

# Healthy Eating

## Guide to Good Health

### *Healthy Living Guide*

- ▶ Asthma
- ▶ Chronic Fatigue Syndrome (CFS)
- ▶ Chronic Obstructive Pulmonary Disease (COPD)
- ▶ Coronary Artery Disease (CAD)
- ▶ Depression
- ▶ Hyperlipidemia
- ▶ Hypertension
- ▶ Osteoarthritis (OA)
- ▶ Osteoporosis
- ▶ Type 2 Diabetes
- ▶ Back Pain
- ▶ Chronic Pain
- ▶ Healthy Eating
- ▶ Healthy Pregnancy
- ▶ Rheumatoid Arthritis (RA)
- ▶ Sleep
- ▶ Smoking Cessation
- ▶ Stress Management
- ▶ Weight Management
- ▶ Bariatric Surgery

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## What is Healthy Eating?

The Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

These are the few basic concepts of eating healthy, but we know people have trouble following these rules. We hope this guide will give you concrete ways to eat healthy. There are ideas here for the eating challenges we face each day. You will learn new ways to think about your eating, and find meal plans to get you started.

In the meal plans, the following abbreviations are used:

Abbreviation	Definition
c	Measuring cup (8 fluid ounces)
kcal	Kilocalories
lb	Pounds
oz	Ounces
sl	Slice
t	Measuring teaspoon
T	Measuring tablespoon (3 teaspoons)



### Let's Start With Breakfast!

- A rule of thumb is to include a source of protein (meat, eggs, milk, peanut butter, or cheese), a whole grain, and fruit
- We know that people who eat breakfast have an easier time controlling weight
- Children who eat breakfast do better in school.
- Be prepared with a well-stocked kitchen. Keep on hand the following:
 

✓ Fat free milk	✓ Whole grain cereal	✓ Raisins
✓ Fruit juice	✓ Fat-free yogurt	✓ Cottage cheese
✓ Dried fruit	✓ Eggs	✓ Low fat cheese
✓ Whole grain bread	✓ Peanut butter	✓ Chopped nuts
✓ Oatmeal (instant OK)	✓ Grits	✓ Fresh fruit
- Did you know banana is the cheapest fresh fruit and apples keep the longest (about 2 weeks refrigerated)?
- The breakfast ideas for 300 calories are small enough for a child or for a woman on a weight-reduction diet. The 400 calorie meals are more suitable for older children and all other adults. If you can afford more calories, use bigger portions.

### Breakfasts - About 300 calories, 30 grams carbohydrate

1 oz dry cereal <sup>1</sup> 1 c skim milk 1 T chopped pecans	½ English muffin 1 t margarine 7 dried apricots	Egg McMuffin
1 oz low fat cheese cubes 1 banana 1 T nuts	½ c cooked instant oatmeal 1 t margarine 2 T raisins	1 toaster waffle ½ T peanut butter 2 T raisins
1 sl toast 1 t margarine ½ grapefruit	1 corn or flour tortilla 1 scrambled egg, salsa ½ c fruit salad	1/3 small cantaloupe ½ c. cooked grits 1 t. margarine
Container of "light" yogurt 1 c. strawberries	4 graham crackers 1 T peanut butter 1 small apple	1 container "light yogurt" 3 T Grape-nuts 1 T chopped nuts
½ small bagel <sup>2</sup> 2 T cream cheese or 1 T peanut butter ½ c orange juice	1 c tomato juice 1 scrambled egg 2 sl "lite" bread, toasted <sup>3</sup>	1 hard-boiled egg 1 small apple 1 container of "light" yogurt

