

COMPONENTS OF A HEALTHY LUNCH

CLASSES 9-10



CLASSES 9 – 10

LEARNING OBJECTIVES:

At the end of these two sessions, participants will be able to:

1. describe how to make healthy fast food choices when eating out;
2. discuss at least three key components of a well-planned, healthy lunch



COMPONENTS OF A HEALTHY LUNCH

1. Look for Whole Grain
 - choose whole grain breads or tortillas
 - add brown rice or whole grain pasta to soups
2. Include Fruit for even more fiber and for vitamin power
 - carry an apple, orange, or banana
 - carry small pre-portioned cups of juice-packed, canned fruit
 - try new fruits when they are in season



COMPONENTS OF A HEALTHY LUNCH

3. Include Protein for lasting energy
 - choose lean meats (turkey, ham) and fish
 - include low-fat cheese or yogurt
 - adjust your protein portion to 2 oz. or less per meal
4. Include raw vegetables for nutrition and crunch
 - add baby carrots or grape tomatoes as an easy to eat option
 - make a salad and top it with meat or cheese
 - if you use salad dressing, use low-fat or fat free and limit the portion
5. Avoid high-fat condiments
 - substitute mustard for mayonnaise or salad dressing
 - use low-fat or fat free dressing
 - limit the amount of dressing on sandwiches and salads



BROWN BAG LUNCHESES

- Prepare your lunch the night before and store it in the refrigerator overnight
- Make sure your destination has a refrigerators and microwaves available for your use before you incorporate foods that can be reheated or need refrigeration
- Make meals that:
 - store conveniently
 - do not spoil quickly
 - retain their flavor when packed, and
 - do not damage easily



MENU MAKEOVERS: MAGIC LUNCH 1

TYPICAL LUNCH

2 slices white bread
2 slices roasted turkey
2 slices processed cheese
1 tablespoon mayonnaise
1 medium banana
3 or 4 graham crackers
16 ounces apple juice

MAGIC LUNCH

2 slices whole grain bread
2 slices roasted turkey
1 slice processed cheese
Lettuce
2 slices tomato
1 tablespoon mustard
1 banana or 12 sweet
cherries (better color)
1 ounce dark chocolate-
covered almonds
6 ounces unsweetened apple
or other fruit juice



MENU MAKEOVERS: MAGIC LUNCH 2

TYPICAL LUNCH

McDonald's Big Mac
Large order of French fries
32 ounces soda

MAGIC LUNCH

McDonald's Quarter Pounder
6 ounces Berries and Yogurt
or Yogurt Parfait
Water

Better Still:

A single hamburger
a side salad with vinaigrette dressing



MENU MAKEOVERS: MAGIC LUNCH 3

TYPICAL LUNCH

2 slices regular cheese pizza
32 ounces soda

MAGIC LUNCH

1 slice whole wheat pizza
with cheese and vegetables
1 cup side salad with lettuce,
tomato, and cucumber
1 tablespoon oil & vinegar
dressing
1 medium peach or other
fresh fruit
Unsweetened iced tea

Better Still:

Make your own pizza by topping a whole grain pita with 2 tablespoons tomato sauce, 2 ounces (60 g) part-skim mozzarella, and plenty of veggies



MENU MAKEOVERS: MAGIC LUNCH 4

TYPICAL LUNCH

1 large burrito made with a
13-inch white flour tortilla
1 cup white rice
2 ounces beef filling
1 ounce cheddar cheese
2 tablespoons salsa
1.5 ounces tortilla chips with
1/4 cup salsa
32 ounces soda

MAGIC LUNCH

1 small burrito made with a
6-inch whole wheat tortilla
1/2 cup black beans
1.5 ounces roasted chicken
Plenty of lettuce, tomato, and
salsa
1/2 ounce cheddar cheese
1/2 mango or other seasonal
fresh fruit
Water with a lemon wedge

Better Still:

A grilled chicken or steak salad, if it's on the menu. If it's not, ask for a "naked burrito"—burrito filling without the tortilla.



