

Nutrition Bits and Bites!

"Eat Well while Eating Out"

Why does it Matter?

- Eating out is a common event for most families today. Parents working, running late or kids needing to get to practice on time. Everyone is asking what's for supper? Sound familiar?
- On average, Canadian households visit a restaurant for a meal or snack 520 times a year. (Statistics Canada, 2006)
- The problem with this is restaurant foods tend to be high in calories, fat, sugar and salt which in the long run can be bad for your health if you eat out often.
- Good news is you don't have to give up eating in restaurants or grabbing take out to eat right and feel good about it!
- The information on this newsletter will provide you and your family with some simple ways to help you make wise food choices when away from home.

Is it hard to choose a healthy restaurant meal?



These days many restaurants have nutrition information available either at the restaurant itself or on their website. Follow these steps when searching the internet.

1. Search the restaurant that you want the nutrition information for. Choose the Canadian site if there is one.
2. Look for nutrition information on the restaurant's home page. It may be listed under Nutrition Guide or Nutrition Facts or Menu.
3. Look for the menu items you like to eat and choose options that have less calories, fat and sodium.

Cook and Enjoy!

Try these simple tips next time you eat out!

- ✓ look for entrees that are steamed, baked, broiled, braised, poached or grilled and skip the sautéed, pan-fried and deep fried items.
- ✓ Instead of adding fat like gravy, extra mayo and high fat dressings use veggies to garnish sandwiches, lower fat dressings and condiments like mustards, salsa and relish.
- ✓ Look for smaller serving sizes, share larger “meal deals” or order a small appetizer instead of a meal. Eat until you are full and take the rest home for later.
- ✓ Drink wisely. Large drinks with added syrups can sometimes total over 500 calories! Choose water or milk more often. (adapted from Eating out Smarts! Dietitians of Canada, 2005)

Make you favourite restaurant dishes at home. Cooking at home can be better on your wallet and help you make healthier choices too! Ideas to try are:

- Oven roasted potatoes tossed in oil and herbs instead of fries
- Pizza: use a whole grain crust, lower fat cheese and grilled vegetables
- Oven baked breaded chicken instead of fried chicken or chicken nuggets. See recipe below.

RECIPE

Chicken Parmesan Strips

1 lb	boneless skinless chicken breasts, cut into strips
½ cup	skim milk
1/3 cup	dry bread crumbs or corn flakes cereal, finely crushed
3 tbsp	freshly grated Parmesan cheese
2 tsp	dried parsley
¼ tsp	freshly ground black pepper
	pinch of salt



Directions:

1. Place chicken in a shallow dish and pour in milk. Cover and refrigerate for at least 15 minutes or for up to 4 hours. Preheat oven to 375°F (190°C).
2. In another shallow dish, combine bread crumbs, parmesan, parsley and pepper. Remove chicken strips from milk and dip in crumb mixture, coating well. Place on greased baking sheet. Discard any excess milk and crumb mixture.
3. Bake for 20 minutes or until chicken is no longer pink inside. (source: Dietitians of Canada, Simply Great Food)

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more nutrition topics, go to the news and events section of www.southernhealth.ca or
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