

Eating Out Successfully

Katherine Langlois, RD, LDN



Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross and Blue Shield Association and incorporated as Louisiana Health Service & Indemnity Company.

Weight-loss basics

- Your weight is a balancing act, and calories are part of that equation.
- Weight loss comes down to burning more **calories** than you take in.
- Your body has a constant demand for energy and uses the calories from food to keep functioning. Energy from calories fuels your every action, from fidgeting to marathon running.
- **Carbohydrates, fats and proteins** are the types of nutrients that contain calories and are the main energy sources for your body.
- Regardless of where they come from, the calories you eat are either converted to physical energy or stored within your body as fat.



Hypertension (HTN)

- Blood pressure is the force of blood against artery walls.
- Blood pressure rises and falls during the day. But when it stays elevated over time, then it's called **high blood pressure**.
- Lifestyle modification are essential and HTN is manageable.
- Salt increases blood pressure because it holds excess fluid in the body, which places an added burden on the heart.
- The American Heart Association recommends people eat no more than 1,500mg sodium/day.
- But since the average American's sodium intake is so excessive, even cutting back to no more than 2,400mg/day will significantly improve blood pressure.

| Classification | Systolic (mmHg) | Diastolic (mmHg) |
|-----------------|--------------------|---------------------|
| Normal | <120 | <80 |
| Prehypertension | 120-139 | 80-89 |
| Stage 1 | 140-159 | 90-99 |
| Stage 2 | 160-179 | 100-109 |
| Stage 3 | ≥180 | ≥110 |

Hypertension (HTN)

- Read your food labels.
- Watch for the words "**soda**" and "**sodium**" and the symbol "**Na**" on labels, which warn you that these products contain sodium compounds.
- Look for the sodium content in milligrams and the Percent Daily Value.
 - Aim for foods that are less than 5% of the Daily Value of sodium
 - Foods with 20% or more Daily Value of sodium are considered high.



Food Label

V8 Vegetable Juice

Nutrition Facts

| | | |
|--------------------------------|----------------------------|------------|
| Serving Size | 5.5oz | |
| Amount Per Serving | | |
| Calories 70 | Calories from Fat 0 | |
| % Daily Value | | |
| Total Fat 0g | | 0% |
| Saturated Fat 0g | | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | | 0% |
| Sodium 920mg | | 38% |
| Total Carbohydrate 14mg | | 5% |
| Dietary Fiber 3g | | 12% |
| Sugars 9g | | |
| Protein 2g | | 4% |
| Vitamin A 60% | Vitamin C 170% | |
| Calcium 4% | Iron 4% | |

* Percent Daily Values are based on a 2,000 calorie diet.

V8 Low Sodium Vegetable Juice

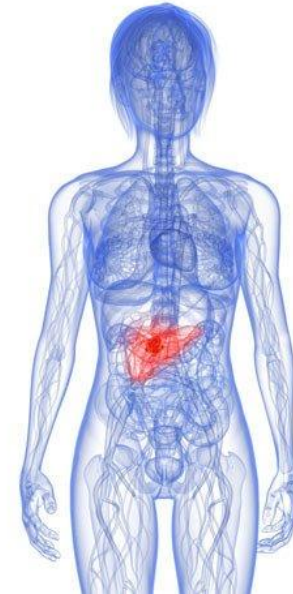
Nutrition Facts

| | | |
|--------------------------------|----------------------------|------------|
| Serving Size | 1 CAN | |
| Amount Per Serving | | |
| Calories 70 | Calories from Fat 0 | |
| % Daily Value | | |
| Total Fat 0g | | 0% |
| Saturated Fat 0g | | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | | 0% |
| Sodium 200mg | | 8% |
| Total Carbohydrate 15mg | | 5% |
| Dietary Fiber 3g | | 12% |
| Sugars 12g | | |
| Protein 3g | | 6% |
| Potassium 1180g | | 68% |
| Vitamin A 60% | Vitamin C 180% | |
| Calcium 4% | Iron 4% | |

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetes

- When a person has diabetes, the pancreas either cannot produce enough insulin, uses the insulin incorrectly, or both. Insulin works together with glucose (sugar) in the bloodstream to help it enter the body's cells to be burned for energy. If the insulin isn't functioning properly, glucose cannot enter the cells.
- **Type 1 diabetes**, when the body doesn't produce insulin, is usually diagnosed in children and young adults.
- **Type 2 diabetes** is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly.
- Carbohydrates are the main part of your food that affect how much insulin your body makes.
- Insulin is important for helping you control your weight because it affects how much fat gets burned and how much fat gets stored in your body tissues.



Diabetes

- How much carbohydrate you eat is very individual. Finding the right amount of carbohydrate depends on many things including how active you are and what, if any, medicines you take.
- Look at the number of “**Total Carbohydrate**” grams listed on the Nutrition Facts label.
 - This tells you how many grams of carbohydrates are in one serving of that food.
 - 15 grams total carbohydrate = 1 serving size
 - There can be more than one serving size in the package.