EATING OUT AT LUNCH

CLASS 10



EATING OUT

- America has been called a "fast food nation"
- 1 out of 4 Americans eats fast food every day
- Eating just one fast food meal can pack enough calories, sodium and fat for an entire day
- As an informed customer, you can make healthier choices and still enjoy the convenience of fast food restaurants



LEARNING TO MAKE HEALTHIER CHOICES

- Making healthier choices is easier if you prepare ahead
- Free downloadable guides help you evaluate your options
- If you have a special dietary concern, such as diabetes, heart health or weight loss, the websites of national non-profits provide useful advice
- You can also choose to patronize restaurants that focus on natural, high quality food
- Use common sense guidelines to make your meal healthier
- Portion control is also important, as many fast food restaurants serve enough food for several meals in the guise of a single serving



TOP TIPS FOR HEALTHY EATING

1. Make careful menu selections – pay attention to the descriptions on the menu
 - dishes labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin or in cream sauce are usually high in calories, unhealthy fats or sodium
 - order items with more vegetables and choose leaner meats
2. Drink water with your meal
 - soda is a huge source of hidden calories
 - try adding a little lemon to your water or ordering unsweetened iced tea



TOP TIPS FOR HEALTHY EATING

3. “Undress” your food

- when choosing items, be aware of calorie- and fat-packed salad dressings, spreads, cheese, sour cream, etc.

4. Don't be afraid to special order

- many menu items would be healthy if it weren't for the way they were prepared
- ask for your vegetables and main dishes to be served without the sauces
- ask for olive oil and vinegar for your salads or order the dressing "on the side" and spoon only a small amount on at a time
- if your food is fried or cooked in oil or butter, ask to have it broiled or steamed instead



TOP TIPS FOR HEALTHY EATING

5. Watch portion size

- choose a smaller portion size, order a side salad instead of fries, and don't supersize anything
- at a typical restaurant, a single serving provides enough for two meals
- share a dessert

6. Watch your salt

- fast food tends to be very high in sodium, a major contributor to high blood pressure
- don't add insult to injury by adding more salt



TOP TIPS FOR HEALTHY EATING

7. Avoid buffets – even seemingly healthy ones like salad bars
 - You will likely overeat to get your money's worth
 - if you do choose buffet dining, opt for fresh fruits, salads with olive oil & vinegar or low-fat dressings, broiled entrees and steamed vegetables
 - resist the temptation to go for seconds, or wait at least 20 minutes after eating to make sure you're really still hungry before going back for more



TOP TIPS FOR HEALTHY EATING

8. Eat mindfully

- pay attention to what you eat and savor each bite
- chew your food more thoroughly and avoid eating on the run
- being mindful also means stopping before you are full
- it takes time for our bodies to register that we have eaten

9. Remember the big picture

- think of eating out in the context of your whole diet.
- if you want to order your favorite meal at a nice restaurant, make sure your earlier meals that day are extra healthy
- moderation is always key, but planning ahead can help you relax and enjoy your dining out experience while maintaining good nutrition and diet control



HEALTHY FAST FOOD & TAKEOUT MAKEOVERS

- Here are examples on what you might usually order and how to make it healthier
- Refer to handout for more examples

Example 1. Fast-Food Chain: **Burger King**

- If You Usually Order: A Whopper with cheese and a side salad
- Make It Healthier: Cut out almost 500 calories **by replacing the Whopper with a hamburger from the kids' menu**
- **Better Yet:** Order the Tender Grilled Chicken Sandwich



HEALTHY FAST FOOD & TAKEOUT MAKEOVERS

Example 2. Takeout Restaurant: Chinese

- If You Usually Order: Vegetable dumplings & shrimp lo mein
- Make It Healthier: **Specify steamed dumplings, and ask that your shrimp be served with brown rice** (a high-fiber whole grain) rather than noodles (made from refined white flour)
- **Better Yet:** Pile on the vegetables (opt for vitamin- and fiber-rich bok choy and broccoli; go light on less-nutritious baby corn and water chestnuts), and be judicious with sauces (try low-sodium soy)



