



Lesson 6

Taking it to the Streets

Whether you are at a restaurant or on vacation, there are a few ways to keep yourself motivated to make the right choices.

Are you starting to get comfortable with the idea of fitting proper nutrition and physical activity into your daily routine? I hope the answer is yes. But what happens when all of a sudden you find yourself out of your element? Don't panic. With a little planning, you can enjoy your social gatherings or dining out experiences without feeling as though you are depriving yourself.

Which is healthier?

Why is it that ordering a salad in a restaurant is considered by some to be the only healthy alternative to a burger and fries? Did you know that some restaurants offer salads containing over 1,000 calories? Knowing that you can consume half of your daily caloric intake in one sitting probably does not sound so healthy anymore. True, some restaurants do offer nutritious salads, but consider applying these tips during your next restaurant visit or family gathering to break out of the salad rut and try something new. Check out additional suggestions on the back page.

- Go easy on the bread basket and bottomless chips and salsa.
- Choose lean meats such as chicken, pork tenderloin, and fish often.
- Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached, or steamed. Ask for little to no butter or oil on grilled and sautéed items.
- Don't be afraid to substitute. If the recipe calls for fried chicken strips, ask for grilled. If your sandwich comes with mayo, replace it with mustard and ask for extra vegetables such as tomatoes, lettuce, sliced cucumbers, or onions.
- Ask for salad dressing on the side. Vinaigrette dressings are lower in fat than creamier choices such as ranch or Caesar.
- Pastas in creamy sauces such as alfredo are also higher in fat than pastas with marinara. The same goes for soup. The creamier the sauce or soup, the more fat it contains.
- Although ordering french fries might seem like the automatic choice, you should consider other side options. Many restaurants offer side salads, fresh fruit, baked potatoes, steamed veggies, and other options as healthier choices.
- Don't forget about whole-grain options, if available, such as whole-wheat bread, whole-wheat pasta, or brown rice.



Be an individual

Eating nutritiously while away from home does not have to be boring. Applying a few of the simple techniques listed above or on the back page

is all it takes to transform high-calorie dishes into more healthful options. The best part is, they still taste good. Try not to pay attention to what others are ordering. Food is a personal matter, and if you want the baked potato instead of french fries, then go for it. If others are trying to force cheese-and-bacon-covered appetizers down your throat, don't be afraid to say no thanks. Your body will love you for treating it right.

Menu Makeover Activity

My menu of choice

My typical order

Nutritional content

Calories: _____

Fat: _____

Sodium: _____

My healthy change

Improved nutritional content

Calories: _____

Fat: _____

Sodium: _____



Leading a physically active lifestyle

Are you under the impression that you must have at least 30 minutes or an hour at a time set aside to exercise? Do you consider being physically active all work and no play? If you fall into either of these categories, here are a few practical tips for daily activities, at the office or on the road.

Daily activities

- In the 3 minutes it takes to heat up a microwavable dinner, you can burn calories and lighten your mood. Try dancing around or just get moving while the microwave cooks your food.
- Running errands? Park in the back of the parking lot and enjoy a nice walk to the store.
- Most people dislike watching TV commercials. Try stretching, lunges, arm curls using canned goods or light weights, squats, leg lifts, jumping rope, or other exercises during these breaks.
- Vigorous housework even counts as physical activity. Mow the lawn, scrub the floors, or see how fast you can pick up the house. Turn some music on while you're at it.
- Spend quality time with your kids. Initiate a game of tag, go to the park and play around, or dance with your toddler.

At the office

- Get out of your chair at least once every hour. Take stretch breaks.
- Go for a walk with coworkers during your lunch break instead of eating alone.
- Take the stairs instead of the elevator, even if it's several flights.
- You burn more calories standing than sitting. Do so whenever possible.

On the road

- If you're traveling, ask to book your room on the same floor as the hotel workout facility. Closer proximity may help motivate you to take advantage of it.
- Ask for a map of safe walking trails nearby and use them before/after work obligations.
- Incorporate physical activity into every vacation. Hike up a mountain, plan a family bike ride, take a walk along the beach, or go swimming.

This week's Move Into Health action plan



Out-on-the-town cuisine

CHINESE:

Enjoy: Dishes with lots of vegetables, hot-and-sour soup, and broiled, boiled, or steamed entrees

Limit: Dishes with fried meats, egg drop soup, or fried entrees, fried rice

MEXICAN:

Enjoy: Grilled fajita dishes (chicken, fish, pork, or shrimp), Spanish rice, corn tortillas, salsa, pico de gallo, beans, enchiladas with red sauce, low-fat sour cream, low-fat cheese

Limit: Carnitas (fried beef or pork), chorizo, nachos, flour tortillas, refried beans, chalupas, quesadillas, chimichangas, flautas (all fried products), full-fat sour cream, full-fat cheese

STEAKHOUSE:

Enjoy: Lean meats (filet mignon, round or flank steak, tenderloin, or London broil), baked potato or rice, steamed vegetables, green leafy salad (dressing on the side), sherbet, angel food cake

Limit: Fatty meats (rib-eye, T-bone, or porterhouse), French fries, au gratin or scalloped potatoes, Caesar salad, fried vegetables, ice cream, cheesecake

BREAKFAST:

Enjoy: Whole-grain waffles or pancakes with fresh fruit, scrambled eggs or omelet made with egg whites or egg substitute, Canadian bacon, whole-wheat bagel with low-fat cream cheese

Limit: Waffles or pancakes with syrup, fried eggs, bacon or sausage, croissants, muffins, pastries

ITALIAN:

Enjoy: Pasta primavera with sautéed vegetables, pasta dishes with red sauce (marsala, marinara, or red clam), Italian ices

Limit: Butter or cream sauce (Alfredo) pasta dishes, fried calamari, cheese or meat-filled pastas, parmigiana or scallopini, cream cake

BUFFET:

Enjoy: Leafy green salads, fruits, vegetables, broth-based soups, baked potato, grilled or baked chicken or fish, plain shrimp, sherbet, angel food cake, nonfat yogurt

Limit: Potato or creamy pasta salads, creamy soups or coleslaw, French fries, gravies, fried foods, ice cream, cake

FAST FOOD/PIZZA:

Enjoy: Grilled chicken sandwich or a regular size hamburger with lettuce, tomato, and onions, fruit, baked potato chips, vegetable pizzas (supreme pizza without meat), 100% juice, low-fat or fat-free milk, water

Limit: Super-sized meals, double or triple meat burgers, French fries, meat pizzas, milk shakes, regular soft drinks



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