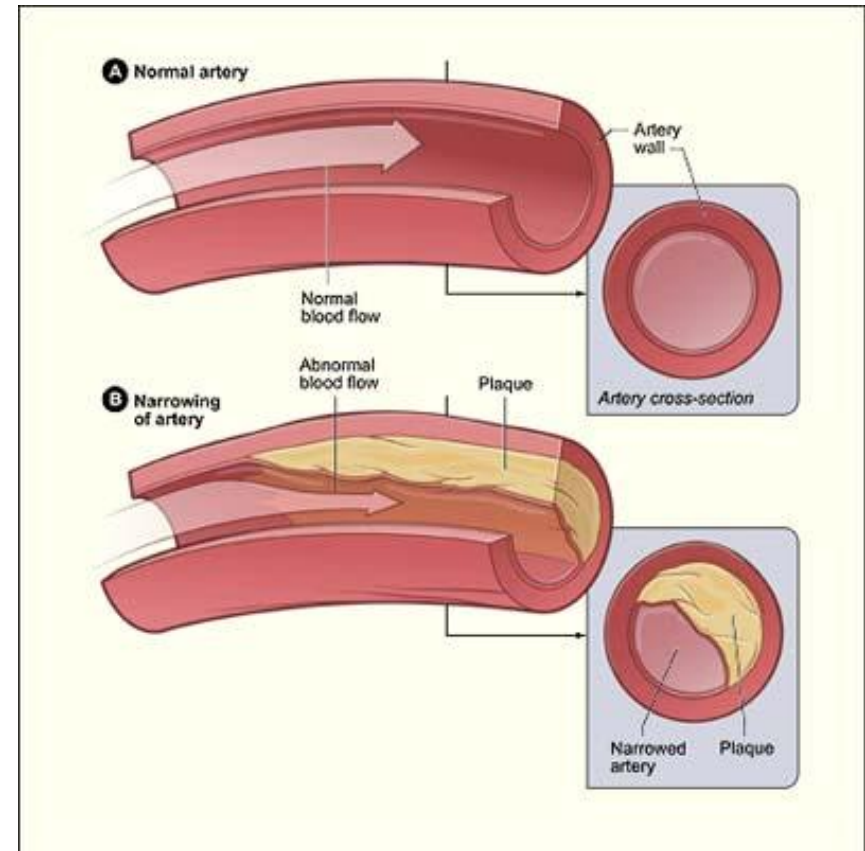


Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Dextrose, and Annatto Extract (Color).
CONTAINS A SOY INGREDIENT.

| Nutrition Facts | |
|---|----------------------------|
| Serving Size 1 oz (28g/About 18 crisps) | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 0.5g | |
| Cholesterol 0mg | 0% |
| Sodium 135mg | 6% |
| Potassium 270mg | 6% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 2g | 7% |
| Sugars 2g | |
| Protein 2g | |
| Vitamin A 0% | Vitamin C 4% |
| Calcium 0% | Iron 2% |
| Thiamin 6% | Riboflavin 2% |
| Niacin 6% | Vitamin B ₆ 15% |
| Phosphorus 4% | Magnesium 4% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Potassium | 3,500mg 3,500mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 Protein 4 |

High Cholesterol

- Cholesterol is a waxy substance that comes from two sources: **your body and food.**
- Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood, and can lead to a stroke or a heart attack.
- Making healthy eating choices and increasing exercise are important first steps in improving your cholesterol.



High Cholesterol

- The American Heart Association's Nutrition Committee strongly advises these **fat guidelines** for healthy Americans over age 2:
 - Eat between 25 and 35% of your total daily calories as fats from foods like fish, nuts, and vegetable oils.
 - Limit the amount of saturated fats you eat to less than 7% of your total daily calories. That means if you need about 2,000 calories a day, less than 140 calories (or 16 grams) should come from saturated fats.
 - Limit the amount of trans fats to less than 1% of your total daily calories. That means if you need about 2,000 calories a day, less than 20 calories (or 2 grams) should come from trans fats.
 - For good health, the majority of fats you eat should be monounsaturated or polyunsaturated.

High Cholesterol



LAND O LAKES® UNSALTED BUTTER

SERVING SIZE 1 Tbsp. (14g)

SERVINGS PER CONTAINER about 32

Amount Per Serving

CALORIES 100

CALORIES FROM FAT 100

| | <i>% Daily Value*</i> |
|-------------------------|-----------------------|
| TOTAL FAT 11g | 17% |
| SATURATED FAT 7g | 37% |
| TRANS FATS 0g | |
| CHOLESTEROL 30mg | 10% |



LAND O LAKES® MARGARINE - STICKS

SERVING SIZE 1 tbsp

SERVINGS PER CONTAINER 32

Amount Per Serving

CALORIES 100

CALORIES FROM FAT 100

| | <i>% Daily Value*</i> |
|-------------------------|-----------------------|
| TOTAL FAT 11g | 17% |
| SATURATED FAT 5g | 25% |
| TRANS FATS 0g | |
| CHOLESTEROL 0mg | 0% |