GUIDES CAN HELP YOU MAKE HEALTHIER MEAL CHOICES

- Many fast food chains post nutritional information on their websites
- These lists may be confusing and hard to use
- Instead you can go to other websites that provide health and nutrition information, but in easier to follow formats
- Examples:
 - HealthyDiningFinder.com
 - Stop & Go Fast Food Nutrition Guide (www.fastfoodbook.com)
- There are many websites geared toward how to make healthy choices at restaurants depending on your specific dietary needs (i.e. diabetes, cancer, heart disease, or weight management)



HEALTHIER FAST FOOD: BURGER CHAINS

- Figuring out healthier options at your favorite fast food burger chain can be tricky
- A typical meal at a burger joint consists of a "sandwich", some fries and a drink, which can quickly come in at over 1700 calories for something like Burger King's Triple Whopper with a large fries and a 16 oz. soda
- A better option would be a regular single patty burger, small fries, and water, which is about 500 calories
- Alternatively you may enjoy a veggie burger smothered in grilled onion and mushrooms Or
- If you want a large beef burger, then skip the fries and soda and have a side salad and water instead



THE BIG BURGER CHAINS

LESS HEALTHY CHOICES

- Double-patty hamburger with cheese, mayo, special sauce, and bacon
- Fried chicken sandwich
- Fried fish sandwich
- Salad with toppings such as bacon, cheese, and ranch dressing
- Breakfast burrito with steak
- French fries
- Milkshake
- Chicken “nuggets” or tenders
- Adding cheese, extra mayo, and special sauces

HEALTHIER CHOICES

- Regular, single-patty hamburger without mayo or cheese
- Grilled chicken sandwich
- Veggie burger
- Garden salad with grilled chicken and low-fat dressing
- Egg on a muffin
- Baked potato or a side salad
- Yogurt parfait
- Grilled chicken strips
- Limiting cheese, mayo, and special sauces



HEALTHIER FAST FOOD: FRIED CHICKEN CHAINS

- Although some chains have been advertising “no trans fats” in their food, the fact is that fried chicken can pack quite a fattening punch
- According to the restaurant’s nutrition info, just a single Extra Crispy Chicken breast at KFC has a whopping 440 calories, 27 grams of fat, and 970 mg of sodium
- A healthier choice is the drumstick, which has 160 calories, 10 grams of fat, and 370 mg of sodium
- Alternatively, if you like the breast meat, take off the skin and it becomes a healthy choice at 140 calories, 2 grams of fat, and 520 mg of sodium



THE BIG FRIED CHICKEN CHAINS

LESS HEALTHY CHOICES

- Fried chicken, original or extra-crispy
- Teriyaki wings or popcorn chicken
- Caesar salad
- Chicken and biscuit “bowl”
- Adding extra gravy and sauces

HEALTHIER CHOICES

- Skinless chicken breast without breading
- Honey BBQ chicken sandwich
- Garden salad
- Mashed potatoes
- Limiting gravy and sauces



HEALTHIER FAST FOOD: MEXICAN CHAINS

- Fast food chains that specialize in tacos or burritos can be caloric minefields or they can be a good option for finding healthy fast food
- Rice, beans, salsa and a few slices of fresh avocado can make a very healthy meal
- But adding cheese, sour cream and tortilla chips can turn even a good meal unhealthy
- Be sure to also remember portion control since these types of restaurants can have enormous menu items
- Several chains, like Taco Bell and Baja Fresh, have “healthy” menu options that feature less fat and fresher ingredients



THE BIG TACO CHAINS

LESS HEALTHY CHOICES

- Crispy shell chicken taco
- Refried beans
- Steak Chalupa
- Crunch wraps or gordita-type burritos
- Nachos with refried beans
- Adding sour cream or cheese

