



Kinship Link

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Pro Kinship for Kids

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Pro Kinship for Kids
 Lower level Our Saviors
 Lutheran Church
 1400 S. State Street
 P.O. Box 666
 New Ulm, MN 56073
 Phone 359-2445 or
 1-800-642-5779
 Website:
www.prokinship.org

Newsletter by
 Kari Beran, Director



Healthy Eating on the Run: A Month of Tips

You may eat out a lot - many Americans do. People are looking for fast, easy, and good-tasting food to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria, or sit-down restaurant, there are smart choices everywhere. Here are 31 tips to help you eat healthy when ordering out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Review and compare nutrition information if it's available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
4. Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
6. Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
7. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provide calories without any nutrients.
8. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
9. Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a lighter main course.
10. Choose a salad with grilled chicken or seafood as your main course.
11. It's okay to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
12. Ask for sauce, dressings, and toppings to be served "on the side". Then you control how much you eat.
13. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal (some restaurants may not permit this or will charge for an extra plate).
14. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
15. All-you-can-eat specials, buffets, and unlimited salad bars make it difficult to follow recommended

Healthy Eating on the Run: A Month of Tips continued

- serving sizes. Pass these up if you find it difficult to listen to your hunger cues.
16. If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips to the buffet line.
 17. At the salad bar, pile on the dark leafy greens, carrots, peppers, and other fresh vegetables. Lighten up on mayonnaise-based salads, and high-fat toppings. Enjoy fresh fruits as your dessert.
 18. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken, or shrimp.
 19. Enjoy a variety of healthful foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood, or beans.
 20. Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
 21. At the sandwich shop, choose lean beef, ham, turkey, or chicken on whole grain bread. Ask for mustard, ketchup, salsa, or low-fat spreads. And, don't forget the vegetables.
 22. Boost the nutrition in all types of sandwiches by adding tomatoes, lettuce, peppers, or other vegetables.
 23. Look for sandwiches wrapped in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
 24. In place of fries or chips, choose a side salad, fruit, or baked potato. Or, share a regular order of fries with a friend.
 25. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham; and order your sandwich on a whole grain English muffin or bagel.
 26. Be size-wise about muffins, bagels, croissants, and biscuits. A jumbo muffin has more than twice the calories of the regular size.
 27. Try a smoothie made with 100% juice, fruit, and low-fat yogurt for a light meal or snack.
 28. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.
 29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
 30. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag, and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad, and fresh fruit.
 31. Always eating on the go? Tuck portable nonperishable foods in your purse, tote, or backpack for on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain crackers.

Smart Snacking Tips for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugars. Find the right snack for your eating style and activity level. Keeping snacks to 200 calories or less can be a reasonable goal for most people. Adults and teens who are more active, or eat smaller meals throughout the day may want to aim for 200 to 300 calories per snack.

Make snacking a smart habit by:

- ◆ Snacking only when you are hungry. Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- ◆ Have snacks planned and
- ◆ Practicing food safety. Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.
- ◆ Make snacking simple by choosing different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned, or dried are all good options. Compare labels to limit items high in sodium, saturated fat, and added sugars.
- ◆ Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein, and healthy fats. Some examples include fat-free

portioned out ahead of time. Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.

yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

- ◆ Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Snack ideas:

- * Make a tuna apple sandwich by combining a 5-6 ounce can of tuna packed in water (drained), 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, then spread it on 2 slices of whole wheat bread.
- * Build veggie skewers with cherry or grape tomatoes, and cubes of low-fat cheese or cooked tortellini, and lean luncheon meat.

