

NUTRIGRAM

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Eat Well... Stay Well Dining and Home Delivered Meal Menus on the Internet

If you have computer access or if a family member does, please take a look at the Niagara County web site – www.niagaracounty.com. Look under Departments and then click on Aging and go to nutrition programs. There you can find the menus for the month, the newsletter, information about services of the Office for the Aging and NY Connects, Long Term Care, nutrition information, healthy recipes, important links and much more.

Eating Out

Eating at a restaurant does not have to sabotage a healthy diet. Use smart-eating strategies: plan ahead, consider the menu and choose foods carefully to keep you on your plan.

Preparation

- Have a plan. Eat a light dinner if you ate a big lunch that day. Or if you know ahead of time that you're going to a restaurant, cut back on calories during other meals that day.
- Knowing menu terms and cooking basics makes ordering easier, especially if you need to control calories, fat and other nutrients. Look for foods that are steamed, broiled, baked or grilled, and limit fried and sautéed items or foods described as "crispy," "rich" or "au gratin."

Choosing a Restaurant

- Think ahead. Consider meal options at different restaurants and look for places with a wide range of menu items.

Ordering

- Balance your meal by including foods from all the different food groups: meat, dairy, fruits, vegetables, and grains. Look for freshly made entrée salads that



give you "balance in a bowl." For example, entrée salads with chicken, cheese or almonds provide protein along with fiber and vitamins. If you are counting calories, use a low-fat dressing or skip some of the extras, like croutons.

- For sandwich toppings, go with low-fat options like lettuce, tomato and onion; use condiments like ketchup, mustard or relish; and low-fat for fat-free dressings.
- Round out your meal by ordering healthy side dishes, such as a side salad with low-fat or fat-free dressing, baked potato or fruit. Boost the nutritional value of your baked potato by topping it with vegetables, salsa or chili. Substitute. Ask for a side salad with low-fat dressing to replace fries in a combination meal.
- Many restaurants honor requests, so don't be afraid to be assertive, ask menu questions and make special requests to meet your nutritional needs.
- Many restaurants serve huge portions, sometimes enough for two or three people. Order menu items that contain fewer calories and eat a smaller portion. Bring leftovers home for another meal.

Eating

- Eat slowly. It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are overeaters, while slow eaters tend to eat less and are still satisfied.

From American Dietetic Association web site

Attention all: There will be no meals delivered to sites or for home delivery on Monday, September 5th, due to Labor Day.