Subway

| Food Item | Calories | Fat | Sodium | Carbohydrates |
|--|----------|-----|---------|---------------|
| Subway: 6" carved turkey on wheat bread with American cheese, vegetables, and mustard with Lays Kettle Cooked BBQ chips | 530 | 17g | 1,350mg | 63g |
| Sandwich: 2 slices wheat bread, low-sodium deli turkey, American cheese, lettuce/tomato, mustard with 1 cup chopped tomato and cucumber w/ Italian dressing: | 289 | 10g | 1,105mg | 30g |



Chick-Fil-A

| Food Item | Calories | Fat | Sodium | Carbohydrates |
|---|----------|-----|---------|---------------|
| 8-count <i>fried</i> nuggets, small waffle fry, honey mustard sauce, with diet soda | 625 | 29g | 1,350mg | 58g |
| 8-count <i>grilled</i> nuggets, small waffle fry, honey mustard sauce, with diet soda | 495 | 19g | 820mg | 52g |
| Grilled Market Salad with Greek yogurt parfait | 480 | 19g | 665mg | 47g |

McDonald's

| Food Item | Calories | Fat | Sodium | Carbohydrates |
|--|----------|-----|---------|---------------|
| Quarter pounder with cheese, <u>medium</u> fry, and diet soda | 880 | 43g | 1,340mg | 86g |
| McDouble, <u>small</u> fry, and diet soda | 610 | 29g | 1,010mg | 63g |
| Southwest Grilled chicken salad with Creamy southwest dressing | 470 | 19g | 1,230mg | 37g |

Lean Cuisine with 1 cup Romaine lettuce, diced tomato and cucumber with Vinaigrette

| Food Item | Calories | Fat | Sodium | Carbohydrates |
|--|----------|-----|--------|---------------|
| Lasagna with meat sauce and side salad | 408 | 13g | 930mg | 49g |
| Ranchero Braised Beef with side salad | 338 | 11g | 850mg | 36g |
| Meatloaf with Mashed Potatoes and side salad | 328 | 12g | 820mg | 28g |



Zoe's

| Food Item | Calories | Fat | Sodium | Carbohydrates |
|---|----------|-----|---------|---------------|
| Steak Rollups with a side of fruit | 1,130 | 67g | 2,055mg | 80g |
| Tossed Greek salad (includes grilled chicken) | 750 | 33g | 2,040mg | 44g |
| Chicken kabobs with hummus | 610 | 29g | 1,350mg | 38g |

Chili's

| Food Item | Calories | Fat | Sodium | Carbohydrates |
|--|----------|-----|---------|---------------|
| Chipolte Fresh Mex Bowl w/Quinoa Blend | 870 | 43g | 2,450mg | 64g |
| 6 oz Sirloin with Grilled Avocado | 420 | 20g | 1,610mg | 23g |
| Grilled Chicken Salad | 440 | 23g | 1,100mg | 23g |

Tips for Eating Out

| Instead of . . . | Try. . . |
|--|---|
| Cream soup | Low-sodium broth-based soups |
| Fried chicken sandwich | Grilled chicken sandwich |
| French fries | Baked potato; baked fries |
| Creamy coleslaw | Vegetables or tossed salad |
| Potato chips | Unsalted pretzels; baked potato chips |
| Danish; muffin | English muffin; toast; oatmeal |
| Caesar salad | Green salad with low-fat or non-creamy dressing |
| Fried rice | Steamed brown rice |
| Pasta with butter or cream sauces, such as Alfredo | Pasta with marsala or marinara sauce |
| Full-fat sour cream and cheese | Salsa, Pico de Gallo, cilantro |

Healthy Eating Without Much Time

- Serve no-cook breakfasts.
 - Try oatmeal with 1 serving of fruit, or peanut butter with an apple.
 - Make a smoothie with yogurt, frozen or fresh fruit, and protein powder.
 - Boil a few eggs one evening to have throughout the week, then add toast or an English muffin for a carbohydrate.
- Healthy meals can be quick and easy.
 - Use prewashed veggies and salad greens.
 - Use frozen fruit and vegetables.
 - Use minute rice or frozen quinoa.



Healthy Eating Without Much Time

- Cook in large batches when pressed for time
 - Make a large pot of soup or chili and serve with a vegetable.
 - Double recipes and freeze extra for other meals.
 - Crock pot meals – when you get home, dinner is waiting!
- Start with precooked basics
 - Get store-bought rotisserie chicken, turkey meatballs, frozen fish
 - Add a salad or vegetable.
 - Add a small serving of carbohydrates, such as minute rice or frozen corn. Then dinner is served!



Healthy Eating When You Don't Have Time

- Ways to eat healthy at work.
 - Pack leftovers the night before.
 - Wash fruit and/or vegetables at home so they are ready to eat.
 - Bring nonperishable snacks to have in your desk, such as nuts or protein bars, so you can avoid the vending machine.
 - Keep a refillable cup at work.



calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

Resources

- www.heart.org
- www.diabetes.org
- <http://my.clevelandclinic.org>
- www.mayoclinic.org