

WARREN COUNTY HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JANUARY 27, 2020

FAST FOOD FOR FAST TIMES!

A FEW THINGS PROHIBIT US FROM TAKING CARE OF OURSELVES THE WAY WE KNOW WE SHOULD, AND TIME IS ALWAYS ONE OF THE MAIN ISSUES! THAT BEING SAID, WE ALL NEED A BREAK ONCE IN AWHILE – AND SOMETIMES YOU JUST DON'T FEEL LIKE DOING THE WORK IT TAKES TO PUT A MEAL ON THE TABLE. HERE ARE SOME TIPS WHEN EATING AWAY FROM HOME, ALONG WITH SOME PITFALLS TO AVOID:

- **DON'T ORDER A COMBO MEAL. IT'S A GOOD DEAL FOR THE EATERY, BUT FOR YOU – NOT SO MUCH! THE SIDE (USUALLY FRIES!) AND THE DRINK (POP OR SWEET TEA, RIGHT?) ARE BIGGER THAN NORMAL...TWO THINGS THAT ADD EMPTY CALORIES, YET COST THE RESTAURANT (WAY) LESS THAN A DOLLAR. YIKES!**
- **SPEAKING OF SIDES...BE EXTRA PICKY! I HAD BREAKFAST WITH A GOOD FRIEND THE OTHER DAY AT A POPULAR SPOT THAT ACTUALLY OFFERS TOMATO SLICES (RATHER THAN HASH BROWNS) TO GO WITH YOUR EGGS. HMMM. I RARELY ORDER HASH BROWNS ANYWAY, AND MOST OF YOU IN THIS ROOM HAVE HEARD THAT STORY! IF NOT, HERE GOES: ONE YEAR, ON ASH WEDNESDAY, KEN AND I WERE OUT APPLIANCE SHOPPING AND STOPPED TO HAVE SUPPER. I ORDERED A MEATLESS MEAL (A HALF PIECE OF FRENCH TOAST, HASH BROWNS, AND ONE EGG). NOT MUCH FOOD, RIGHT??? HOWEVER! I LOOKED IT UP ON THE INTERNET THE NEXT DAY, AND FOUND OUT THAT I HAD CONSUMED PRETTY CLOSE TO 1,000 CALORIES. THAT IS RIDIC. THE WHOLE THING WAS FRIED, BUT STILL...THAT BROKE ME OF THE HASH BROWN HABIT! LIKE 'EM? OF COURSE! LIKE 'EM ENOUGH TO EAT (ALMOST!) ENOUGH CALORIES IN A SINGLE MEAL FOR THE WHOLE DAY? NOPE!!!**
- **DO YOU HAVE THE OPTION OF A BREAD BASKET? IF SO...OPT OUT. THE "BREAD" AT SOME PLACES IS BASICALLY A PIECE OF CAKE, AND THE PORTIONS ARE ALWAYS OUT OF WHACK. EVEN IF THEY'RE NOT EXTRA BIG, YOU'RE DEFINITELY OFFERED MORE THAN ONE SERVING (SLICE, BISCUIT, DINNER ROLL, WHAT HAVE YOU!) AND BY THE TIME YOUR MEAL ARRIVES YOU'LL LITERALLY HAVE NO ROOM!**
- **GOES WITHOUT SAYING...BE AWARE OF PREP METHODS. MAYBE EVEN MORE IMPORTANTLY, BE AWARE OF PORTIONS! EVEN THOUGH THERE'S A PROBLEM WITH FOOD WASTE IN THIS COUNTRY, IT'S COMMON TO BE SERVED TWO TO FOUR TIMES WHAT YOU REALLY SHOULD CONSUME. STUDIES SHOW (AND I'M SURE YOU ALREADY KNOW THIS!) THAT THE MORE YOU'RE SERVED, THE MORE YOU'LL EAT. IT'S DIFFICULT TO LEAVE FOOD ON YOUR PLATE.! ONE VERY OLD WEIGHT WATCHERS TRICK IS TO ASK FOR A BOX BEFORE YOU EVEN START EATING – TAKE HALF YOUR MEAL HOME FOR TOMORROW'S LUNCH!**

- **PLAN AHEAD! IF YOU KNOW THE MENU, ORDER WITHOUT LOOKING AT ALL THE BEAUTIFUL, GLOSSY FOOD PICTURES. IF YOU FIND YOURSELF IN THE FAST FOOD DRIVE THRU (WHICH I DO NOT RECOMMEND!) ORDER YOUR SANDWICH A LA CART AND TELL THEM TO HOLD THE MAYO OR ANY SPECIAL SAUCES. YOU'LL PROBABLY GET A FRESHER BURGER (OR WHATEVER) BECAUSE THEY'LL HAVE TO MAKE IT TO YOUR LIKING.**
- **WE'RE EATING AIR-FRIED CHIPS! IF YOU'RE AT A MEXICAN RESTAURANT, REMEMBER THIS: THE REASON THE CHIPS ARE SO IRRESISTIBLE IS THAT THEY JUST CAME OUT OF A GREASE BATH. UGH.**
- **DESSERT, ANYONE? AFTER A MEAL, I'M ALWAYS TOO FULL – ANYONE WHO REALLY, REALLY KNOWS ME KNOWS THAT IF I'M GOING TO EAT DESSERT, I EAT IT FIRST! JUST SAY NO!!!**

HERE'S THE "RECIPE" WE USED!

6 CORN TORTILLAS

KOSHER SALT TO TASTE

COOKING OIL SPRAY

- 1. SPRAY BOTH SIDES OF EACH TORTILLA WITH COOKING OIL.**
- 2. LAY THE TORTILLAS IN 1 STACK. USE A KNIFE OR PIZZA CUTTER AND CUT THE STACKS IN HALF.**
- 3. ROTATE THE STACK AND CUT AGAIN TO MAKE 4 PIECES.**
- 4. CUT DOWN THE MIDDLE AGAIN, BOTH HORIZONTALLY AND VERTICALLY TO FORM 8 TOTAL CHIPS PER LAYER.**
- 5. SPRINKLE SALT THROUGHOUT THE CHIPS. YOU CAN ADD ANY ADDITIONAL SEASONINGS, IF YOU WISH.**
- 6. LOAD THE CHIPS INTO THE AIR FRYER. DON'T OVERCROWD THE BASKET! COOK IN BATCHES, IF NEEDED.**
- 7. AIR FRY THE CHIPS FOR 6 MINUTES ON 370 DEGREES.**



OUR "NO!" FOOD FOR THIS WEEK: NO ICE CREAM!!!