	1 t margarine	
Open-faced Egg McMuffin (remove half the bread or ask for a “fold over”) 1 small orange	1 small home-baked muffin 1 small banana	1 breakfast beverage <sup>4</sup> 1 small apple
½ Ham sandwich 1 c milk	1 oz melted cheese on 1 sl toast ½ c orange juice	1 sl thin-crust pizza 1 peach
1 waffle (4-inch) ½ c light yogurt ½ c sliced strawberries	1 sl toast topped with 1/3 c fat-free ricotta cheese sprinkled with cinnamon and vanilla ½ c apple juice	Frozen breakfast meal. Look for those that are about 300 calories.
Homemade “smoothie” 1 c milk, 1 t vegetable oil 1 c whole frozen strawberries Buzz all ingredients in blender until smooth	2 spring rolls (not fried) 1 small pear	½ c cooked instant Cream of Wheat 1 t margarine ½ grapefruit

- <sup>1</sup> Check the nutrition facts label for the serving size that equals one ounce.
- <sup>2</sup> Very large bagels can have over 400 calories. Check the label.
- <sup>3</sup> “Lite” bread has half the calories and carbohydrates of regular bread.
- <sup>4</sup> Look for a drink of about 150 calories, 15 grams of carbohydrate.



**Breakfasts - About 400 calories, 45 grams carbohydrate**

½ c cooked oatmeal 1 c milk 2 T raisins 2 T chopped nuts 1 t margarine	1 c low fat yogurt 3 T crunchy cereal 1 c sliced strawberries 2 T. chopped nuts	Breakfast Smoothie: 1 c. milk, 1 t vegetable oil Banana (can use frozen banana) Artificial sweetener (optional)
¾ c whole-grain cereal 1 c skim milk 1 sliced peach 1 T chopped nuts	Toaster waffle 1 c fat-free yogurt ½ c sliced fruit	½ whole wheat pita 1 sliced hard-boiled egg Low fat cheese slice Small apple
Rollup: Flour tortilla 1 T peanut butter Banana	Small bagel, topped with T peanut butter Sliced, small apple	Whole-grain English muffin Slice of ham Slice of low fat Swiss cheese
Sandwich with leftover chicken on whole grain bread Lettuce, tomato 2 t mayo Small orange	Mix 1/3 c leftover rice with 1 c low fat yogurt 2 T raisins or other dried fruit 1 T chopped nuts Cinnamon	2 sl thin-crust pizza 2 plums
Egg McMuffin Small orange	½ c instant Cream of Wheat 1 c milk ½ grapefruit	1 oz melted cheese on 1 sl toast 1 c milk ½ c orange juice
3 spring rolls (not fried) Small pear	1 c tomato juice 1 scrambled egg 2 sl whole-grain toast 2 t margarine	Hard-boiled egg 6 saltines Small apple Carton of “light” yogurt
Small home-baked muffin Small banana 1 c milk	2 sl of whole-grain toast 1/3 c cottage cheese 1/3 c pineapple	2 corn or flour tortillas Scrambled egg, low fat cheese Salsa ½ c fruit salad
Tortilla 1/3 c fat-free “refried” beans Shredded cheese 6 dried apricots	High fiber (7 grams or more) breakfast bar 1 c milk	In a baggie to go: 2 cheese sticks ¼ c mixed dried fruit ¼ c granola

In a blender, buzz together: ½ c. pineapple juice ¾ c plain low fat yogurt 1 c. frozen, unsweetened strawberries	English Muffin 2 T peanut butter 4 oz orange juice	6 graham cracker halves 8 oz fat free milk 2 T peanut butter
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### What Are You Doing for Lunch?

