



Topic of the Month – *Healthy Fast Foods*

Healthy Options at Common Fast Food Restaurants

- McDonalds: Premium Grilled Chicken Classic Sandwich, fruit and walnuts, black coffee



- Subway: Six-inch Turkey Breast Sandwich on nine-grain wheat bread
- KFC: Grilled Chicken Drumsticks, green beans, mashed potatoes, unsweetened iced tea



- Burger King: Whopper Jr., Garden Side Salad
- Wendy's: Large chili, small Diet Coke



- Starbucks: Strawberry Blueberry Yogurt Parfait, tall caffè Americano



<http://www.health.com/health/gallery/0,,20630037,00.html>

Eating Healthier at Restaurants

Everyone loves going out to his or her favorite restaurant to eat every so often. These meals are generally considered ones without rules, and any dieting plan or idea of eating healthy goes out the window as soon as they are seated. But, restaurant food isn't always the healthiest stuff out there, even if it is a classy joint with a 5 star rating. For example, many Chinese restaurants have food that is extremely high in sodium, or salt, which is really bad for everyone, especially people with a high blood pressure or heart condition. So, how can you try to keep your meals a little bit on the healthier side when you go to your favorite place to eat? First off, try to keep your goals and your health in mind when you're ordering food. It's not wrong to indulge yourself every once in a while, but going too far can have severe consequences. Second, try to find the nutrition information of your order at the restaurant of choice; you might be shocked by what you find in there. How are you supposed to know that the one sandwich you ate actually contained 1200 calories in it? The nutrition information can let you know what you're putting in your body, and is especially helpful if you're trying to maintain a calorie threshold. There are many other small things you can do to make your meal out a little bit healthier. For example:

- Get your dressing on the side!
- Ask them to steam the meat instead of frying it at a Chinese place!
- Request less of what you know isn't so great for you, such as bacon, sour cream, or cheese.



Fast Foods

Although fast food restaurants have a reputation for providing the public with unhealthy food, half the blame should go to the people purchasing the food. They have a choice to make when ordering their food, and can easily control what they consume. Even though fast food restaurants have unhealthy food on their menus, they also have healthier options for the customers to choose from. To eat healthier at fast food restaurants, people should choose to eat meals with leaner meats, more vegetables, and drink less soda. They should drink water and be mindful of how much they're consuming. Supersized portions are unhealthy since they're forcing consumers to eat more than what they would normally require, which adds extra calories to their diets. If people follow these guidelines when they go to fast food restaurants, they will be able to maintain healthier diet habits.

"Food" Goal this Month

Next time you go out to eat, order food from the "healthier options" part of the menu

Health Quiz of the Month

How many grams of fat are in a Big Mac from McDonalds?

- 10g
- 19g
- 25g
- 29g



Answer: 29 grams of fat!

"Move" of the Month

Squash

Now that it is February, the weather is starting to get warmer, but it's still pretty cold overall. There are many interesting indoor sports though, including squash. Squash is a very intense form of exercise. You should try it out to get some variety in your exercise routines!



Upcoming March 2014

Next newsletter will focus on **Staying Active**

Next Healthy Living Session

February 9th 2pm-4pm Plainsboro Library

Fun Facts

Trick Your Brain

Feeling full depends on "mindset -- what one believes and expects to be eating," write Yale University researchers who told half their volunteers that a 380-calorie milkshake had nearly twice as many calories as it did and led others to believe that it was dietetic. Drinkers who thought they'd seriously pigged out had lower levels of the hunger hormone ghrelin -- which speeds up metabolism and decreases appetite--while those who believed they drank a guilt-free diet shake remained hungry.

http://www.huffingtonpost.com/2013/05/07/eating-out-healthy-healthy-dining_n_3180490.html

Stay Off the Kid's Menu

Use the opportunity to experiment with your child's diet, such as by trying new foods or things that you don't often have at home -- whole grains, vegetable soups, or fish.

HAPPIER HEALTHIER MEALS FOR KIDS



<http://foodpsychology.cornell.edu/sites/default/files/CornellFood006.jpg>