THE RECOMMENDED SERVING SIZE IS APPROXIMATELY THE SIZE OF THE PALM OF YOUR HAND...IF IT'S BIGGER THAN THAT, DO WHAT RUTHIE DOES AND CUT YOUR PORTION IN HALF AND TAKE THE REST HOME!

ALL SALAD FIXINGS ARE NOT CREATED EQUAL! YOU ALREADY KNOW THIS, BUT HEADS UP ANYWAY: SOME OF THOSE INGREDIENTS ARE NOT REALLY ALL THAT "SALAD-LIKE!" ITEMS SUCH AS BACON BITS, CHEESE, AND CREAMY DRESSINGS - YOU MIGHT JUST WANT TO ASK THAT THEY LEAVE THEM IN THE KITCHEN! IF YOU'RE AT A SALAD BAR, OF COURSE, YOU CAN CUSTOMIZE IT YOURSELF. (WARNING! THIS COULD BE TRICKY...SALAD BAR ITEMS CAN BE EVEN LESS "SALAD LIKE!") IF THE SALAD COMES PRE-MADE, HOWEVER, IT'LL PROBABLY END UP BEING A LITTLE FRESHER BECAUSE THEY'LL HAVE TO MAKE A NEW ONE IN ORDER TO HONOR YOUR REQUEST TO LEAVE OFF CERTAIN THINGS.

DON'T FORGET YOUR PORTION CONTROL. NO...LET'S MAKE THAT "DON'T FORGET YOUR PORTION CONTROL!!! AN OLD TIP FROM WEIGHT WATCHERS: ASK FOR A CONTAINER BEFORE YOUR MEAL COMES. WHEN YOU GET YOUR FOOD, PUT HALF OF IT IN THE CONTAINER TO TAKE HOME WITH YOU. IN LIEU OF THAT...JUST TRY EATING 75% OF YOUR MEAL. ACCORDING TO A STUDY FROM THE UNIVERSITY OF COLORADO (SO YOU KNOW IT HAS TO BE CORRECT!) YOU CAN EASILY SHAVE 300 CALORIES OFF YOUR MEAL BY DOING SO! I PROBABLY SHOULD'VE MADE THIS THE FIRST TIP, SINCE (I THINK!) IT'S THE MAIN REASON EATING OUT HINDERS WEIGHT GAIN.

DON'T JUST TAKE THE WORDS "DIET" OR "LIGHT" FOR GRANTED...WHAT ARE THE ACTUAL FOODS THE MENU IS REFERENCING? THESE DAYS ESPECIALLY - WITH THE POPULARITY OF VARIOUS FAD DIETS... FOR EXAMPLE, "LIGHT" COULD VERY WELL BE REFERRING TO THE CARBOHYDRATE CONTENT...THE FAT AND CALORIES COULD BE RELATIVELY HIGH! READ THE MENU AS CAREFULLY AS YOU READ YOUR NUTRITION LABELS!

DON'T BE AFRAID TO SPEAK UP! THESE ESTABLISHMENTS WANT YOUR BUSINESS, SO IF YOU WANT TO ORDER YOUR FOOD, SAY, GRILLED RATHER THAN DEEP-FRIED, SAY SO! I'VE ASKED FOR EXTRA VEGETABLES, INSTEAD OF FRIES OR A STARCHY SIDE DISH. ASK IF YOU CAN HAVE RED SAUCE (MUCH LOWER IN FAT) THAN WHITE. EVERY LITTLE BIT HELPS!

KEEP TRACK OF HOW OFTEN YOU EAT OUT FOR THE NEXT WEEK. LET'S SEE HOW WE COMPARE TO THE NORM.

HOW DID YOU DO WITH "NO BAKED GOODS" LAST WEEK?

OUR "NO!" FOOD FOR THIS WEEK: ANYTHING FRIED!!!

SEE YOU NEXT MONDAY...HAPPY ST. PATRICK'S DAY!!!



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