- Planning for a healthy lunch starts with a well-stocked pantry and refrigerator. Add the following to your staples list:
  - ✓ Low fat lunch meats, such as ham, chicken, turkey, or roast beef
  - ✓ Baking or sweet potato
  - ✓ Tuna in water
  - ✓ Canned fruit
  - ✓ Three-bean salad
  - ✓ Canned salmon
  - ✓ Light salad dressing/mayonnaise
  - ✓ Healthful frozen entrees
  - ✓ Light sour cream
  - ✓ Vegetable juice
  - ✓ Whole grain crackers
  - ✓ Apples
  - ✓ Mustard
  - ✓ Oranges
  - ✓ Celery
  - ✓ Canned chicken
  - ✓ Carrots
  - ✓ Sardines
- Carrots, celery, apples, and oranges will keep for a week. With other fruits and vegetables, buy only the amounts you can eat in a few days. Rely on canned or frozen ones for the end of the week.
- One new way to think about nutrition is to use the Plate Method. Picture a styrofoam picnic plate divided into 3 portions: two small and one large. The Plate Method recommends you fill one of the small sections of the plate with meat, and the other with something starchy. Fill half the plate with non-starchy vegetables like broccoli or salad. Round out the meal with a cup of fat-free milk or yogurt, and a piece of fruit. There's a healthy meal!
- A well-balanced lunch will be the envy of your co-workers and will make you feel energized for the afternoon.
  - ✓ Eat more than a sandwich. Adding a fruit and vegetable, or a calcium source will make the lunch more nutritious, more satisfying and keeps you full.
  - ✓ Use leftovers. Leftover plain vegetables get a new look with some low fat salad dressing.
  - ✓ Use canned goods. Vegetable juice, three bean salad, or fruit cups add a lot of nutrition.
  - ✓ Think beyond sandwich: soups, leftover casserole, cold pizza, salads, boiled eggs can all be bases for a good lunch. A potato can be baked in 5 minutes in the microwave oven at work.
  - ✓ Pack some of your lunch the night before to save time.
  - ✓ Add fruit chunks or grapes to tuna or chicken salad
  - ✓ Load up your sandwich with fresh veggies. If you're out of lettuce, try grated cabbage or carrot.



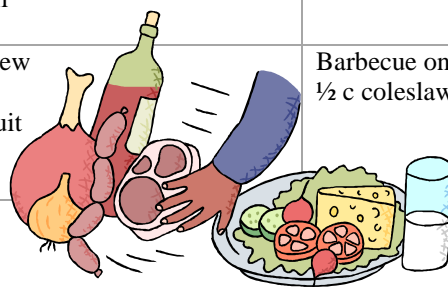
### Lunches about 300 calories, 30 grams of carbohydrate

3 oz sliced roast turkey ½ cucumber, sliced 2 sl rye bread 2 t mayonnaise Slaw with ½ c plain yogurt, 1 c. shredded cabbage	1 c reduced sodium vegetable juice 2 T peanut butter 2 t fruit spread 2 sl raisin bread Carrot and celery sticks ½ c applesauce	3 oz tuna 2 t mayonnaise ½ tomato, ½ sliced bell pepper 2 sl "lite" bread 1 c milk
3 oz canned salmon mixed with ¼ c diced celery, 2 t diced onion, 2 t mayonnaise 6 saltines 1 c milk 1 c reduced-sodium vegetable juice	1 Hard-boiled egg Sliced radishes 2 sl rye bread 2 t mayonnaise Cold, cooked asparagus spears	Chef salad ( ½ c sprouts, lettuce, cucumbers, tomatoes, 1 t oil, vinegar, ½ c part-skim ricotta) 6 low fat crackers ½ grapefruit
2 oz sliced Mozzarella cheese 1 c coleslaw with 2 T low cal dressing 2 canned peach halves Dinner roll	2 oz broiled hamburger Hamburger roll Lettuce, tomato, onion 2 t mayonnaise, mustard	3 oz sliced roast beef 2 sl "lite bread" Cherry tomatoes, lettuce, bell pepper strips 2 t mayonnaise ½ c pineapple chunks
2/3 c cottage cheese	3 oz cooked chicken	6 oz baked potato

