Eating Well On The Go

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Why do we eat away from home?

• Busy lifestyles demand convenient foods
• Travel
• Lack of meal planning and time
• Lack of cooking skills
• May not realize the nutritional implications
What are the problems with eating away from home?

• Food is everywhere

• Consumers typically chose foods high in calories

• Foods are high in fat, sugar, sodium and lower in fiber, water, vitamins and minerals

• Value Meals and Supersizes
Overall Strategies for Eating Healthier Away From Home

- Plan Ahead
- Prepare
- Practice
Overall Strategies for Eating Healthier Away From Home

- Plan Ahead
- Research menu items
Overall Strategies for Eating Healthier Away From Home

• Prepare
  • Plan your meals and snacks around going out to eat
  • Do not try to “save up” calories by not eating
Overall Strategies for Eating Healthier Away From Home

• Practice
  • Even the healthy looking items can trick us!
Strategies at Breakfast

- Do not skip breakfast!
- Know the nutritional information of your morning coffee
- Hold the whip and syrup
- Choose low or non-fat milk
- Choose spreads wisely
- Avoid granola or pastries
- Choose whole fruits over fruit juices
- Choose low or non-fat yogurt
- Choose menu items that have protein and fiber
- Ask about 100% whole grain bread or wraps

Brewing coffee at home: $0.45/16oz
Coffee on-the-go: $2.29/16oz
Price on-the-go coffee daily for a year: $835.85
Grab and Go Breakfast

**Sausage & Cheddar Classic Breakfast Sandwich:** Savory sausage, egg and aged Cheddar cheese on a toasty English muffin.

Calories: 500   Fat: 28g   Carb: 41g   Fiber:<1g   Protein: 19g

**Spinach & Feta Breakfast Wrap:** A wheat wrap filled with cage-free egg white, spinach, feta cheese and tomatoes.

Calories: 290   Fat: 10g   Carb: 33g   Fiber: 6g   Protein: 19g

**MENU CHOICE MAKEOVER:**

a) 75 cal
b) 210 cal
c) 260 cal

**MENU CHOICE MAKEOVER:**

Calories: -210   Fat: -18g   Carb: -8g   Fiber: +5g   Protein: same

Source: http://www.starbucks.com/menu/catalog/nutrition?food=all#view-control=nutrition&food=all&page=2
Grab and Go Breakfast

Grande (16oz) Cinnamon Dolce Latte with 2% milk and whipped cream

Grande (16oz) Skinny Cinnamon Dolce Latte with non-fat milk and no whip

MENU CHOICE MAKEOVER:

a) 75 cal
b) 210 cal
c) 260 cal

Calories: 330  Fat: 13g  Carb: 42g  Pro: 12g

Calories: 120  Fat: 0g  Carb: 19g  Pro: 12g

MENU CHOICE MAKEOVER:

Calories: -210  Fat: -13g  Carb: -23g  Fiber: same  Protein: same

Source: http://www.starbucks.com/menu/catalog/nutrition?food=all#view_control=nutrition&drink=drink
Before Ordering

• Eat mindfully throughout the day before dinner
• If you get a say in where you are going out to eat, vote against “all-you-can-eat” restaurants
• Sip on water before your meal arrives
• Skip the bread, chips, etc.
• Better bets: grilled, baked, steamed, broiled, poached, stir-fried, roasted, blackened.
• Use caution: buttery, breaded, buttered, fried, pan-fried, creamed, scalloped, au gratin, a la mode
While Ordering

- Try to order first at your table
- Ask for dressing on the side
- Ask for whole grain options
- Ask if you can switch french fries for a side of vegetables, choose stir-fry, roasted, steamed
- Order grilled meats over breaded
- Choose broth based soups over creamy
- Don’t be shy! Ask the server if your meal can be modified with more healthful preparations (prepared with minimal added butter, oil, fat, salty seasonings)
- Ask if small or half meal sizes are available. The best way to eat less is to order less!
During the Meal

• When your meal arrives, if something isn’t right send it back to the kitchen.
• Take note of the portion sizes and figure out how much you really need
• Ask for a to go box as soon as your meal arrives so you can put the rest away when you are satisfied
• Eat slow and savor the meal
• If you know you have a sweet tooth, you can always bring a piece of dark chocolate, mint, or gum for after you meal
• If you must have dessert, share with your friends

Some Idea’s adapted from SparkPeople 85 Tips and Strategies for Dining Out
Quick Lunch

• Deluxe Breaded Chicken Sandwich on white bun, lettuce, pickles, tomato, and American Cheese
• Medium Waffle Potato Fries
• Large Ice Tea

• Chargrilled Chicken Sandwich on wheat bun, lettuce, pickles, tomato
• Side Salad
• Large Unsweetened Ice Tea

MENU CHOICE MAKEOVER:
   a) 500 cal
   b) 675 cal
   c) 750 cal

Source: http://www.chick-fil-a.com/food/Menu
Quick Lunch

- Deluxe Breaded Chicken Sandwich on white bun, lettuce, pickles, tomato, and American Cheese = 500cal
- Medium Waffle Potato Fries = 390cal
- Large Ice Tea = 220cal

Calories: 1110  Fat: 41g  CHO: 150g  Fiber: 6g  Protein: 37g

- Chargrilled Chicken Sandwich on wheat bun, lettuce, pickles, tomato = 290cal
- Side Salad = 70cal
- Large Unsweetened Ice Tea = 0cal

Calories: 360  Fat: 9g  CHO: 41g  Fiber: 5g  Protein: 33g

MENU CHOICE MAKEOVER:
Calories: -750  Fat: -32g  Carb: 109g  Fiber: -1  Protein: -4

Source: http://www.chick-fil-a.com/Food/Menu
Sit Down Dinner

Stir Fried Eggplant
Chinese eggplant tossed in a spicy vegetarian sauce with chili paste and scallions
1080 calories
88g fat

Sichuan Shrimp
Prepared in a red chili pepper garlic sauce
520 calories
21g fat

Which option do you think is the better decision?

a) Stir Fried Eggplant
b) Sichuan Shrimp

MENU CHOICE MAKEOVER:
You could save 560 calories and 67g of fat!
Take Home Messages

• Eat at home whenever possible
• Always have healthy snacks on hand
• If you are trying to make healthier food choices, let those close to you know for social support
• Practice! The more often you make good choices, the more quickly it will become a habit!
• Decide if you want to make meal planning a priority. If you do, take small steps to make it happen.
Resources

UK Health and Wellness Services:
- Weight Loss Matters
- Nutrition Consultations
- Cooking Classes
- Grocery Store Tours

Resources:
- [http://www.twofoods.com/](http://www.twofoods.com/)

Approved Smartphone Apps:
- My Fitness Pal
- Lose It
- SparkPeople
- Restaurant Nutrition

Dining Out Guides:
- Healthy Dining Finder [http://www.healthydiningfinder.com/home](http://www.healthydiningfinder.com/home)
- Dining Out Tips by Cuisin [DiningOut/Tips-by-Cuisine_UCM_308333_Article.jsp](http://DiningOut/Tips-by-Cuisine_UCM_308333_Article.jsp)
QUESTIONS?
References

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Source:
http://www.starbucks.com/menu/catalog/nutrition?food=all#view-control=nutrition&food=all&page=2