



Side Dish

Choose a baked potato (ask for a side of salsa instead of butter and sour cream), steamed vegetables or rice instead of fries, rings or chips. Potato salad and coleslaw can have just as much fat as fried food so go easy on these. Fresh fruit or veggies are the best choice.



Dessert

The best choices are sorbet, sherbet, fresh fruit, flavored gelatin and angel food cake. If you want something more extravagant, split it with a friend.

Making small changes

adds up over time. Each suggestion below saves about 100 calories. Accomplish one of these per day and you will save enough calories to lose over 10 pounds in 12 months.

- Hold the mayo on a sandwich
- One less tablespoon of regular salad dressing
- Substitute an 8 oz baked potato (with salsa) for 8 oz of fries
- 8 oz of water or other non-calorie beverage instead of a soft drink
- Skip the croutons on your salad

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OUR MISSION WITH STOP HUNGER

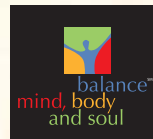
Stop Hunger Where It Starts

Since 1999, the Sodexo Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexo Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org



Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

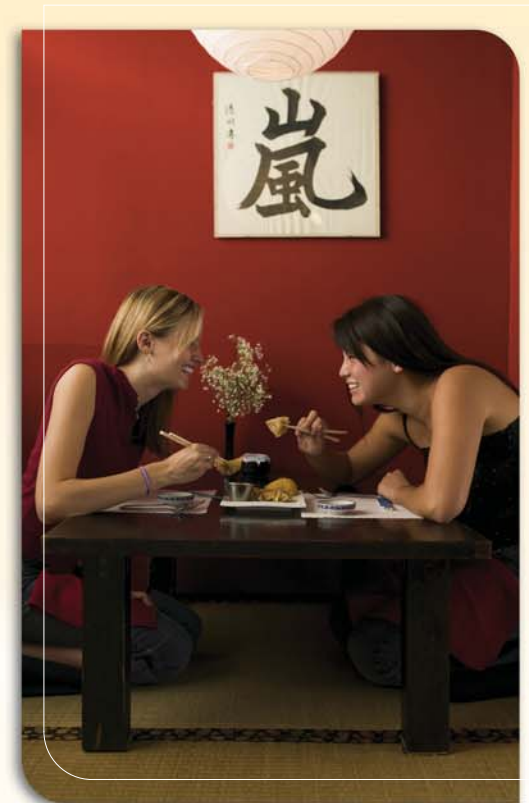
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EATING Away from HOME



balance
mind, body
and soul

Strategies for Healthy Eating Away from Home

Eating away from home is not always a pleasure; it's a necessity. Research from the U.S. Department of Agriculture says 50% of Americans eat out everyday. Some people spend up to half their food budget on meals prepared by restaurants. But, it's harder to manage your diet when someone else does the cooking. You can empower yourself with coping strategies, eat out whenever you like, and still have a healthy diet.



Mind over Matter

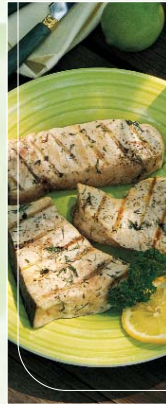
Decide before you go that you want a healthy meal. Even if you're not familiar with a restaurant, think about what you might like to have before you get there (soup, salad and broiled chicken or fish).

Ask to have the meal your way, please.

Read the menu. Learn to spot high fat cooking techniques and ask for a lower fat substitution. If the day's special is a fried seafood platter, ask for it broiled instead. If you are polite and realistic with your request, most restaurants will accommodate you. Find something too tempting to pass up (*like a high-fat dessert*)? Make the rest of your meal low fat and have a small portion. Always ask that your food be prepared with as little oil or butter as possible. If the dish comes with a sauce, ask to have it on the side or leave it off.

Low-fat preparations include:

- Broiled, without added butter
- In its own juice
- Poached
- Roasted
- Steamed
- Sautéed or stir-fried in a small amount of oil, broth or water



Use caution when you see these terms:

- Alfredo
- Au gratin
- Basted
- Breaded
- Buttery, buttered, in butter sauce
- Casserole
- Cheese sauce
- Creamed, in cream sauce
- Crispy
- Fried
- Gravy
- Hollandaise
- Marinated in oil
- Parmesan
- Sautéed or stir-fried in heavy oil



Appetizers & Soups

Choose appetizers with fruits, vegetables or fish. Shrimp cocktail is a great choice. Avoid fried or breaded appetizers or share them with several people. Choose broth or tomato-based soups such as minestrone, vegetable soup or gazpacho. Fruit soups may be a good option, but ask if they are prepared with cream.

Salad or Salad Bars

Ask for dressing on the side or put it on the side of your plate. Stick your fork in the dressing then take a bite of salad. You will get the dressing's flavor in every bite while avoiding extra fat and calories. Sprinkle on some vinegar before dressing for added flavor. Try low fat dressing; you can always get something different if you don't like it. Greek, Caesar, Cobb and taco salads tend to be higher in fat and calories. Marinated salads already contain fat so eat them sparingly. Toppings like cheese, sunflower seeds, bacon bits and croutons all contain extra fat.



Bread

Whole-grain breads, rolls, breadsticks, or bagels are the best choice. Biscuits, muffins, garlic bread and croissants have more calories and fat. If the breadbasket tempts you, ask your server to take it away, or to bring it with your meal so you will be less tempted to over-indulge.

Entrée

Choose lean meats like flank steak or filet mignon, or grilled or baked chicken breast or fish. If you're eating pasta, choose red or clam sauce. Avoid anything stuffed with cheese or sauces that contain bacon, butter, cream or eggs. If you are opting for a burger, skip the fries and have a veggie or turkey burger, forego the mayonnaise and get the smallest choice available or split the plate with a friend. Ask for a lunch or half-size portion instead of a full entrée, or order an appetizer. It's probably enough, especially if you've already had soup and salad.