Carrot and bell pepper strips 3 Melba toasts 1 peach	1/3 c rice 1 c milk Leftover non-starchy vegetables	2 T light sour cream, chives 2 oz shredded low fat cheese Tossed salad, 1 T salad dressing
Slice of thin-crust pizza Tossed salad, 2 T light dressing Apple	1 c homemade vegetable soup, 1 oz cheese 2 rice cakes Raw veggie sticks	Open-faced sandwich with 2 oz turkey, 1 sl low fat cheese, 2 t. mayo, lettuce, tomato, onion 2 tangerines
Grilled chicken salad: 3 oz chicken, 1/4 c celery, onion powder, lettuce, lemon juice, 2 T low fat mayonnaise, cucumbers, tomatoes Slice of bread 1/2 c fruit cocktail	Sandwich (2 oz ham, 1 oz low fat cheese, lettuce, tomato, 1 T mayonnaise, 2 sl bread) Carrot sticks	1/2 c leftover casserole 1/2 c leftover vegetables 1 c strawberries

### Lunches about 400 calories, 45 grams of carbohydrate

1 frozen entrée ~400 calories	Tuna sandwich Cucumber slices, lettuce Small orange	Ham sandwich 1 T mayo, lettuce, tomato Small apple
Roast beef sandwich 1 T mayo, lettuce, tomato Celery, carrot sticks 1/2 c plain yogurt with 1/2 c sliced strawberries,	Turkey sandwich 1 T mayo, lettuce, tomato, onion 1 c soup	1 c low fat cottage cheese 1 c mixed fruit 6 low fat crackers, carrot and bell pepper strips 2 T mixed nuts
2 hard-boiled eggs Sliced radishes 2 sl rye bread Banana	1 c reduced-sodium vegetable juice 2 T peanut butter 2 sl raisin bread Carrot and celery sticks 1/2 c applesauce	Chef salad (lettuce, tomato, cucumber, carrot, 2 T salad dressing, 3 oz lean meat or cheese or egg) 6 saltines 1/2 c diced peaches 1 c milk
6 oz baked potato 2 T light sour cream, chives 2 oz shredded low fat cheese Tossed salad, T low fat dressing 12 grapes	1 c homemade soup 6 saltines Sliced tomatoes 1/2 c pineapple chunks	2 sl thin-crust pizza Tossed salad 1 apple
Ham and cheese sandwich 1/2 c carrot raisin salad (grate 1 carrot, add 2 T raisins, chopped celery, lemon juice, pinch of sugar)	2 oz sliced lean meat or cheese 1/2 c coleslaw, 2 T low fat dressing 2 canned peach halves Dinner roll 1 c milk	1 c leftover casserole 1 c leftover vegetables 1 c berries
1 c chili with beans 1 oz baked tortilla chips Jicama and cucumber salad (slice veggies, add lime juice and dash of crushed red pepper) Small orange	1 c beef stew 6 crackers 1/2 grapefruit	Barbecue on bun 1/2 c coleslaw



### Dinner Planning

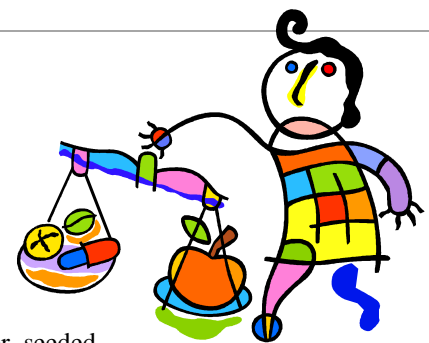
- People can be frazzled by the end of the day. Here are some tips for easy planning and preparing dinner:
  - ✓ Plan your meals a week in advance if possible. If you know any special activities planned for certain nights, these can be taken into consideration. When you write your menus, write your grocery list at the same time.
  - ✓ Add these items to your pantry list of foods you always keep on hand:
 

➤ Tomato sauce	➤ Canned diced tomatoes	➤ Tomato paste
➤ Lemon juice	➤ Vinegar	➤ Canola or olive oils
➤ Dried herbs	➤ Spices	➤ Thin breadsticks
➤ Soy sauce	➤ Worcestershire sauce	➤ Ketchup
➤ Tabasco sauce	➤ Canned and frozen vegetables	➤ Frozen fruit
➤ Canned beans	➤ Rice	➤ Pasta
➤ Coffee	➤ Tea	➤ Canned chilies

