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Total Wellness[®] BECOMING A TOTAL PERSON[®]

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Eating Healthy While Dining Out

Most people spend about 40 percent of their food budget dining away from home. For people who are striving to be health-conscious, dining out can be a culinary challenge. **Here are tips on how you can make healthy choices while eating out:**

- ◆ For breakfast, select healthy choices such as: • cereal with skim milk and fruit • whole-wheat French toast and berries • fresh fruit with cottage cheese or yogurt • fresh vegetable egg-white omelet and unbuttered whole-wheat toast.
- ◆ Say no to sauces. Mayonnaise, special sauces, and sour cream can triple the fat, sodium, and calories you consume.
- ◆ Shun the cheese. The cheeses commonly used at fast-food restaurants are high in fat, cholesterol, and calories.
- ◆ Choose a plain baked potato and add salsa, broccoli, and other vegetables to it.
- ◆ When selecting a salad, leave the mayonnaise-based dressings, croutons, and bacon bits at the bar. Add extra lemon juice or vinegar for moistness.
- ◆ Order water, sparkling water, club soda, or fruit juices for your beverage.

Making Colorful Food Choices

Eating five to nine servings of brightly colored fruits and vegetables offers a host of benefits to you and your family. In fact, these colorful natural sources of vitamins, minerals, fiber, and phytochemicals help your body to: • maintain a healthy weight • promote good health • improve energy levels • protect against the effects of aging • help reduce anxiety and depression • reduce the risk for heart disease, type 2 diabetes, high cholesterol levels, high blood pressure, and some cancers.

When adding more fruits and vegetables to your diet, think about the colors of the rainbow. *Blue and purple* foods include blueberries, blackberries, plums, black olives, and purple figs. *Green* foods include green beans, zucchini, peas, spinach and other leafy greens, artichokes, and asparagus. *White* foods are mushrooms, pears, and potatoes. *Red* foods include tomatoes, beets, cherries, and red peppers. *Yellow and orange* foods to consider are carrots, corn, mangoes, papayas, peaches, pineapple, pumpkin, yellow peppers, and sweet potatoes.

Getting five to nine servings of fruits and vegetables is easier than people may think. One serving is: • one medium-sized

fruit • 1/2 cup raw, cooked, frozen, or canned fruits or vegetables • 3/4 cup (six ounces) of 100 percent fruit or vegetable juice • 1/2 cup cooked, canned, or frozen legumes (beans and peas) • 1 cup raw, leafy vegetables • 1/4 cup dried fruit.

Here are several ways to get more fruits and vegetables in your diet:

- ▲ Mix numerous fruits and vegetables into your tossed green salad for flavor, variety, color, and crunch.
- ▲ Keep various types of frozen fruits and vegetables in your freezer to add to your meals.
- ▲ To save time, use pre-cut fresh vegetables and salad mixes.
- ▲ Add apples, raisins, or pineapple chunks to tuna, pasta, or chicken salads.
- ▲ Keep easy-to-grab, pre-washed fruit in a bowl on your kitchen counter for quick snacks.
- ▲ For desserts, choose fresh fruit or fruit-based desserts.
- ▲ Place cut-up fruits and vegetables into small airtight bags and take them along for healthy snacks at work or school.
- ▲ Add extra vegetables to soups and casseroles.



For more information, visit the U.S. Department of Agriculture at www.usda.gov, or the Produce for Better Health Foundation at www.5aday.org.