HEALTHIER CHOICES

- Grilled chicken soft taco
- Black beans
- Shrimp ensalada
- Grilled “fresco” style steak burrito
- Veggie and bean burrito
- Limiting sour cream or cheese



HEALTHIER FAST FOOD: SUB SANDWICH CHAINS

- Americans love all types of sandwiches: hot, cold, wrapped, foot long; usually eaten with a salad instead of fries
- The ads promote the health benefits of sandwich shops. Easier said than done... studies have found that many people tend to eat more calories per meal at a sub shop than at McDonalds
- This may be because people feel so virtuous eating “healthy” like the ads promise, that they reward themselves with chips, sodas, or extra condiments
- You can make healthier choices at a deli or sub shop but you need to use some common sense



SUBS, SANDWICHES & DELI CHOICES

LESS HEALTHY CHOICES

- Foot-long sub
- High-fat meat such as ham, tuna salad, bacon, meatballs, or steak
- The “normal” amount of higher-fat (Cheddar/American) cheese
- Adding mayo and special sauces
- Keeping the sub “as is” with all toppings
- Choosing white bread or “wraps” which are often higher in fat than normal bread

HEALTHIER CHOICES

- Six-inch sub
- Lean meat (roast beef, chicken breast, lean ham) or veggies
- One or two slices of lower-fat cheese (Swiss/mozzarella)
- Adding low-fat dressing or mustard instead of mayo
- Adding extra veggie toppings
- Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced



HEALTHY ASIAN FOOD

- Asian cultures tend to eat very healthfully, with an emphasis on veggies, and with meat used as a “condiment” rather than being the focus of the meal
- However, Americanized versions of these ethnic foods tend to be much higher in fat and calories – so caution is needed
- But here’s a great tip for all Asian restaurants – use the chopsticks! You’ll eat more slowly, since you can’t grasp as much food with them at one time as you can with your normal fork and knife



ASIAN FOOD CHOICES

LESS HEALTHY CHOICES

- Fried egg rolls, spare ribs, tempura
- Battered or deep-fried dishes (sweet and sour pork, General Tso's chicken)
- Deep-fried tofu
- Coconut milk, sweet and sour sauce, regular soy sauce
- Fried rice
- Salads with fried or crispy noodles

HEALTHIER CHOICES

- Egg drop, miso, wonton, or hot & sour soup
- Stir-fried, steamed, roasted or broiled entrees (Shrimp chow mein, chop suey)
- Steamed or baked tofu
- Sauces such as ponzu, rice-wine vinegar, wasabi, ginger, and low-sodium soy sauce
- Steamed brown rice
- Edamame, cucumber salad, stir-fried veggies



HEALTHY ITALIAN FOOD

- The anti-carbohydrate revolution has given Italian food a bad rap, but Italian is actually one of the easiest types of cuisine to make healthy
- Stay away from fried, oily or overly buttery, as well as thick crust menu items, and you can keep your diet goals intact
- Watch out for the following terms, which are common culprits of high fat and calories: alfredo, carbonara, saltimbocca, parmigiana, lasagna, manicotti, stuffed (all have heavy amounts of cream and cheese)
- Generally Italian places have lots of veggies in their kitchen so it's easy to ask to have extra veggies added to your meal



ITALIAN & PIZZA RESTAURANT CHOICES

LESS HEALTHY CHOICES

- Thick-crust or butter-crust pizza with extra cheese and meat toppings
- Garlic bread
- Antipasto with meat
- Pasta with cream or butter-based sauce
- Entrée with side of pasta
- Fried (“Frito”) dishes

HEALTHIER CHOICES

- Thin-crust pizza with half the cheese and extra veggies
- Plain rolls or breadsticks
- Antipasto with vegetables
- Pasta with tomato sauce and veggies
- Entrée with side of veggies
- Grilled (“Griglia”) dishes