- Potatoes
  - Onions
  - Flour
  - Garlic
  - Cornstarch
- ✓ Check your menu plan the night before, so you can defrost any meat necessary for the next day.
  - ✓ Consider cooking ahead. After supper one night, cook tomorrow's supper. The next day you heat up your already-prepared meal, make a salad, and sit down to supper. Then when you're fed and rested, make the next day's meal, and so on.
  - ✓ Delegate! Whoever gets home first starts the dinner. Other family members can help as they are able.
  - ✓ Keep it colorful to make a meal enticing. A green vegetable, golden pasta and browned meat looks good in our imagination and on our plates. Using three or four colors is an easy way to guarantee a variety of nutrients for your family.
  - ✓ Learn to stir-fry. This technique need not be limited to Chinese food. Make an "Italian" stir-fry with chicken strips, onions, and broccoli. Season with oregano or basil and serve over pasta for a quick one-dish meal.

**30 Minute Dinner Menus, 45 grams carbohydrates, calories vary by meal. Recipes for items with asterisks appear at the end.**

1 c spaghetti ½ c spaghetti sauce 6 meatballs Tossed salad 2 T salad dressing ½ c steamed broccoli	3 oz ham slice 2/3 c lima beans 8 Triscuits Tossed salad ¼ c fat-free salad dressing	3 flour tortillas 3 oz grilled pork loin 2 T guacamole Salsa, lettuce, tomato, grilled onion Jicama and cucumber salad*	665 kcal	390 kcal	610 kcal
1-1/2 c chili without beans 12 saltines 1 c milk Tossed salad 2 T fat-free dressing	2 c Hamburger Helper Tossed salad 2 T Salad dressing Green beans	3 oz roast chicken breast (start in crockpot in morning) 1 c mashed potatoes Zucchini and tomatoes 1 dinner roll 2 t margarine	495 kcal	515 kcal	520 kcal
Baked salmon croquette* Greens Cauliflower 2 t margarine ½ c fruit salad	3 oz sautéed fish fillet with lemon ½ c peas Celery sticks 6 oz baked potato 2 t margarine	Grilled cheese sandwich 1 c tomato soup Bell pepper slices	400 kcal	495 kcal	375 kcal
Spanish omelette* Flour tortilla Gazpacho* ½ c fruit salad	1 c stir-fry with pork, bell peppers, carrots, onions* 1 c rice Cucumber salad	1 c vegetable soup Chicken pita sandwich (1 pita pocket, 3 oz chicken, lettuce, tomato, onion)	485 kcal	465 kcal	405 kcal
3 oz turkey ham ½ c coleslaw Spinach 1 c baked beans 1 sl bread	3 oz baked barbecue pork chops* ½ c three bean salad ½ c coleslaw 1 c noodles		500 kcal	475 kcal	



**Recipes**

Gazpacho

- |   |                                  |
|---|----------------------------------|
| 3-4 medium tomatoes, quartered            | 1 medium bell pepper, seeded     |
| 1 medium cucumber, peeled, cut in fourths | ½ sweet onion, peeled, quartered |
| 2 cloves garlic, minced                   | 1 large can tomato juice         |
| 2 T red wine vinegar                      | 1-1/2 t salt (optional)          |
| 1 T lemon juice                           | 1 t hot pepper sauce             |
| ½ t dried oregano leaves                  | ½ t dried basil leaves           |

Add tomatoes, sliced bell pepper, cucumber and onion to bowl of food processor. Processes until vegetables are minced. Add to serving bowl along with all other ingredients. Chill. Makes about 8 cups, 5 g carbohydrate, 25 calories.

