

## Mexican

- Rice and black beans
- Salsa or Picante
- Soft corn tortillas
- Spicy chicken

## **Follow The Rainbow To Better Health When Dining Out**

Consuming a variety of foods each day ensures that your body gets the nutrients it needs for optimum health. Currently it seems that choosing a variety of fruits and vegetables is very important as researchers learn more about substances called phytochemicals.

Phytochemicals, which are natural compounds that give a fruit or vegetable its color and serve as a natural protectant to the plant, also appear to offer disease protection to those who consume the plants. Different color groups of fruits and vegetables contain different phytochemicals. Therefore, to get the full disease prevention package that various fruits and vegetables offer, you need to choose from the following colors and kinds daily:

- Orange and deep yellow fruits and vegetables such as peaches, cantaloupe, oranges, carrots, sweet potatoes, and winter squash
- Green fruits and vegetables such as green peas, green grapes, broccoli, green beans, and Brussels sprouts
- Purple and blue fruits and vegetables such as blackberries,

blueberries, plums, raisins, eggplant, and purple asparagus

- White, tan, and brown fruits and vegetables such as onions, leeks, garlic, cauliflower, mushrooms, and potatoes

Choose a rainbow of fruits and vegetables when dining out.

## **Useful Resources for the Diner**

Eat Out, Eat Right! by Hope S. Warshaw  
Eating Out Food Counter by Natow and Heslin

Fast Food Facts (5<sup>th</sup> Ed.) by Marion J. Franz

Guide to Healthy Restaurant Eating, 2<sup>nd</sup> Edition by Hope S. Warshaw  
Restaurant Confidential by Jacobson and Hurley

The Get With the Program! Guide to Fast Food and Family Restaurants by Bob Greene

## **Useful Websites for the Diner**

[www.calorieking.com](http://www.calorieking.com)  
[www.cyberdiet.com/reg/ffq](http://www.cyberdiet.com/reg/ffq)  
[www.fatcalories.com](http://www.fatcalories.com)  
[www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)  
<http://nat.crgq.com/>

### Our Team Mission

The team supports Quad City residents in making healthy choices regarding diet and exercise.

The Quad City Health Initiative would like to thank the following people for putting together this brochure:

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## **Wellness Champions Key Messages**

- **Quit it** – If you smoke, stop.
- **Know it** – Know your numbers, blood pressure and cholesterol. If high, get them treated.
- **Move it** – Accumulate at least 30 minutes of activity most days of the week.
- **Lose it** – Eat well-balanced meals. Reduce calories if you are overweight.
- **Check it** – Get regular checkups.
- **Chill it** – Improve your mental and spiritual health, control your stress.

*The Wellness Champions, a project of the Quad City Health Initiative, supports Quad City residents in making healthy choices regarding diet and exercise. The Quad City Health Initiative (QCHI) is a community partnership in active pursuit of a healthier community. The Initiative seeks to be a catalyst for improving the health and overall quality of life within the Quad City community. The Initiative raises awareness of health issues, encourages or creates programs to address gaps in health services and fosters community collaboration in all aspects of health. Major financial sponsors of the Initiative in 2004 are Genesis Health System, Trinity Regional Health System and Royal Neighbors of America.*



# HEALTHY DINING GUIDE

“Choose Health Live Well”



Dining out is an important part of the Quad City lifestyle. Eating healthy when dining out is largely about portion control. Some restaurant portion sizes have increased 200 – 800 percent since the 1980s. The dramatic increase in food portion sizes is called “portion distortion”. Large portions only encourage people to eat more and will further contribute to weight gain. Here are some tips to follow when dining out:

\*Divide your food in half before you begin to eat, take the other half home and refrigerate within 2 hours, 1 hour if it is during the summer.

\*Regardless of the size of your meal, don't forget the 20-minute rule. Research indicates that it takes 20 minutes for your stomach to tell your brain that you are full. Practicing the 20-minute rule will help you avoid the feeling of being overstuffed.

**The definition of portion size is the amount of food that you choose to eat. Serving size is the amount of food that is recommended.** Here are some ways to picture a serving size using everyday objects:

1 cup of rice, pasta = the size of a tennis ball

1 cup salad greens = the size of a baseball

1 medium sized fruit = the size of a tennis ball

3 ounces cooked meat, fish, or poultry = the size of a deck of cards or a cassette tape

1 ½ ounces of cheese = the size of a 9-volt battery

1 teaspoon butter or margarine = a thumb tip (top joint)

2 tablespoons salad dressing = the size of a ping-pong ball

Remember that all calories, regardless of the source, count. Excess fat, protein, and carbohydrates all can be converted to fat in our bodies. Balancing what we eat with physical activity is critical. **Remember to eat less and move more!**

### **General Basics to Remember When Dining Out**

- Call ahead and ask about the menu
- Write down food choices before dining out
- Look over the choices at a buffet
- Share a meal with a family member or friend
- Choose an appetizer portion, as they tend to be smaller
- Ask your server for half portions
- Eat a salad instead of bread, crackers, or cheese
- Eat slowly

### **Don't Be Misled When Dining Out**

Be aware of cooking terms that signal higher fat and sodium foods.

Choose foods that are baked, broiled, grilled, poached, or steamed. Avoid the following preparation methods:

#### **Higher Fat**

- Buttered or buttery
- Sautéed
- Fried, pan-fried
- Deep fried, French fried, crispy
- Breaded or battered
- Creamed, creamy, in cream sauce
- With gravy
- Au gratin, in cheese sauce
- Scalloped

#### **Higher Sodium**

- Smoked
- Pickled
- Barbecued
- In broth
- In cocktail sauce
- Teriyaki
- With soy sauce

### **Choose The Following When Dining Out**

- Broiled meats with no sauces
- White meats – chicken, fish or turkey
- Fresh, baked or roasted vegetables
- Fresh fruit for dessert
- Frozen yogurt with fruit for dessert
- Choose whole grain rolls and bread
- Drink low-fat milk or water

### **Make Special Requests When Dining Out**

- Ask how a dish is prepared
- Request substitutions, ask for a vegetable in place of fries
- Ask that the salad dressings and condiments be served on the side so you can control how much you add

### **Ethnic Dining Section**

Chinese, Italian, and Mexican are the most popular ethnic foods. The following is a sample of healthy food choices, usually lower in calories and fat, and terms that would help you with your ethnic selection:

#### **Chinese**

- Dishes without added MSG
- Jum (poached)
- Kow (roasted)
- Shu (barbecued)
- Steamed
- Steamed rice

#### **Italian**

- Crushed tomatoes
- Grilled
- Lightly sautéed
- Piccata (lemon)
- Primavera (no sauce)
- Red sauces
- Sun-dried tomatoes