



Healthy Eating on-the-Go

With summer often comes travel, and with travel, eating on-the-go. Eating out and eating healthfully can sometimes be a challenge, but there are many good options out there if you know where to look. Keeping calories in check is a good goal, but it's important to remember that calories alone are not the only factor to consider in your decision making. Try to think about the overall nutrient density of the dish as well, and of course, what will most satisfy your taste buds! Salads can sometimes be high in calories (it just depends on what toppings you include!), but they do give a leg up on the nutrient density side, and are refreshing on a hot summer's day. Here are a few tasty and better-for-

you options:

At Chipotle: a salad with grilled chicken, rice, black beans, and salsa. Save 220 calories and 18 grams of fat by foregoing the sour cream and cheese (or ask for just a sprinkling). The full-fat (and high sodium) dressing comes on the side, so you can use as little or as much as you like—a full 2 ounce serving provides 260 calories and 24 grams of fat.

At Panera: the Asian Sesame Chicken Salad or the Thai Chopped Chicken salad get thumbs up for the most moderate calories and fat of any of the salad choices.

At Wendy's: the Apple Pecan Chicken salad is the winner based on taste and

nutrient-boosting toppings of apples, dried cranberries and pecans. Try using just one packet of the dressing instead of two.

At McDonald's: the Grilled Chicken Caesar salad with low-fat balsamic dressing will yield the lowest calorie count, but I give Southwest Chicken Salad better ratings for nutrient density thanks to the addition of corn, black beans and roasted tomatoes.

At Sonic: the salad choices are limited here. The best bet is the Grilled Chicken salad with regular or light ranch dressing (the fat-free dressing increases the sodium content significantly).

At Hardee's: There are no entrée salads on the menu. A turkey burger is your best bet here to save on calories and saturated fat.

Nutrient Spotlight: Choline

Officially recognized as an essential nutrient by the Institute of Medicine in 1998, the research on the importance of choline is relatively new. Choline appears to have a wide-ranging role in human metabolism. It is essential for healthy cell membranes, brain functioning and healthy liver function. During preg-

nancy, choline is essential for brain and memory development in the fetus, and, along with folic acid, helps prevent neural tube defects. Choline may also play a role in preventing heart disease and breast cancer. An Adequate Intake (AI) has been set at 425 mg for adult women, 450 mg

for pregnant women, and 550 mg for women who are breastfeeding. Many prenatal vitamins and multivitamin supplements do not contain choline, so it is important to eat foods rich in choline daily. The best sources include eggs, milk, meats and wheat germ. One whole egg provides 125 mg, and 2 tablespoons of wheat germs provides 50 mg.

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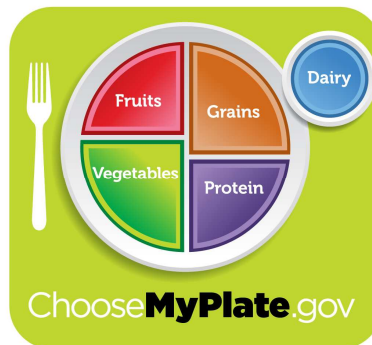
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The USDA Food Pyramid gets an Extreme Makeover

Meet the new dietary icon, “MyPlate”, the replacement for “MyPyramid” which has been long criticized for being confusing to consumers. “MyPlate” represents a healthful way of eating based upon the newest Dietary Guidelines for Americans. Fruits, vegetables and whole grains are emphasized, as well as smaller amounts of animal protein. It provides an easy to understand visual image of what healthy eating looks like, and in a society that is filled with all sorts of “nutrition nonsense” and confusion, helps to bring a back-to-basics approach to eating.

Of course, not every meal will look like “MyPlate” exactly. The website, www.choosemyplate.gov, provides examples on how mixed dishes such as

stir-frys, casseroles, and other menus fit into the picture. There is also further



information about choosing grain foods (particularly whole grains) and lean meats or plant-based meat alternatives. Sample recipes are available under the

link “Print Materials.”

Worried that you don’t see fats or sugars on the plate? Be sure to check out the information on discretionary calories, referred to as “empty calories” under the “Food Groups” section. There is always room for some “empty calories” in an otherwise well-balanced intake. MyPlate can help begin to guide you to that balance, and can also give you a plan that is specific to your calorie needs if you so desire. Simply click on the “Interactive Tools” link and choose “Daily Food Plan”.

Happy choosing!

Keep Food Safe to Eat at Summer Barbeques

According to the Centers for Disease Control, 200,000 Americans contract a foodborne illness each day. The numbers may actually be quite a bit higher than reported, since many cases are mild and go undiagnosed. Help keep yourself and your family safe by following a few simple food safety guidelines:

1. From the store to home: put meats into separate plastic bags to avoid cross-contamination. Refrigerate foods within 2 hours, or within 1 hour when the outside temperature is 90° F

or above. Same goes for leftovers.

2. Do not wash meats or poultry before cooking; this can cause cross contamination by splattering bacteria onto the countertop or other surfaces.
3. Marinate foods in the refrigerator instead of on the countertop. If using any leftover marinade, be sure to boil it first to kill any harmful bacteria.

Safe Cooking Temperatures

All types of poultry :165° F

Ground meats: 160° F

Steaks, roast or chops: cook to 145° F and allow to rest at least 3 minutes.

4. Check that you have reached the proper cooked temperature for meats or poultry by using a thermometer.

5. Keep fresh foods (fruits and veggies) separate from uncooked meats and wash them thoroughly before eating. Use a clean produce brush to scrub firm-skinned produce such as melons and cucumbers. Avoid buying produce that is damaged or bruised as this provides an entryway for bacteria.

Spinach Salad with Grilled Pork Tenderloin and Nectarines

Ingredients:

- 1 (1 pound) black peppercorn pork tenderloin, trimmed and butterflied
- 3 nectarines, halved
- 12 ounces fresh baby spinach
- 1/4 cup balsamic vinaigrette (purchased or homemade)
- 1/4 cup crumbled feta cheese

Method:

Prepare grill. Place pork and nectarine halves, cut sides down, on grill rack coated with cooking spray. Grill pork 5 minutes on each side or until a thermometer registers 160°. Grill nectarine halves 4 to 5 minutes on each side or until thoroughly heated. Remove pork and nectarine halves from grill. Let pork rest 10 minutes. Cut nectarine halves into slices. Thinly slice pork. Combine

spinach and vinaigrette in a large bowl; toss gently to coat. Divide spinach mixture evenly on each of 6 plates. Top each serving evenly with nectarine slices and pork slices. Sprinkle with cheese. Sprinkle evenly with freshly ground pepper, if desired. Serve with crusty whole-grain bread.

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