### Jicama and Cucumber Salad

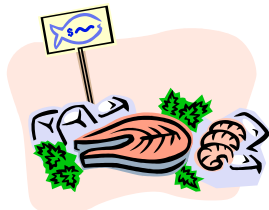
½ jicama, peeled  
1 medium cucumber

Juice of 1 lime  
Red pepper flakes

Slice jicama in matchstick slices. Squeeze lime juice over and toss. Add sliced cucumber and dash of red pepper flakes to taste. Chill. Makes 6 ½ c. servings, 4 grams carbohydrate, 25 calories.

### Baked Salmon Croquettes

1 can salmon, drained  
1 egg  
large dash of pepper



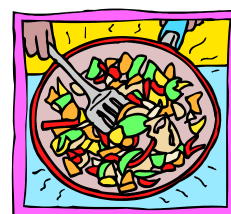
12 saltine crackers (crushed)  
¼ t dill

Preheat oven to 350°. Combine all ingredients and shape into 6 patties. Place on non-stick baking sheet. Bake for about 15 minutes, flipping patties at 7 minutes to brown evenly. Makes 6 patties, 5 g carbohydrate, 4 g fat, 128 calories.

### Stir-Fry with Pork, Bell Peppers, Carrots

1 lb pork loin, sliced in 3 inch strips  
4 carrots, sliced  
1 T minced garlic

2 bell peppers, sliced in strips  
2 T canola or olive oil



In a large skillet or wok, sauté pork in oil, stirring constantly, until brown. Add all other ingredients and cook, stirring constantly, over high heat until tender-crisp, about 4 minutes. Add flavorings and serve over rice or pasta. Makes about 4 servings, 240 calories.

#### **Variations**

Italian  
Mexican  
Thai  
Indian  
Chinese

#### **Flavoring**

1/3 c. Parmesan cheese  
1 T chili powder, cilantro to taste, and/or 2 t jalapeno, minced  
2 T peanuts, large dash of ginger, 1 T sesame oil  
1 T curry powder, 2 T chopped nuts  
1 T soy sauce, large dash of ginger

This recipe can have more variations by using other meats, like chicken or beef, and other vegetables. Good vegetables for stir-fries are: broccoli, greens, mushrooms, cauliflower, cabbage, and celery.

### Spanish Omelette

3 eggs  
¼ c chopped onions  
2 t vegetable oil



½ c chopped bell pepper  
1 c diced potato

In a skillet heat oil and cook bell pepper and onions until almost done. Add potato and stir-fry about 5 minutes, until brown. Add beaten eggs, and stir. Turn heat to low, cover and cook about 5 more minutes. Serves two, 195 calories, 15 g carbohydrate.

### Baked Barbecue Chops

2 lb rib pork chops

1 c barbecue sauce

Place pork chops in baking pan. Pour sauce over and refrigerate overnight. Scrape off extra sauce and put in saucepan. Bake chops at 325° for 1-1/4 hours. When chops are almost ready, heat reserved sauce to pour over. Serves 4, 286 calories, 8 g carbohydrate

## Healthy Snacks



The raw vegetables listed have very few calories. All of the other snacks below are about 100 calories. Combine any two for a higher calorie snack.

Fresh fruit - 1 apple, orange, banana, pear, tangerine, peach, plums, melon, nectarine, grapes, strawberries	Individual servings of canned fruit in light syrup or juice, or unsweetened applesauce	Sugar-free gelatin with ½ c light canned fruit added
1 c Baby carrots	1 c Other raw vegetables: celery, radishes, jicama, bell pepper strips, cherry tomatoes, broccoli, cauliflower	¼ Dip for raw veggies: mix 1 c plain nonfat yogurt with any dry salad dressing or dip mix.
12 oz Vegetable juice cocktail	Celery sticks with 2 T peanut butter or low fat cream cheese	1 c Fat-free Milk or 1 c low fat yogurt
1 oz Low fat cheese or cheese sticks	1/3 Cottage cheese and fruit	2 T Raisins - mini package is one serving or 7 dried apricots or other dried fruit
2 T peanuts or other nuts. Buy them in the shell and you won't eat as many. Nuts are 800+ calories per cup.	Mix equal parts peanuts and dried fruit to make your own trail mix - 1/4 cup	2 Graham crackers with 1 T peanut butter
1 small sliced apple with 1 T peanut butter	3 c. Light popcorn	2 Rice cakes or corn/rice cakes
1 oz Pretzels	18 Animal crackers	

## Restaurant Eating

We love to eat out, but it can be hard to maintain a healthy diet with too much restaurant eating. Keep in mind the following:

1. There is a direct correlation between how often one eats out and increased body weight.
2. A typical restaurant serving is enough to feed three people.
3. Almost all restaurant food is high in sodium.

To eat healthy at restaurants:

- ✓ Share a meal with at least one other person. Child or senior portions can also be good choices, if possible.
- ✓ Decide what you are going to have before others in your party order.
- ✓ Avoid any super-size item.
- ✓ Avoid all fried foods.
- ✓ Start with a salad to fill up. Ask for light salad dressing, or just squeeze a lemon over your salad as a dressing.
- ✓ Order vegetables.
- ✓ If nothing on the menu looks healthy, ask for a grilled chicken breast or grilled fish with steamed vegetables, and tossed salad.
- ✓ Skip rich desserts or split one. Order a fruit cup instead.
- ✓ Eat slowly to give yourself time to fill up.
- ✓ If you can't share a meal, ask for a take-home box.



Remember that if you eat out frequently, eating out is not a special occasion, nor a reason to indulge. You owe it to yourself to eat healthy whenever you can.

## Figuring Fast Food

What do you ask yourself when you pull up to a drive-thru?

- *What do I want?*
- *What looks good?*
- *What's the special?*

Try asking yourself these questions instead:

- *What is the healthiest food to eat here?*
- *What can I get that will help me lose weight/lower cholesterol/lower blood pressure?*



### Rules of Thumb

1. Buy the smallest size available — avoid the “super” and “whopper” items.
2. Diet sodas, tea, water, or coffee have no calories. All other beverages range from 160 to over 1100 calories.
3. Eat nothing fried. Most fast food restaurants now have grilled chicken sandwiches. Some have side dishes that aren't fried, like apple slices at McDonald's or coleslaw at Chick-Fil-A.
4. Look for salads, but watch the dressing if you are watching your weight.
5. Consult the nutrition information available online. Some items, like Wendy's low fat chili, might surprise you. Knowledge is power and you can make smart choices if you know what you're eating.
6. Decide what to have before you go. Once you start looking at the pictures of foods on the menu, it will be harder to make a wise choice.

### Low Calorie Fast Food Choices

Restaurant	400 Calorie Meals	500 Calorie Meals
Burger King	Veggie Burger	Buck Double (burger) Fresh Apple Fries
Chick Fil-A	Chargrilled Chicken Sandwich	Chicken Caesar Cool Wrap
Dairy Queen	Barbecue Beef Sandwich Side Salad Fat-free Salad Dressing	Iron-grilled Turkey Sandwich
Golden Chick	Golden Roast Chicken Leg Coleslaw Macaroni and Cheese	Chunky Chicken Salad Southwest Style Pinto Beans
Jack in the Box	Chicken Fajita Pita Fruit Cup	Grilled Chicken Salad with Low fat Balsamic Vinaigrette Spicy Corn Sticks
KFC	Oven-roasted Chicken Breast without skin Mashed potatoes Green Beans Sweet Kernel Corn	Grilled Chicken Thigh Barbecue Baked Beans Corn on the Cob (5.5 inch)
Long John Silver's	Fresh side Grill Shrimp Scampi Entrée with extra Corn Cobette	Fresh side Grill Tilapia Entrée Broccoli Cheese Soup
McDonald's	Cheeseburger Apple Dippers with Caramel Dip	Grilled Chicken BLT
Pizza Hut	2 slices of any Fit 'N Delicious Pizza	2 slices of any thin-crust medium pizza
Sonic	Junior Burger Fresh Banana	Junior Deluxe Burger 1% Milk
Taco Bell	Fresco Grilled Steak Soft Taco Fresco Crunchy Soft Taco Mexican Rice	Fresco Burrito Supreme Fresco Chicken Soft Taco
Whataburger	Justaburger Fruit Chew	Jr. Green Chile Double

The above choices are not necessarily nutritious recommendations. Many of these meals are high in fat, and most are high in sodium. They are only examples of low calorie meals.

## Healthy Potluck Dinners

We like to celebrate—birthdays, Fridays, you name it! Here are some fresh ideas to eat healthy while having a good time. Designate an organizer to make a list of what’s needed, and have people sign up to bring something on the list. This avoids having too much of one thing, and not enough of another.

- ✓ Salad bar—Ask people to bring different salad fixings and set up a “salad bar”. You might include: lettuce, cherry tomatoes, salad dressing, ham, turkey, roast beef, croutons, bell pepper, chicken salad, fresh spinach, grated carrots, broccoli, cauliflower, cucumber slices, radishes, grated cheese, celery, slivered almonds or other nuts, orange slices.
- ✓ Soup for the Group—People can bring their special soup or chili in crockpots. Others can contribute crackers, rolls, or breadsticks, raw veggies. Don’t forget the bowls and spoons.
- ✓ Baked Potato Bar—order baked potatoes and/or sweet potatoes for the crowd. Bring your own healthy toppings: low fat chili, low fat sour cream, margarine, chives, bacon bits, shredded low fat cheese. Restaurant baked potatoes are huge; light eaters may be able to split one to save money and calories.
- ✓ Wrap Bar—Everybody bring different fillings: refried beans, black beans, part-skim grated cheese, shredded veggies, fajita chicken slices, lettuce leaves to use as wrap for those avoiding tortillas.
- ✓ Summer Fruit Treat—Low fat cheeses, including cottage and ricotta. Plain or low fat yogurt is good with fruit. Many Mexican cheeses are low fat. Ask people to bring peaches, plums, plumcots, nectarines, grapes, pears, apples, berries, melon. Granola, chopped nuts, or Grape-nuts can be toppings. Graham crackers or low fat club crackers add more crunch.
- ✓ Breakfast Bar—Grits casserole with low fat cheese, bananas, oranges, canned juice, mini-muffins, mini-bagels with low fat cream cheese, plain yogurt, hard-boiled eggs, instant oatmeal packets, fruit salad. Breakfast tacos can be made with low fat cheese, turkey sausage, eggs, and beans.
- ✓ Sandwich Bar—ham, low fat lunch meats, sliced turkey, tomatoes, lettuce, onions, low fat cheese, mustard, mayo, assorted breads. Sides can be three-bean salad, coleslaw, cherry tomatoes, celery, carrots, and peppers. Fruit for dessert.



### How to Minimize the Calories

1. Limit the number of desserts people bring. Arrange in mini-servings. The more options, the more you’ll want to taste them all. Bring fruit for dessert.
2. Allow yourself one trip to the “bar”.
3. Be sure you yourself bring something healthy, so you’ll have at least one reliable food choice.
4. Don’t be first in line. If you go last, the “bar” won’t look as attractive and tempting.
5. Clean up as soon as all have eaten. Leftovers sitting out all afternoon are too tempting (and not very safe).

### Resources

- ❖ United States Department of Agriculture: [www.mypyramid.gov](http://www.mypyramid.gov)
- ❖ National Health Information Center: [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)
- ❖ U. S. Centers for Disease Control: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- ❖ National Heart, Lung, and Blood Institute: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- ❖ U. S. Food and Drug Administration: [www.fda.gov](http://www.fda.gov)