

WTNS Radio OSU Extension Update for March 9, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about National Nutrition Month and some upcoming programs from OSU Extension.

Today we'll continue our conversation about National Nutrition Month. Last week I mentioned that this year's theme is "Eat Right, Bite by Bite." There are lots of places that we take those bites. More and more often it is outside of the home. According to a recent report from the USDA, spending on food away from home surpassed food eaten at home for the first time every in 2010. On average, one third of daily calories are consumed outside of the home.

So here are some tips for Healthy Eating on the Run

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Don't just order on autopilot. Some restaurant menus may have a special section for "healthier" choices.
3. Words matter. Menu terms that can mean healthier choices include: baked, braised, broiled, grilled, poached, roasted, and steamed. Menu terms that can mean more saturated fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.

10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.

11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.

17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.

18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.

19. Ask for sauces, dressings and toppings to be served “on the side.” Then you control how much you eat.

20. Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.

21. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.

24. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.

25. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.

26. Try a smoothie made with 100% juice, fruit and low-fat yogurt for a light lunch or snack.

27. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at

room temperature for more than two hours.

28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.

29. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal.

Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.

30. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch

If you are looking for ways to learn more about healthy lifestyle choices while managing diabetes, then OSU Extension has some great resources available. I am pleased that we will be partnering with the Coshocton Regional Medical Center this April to offer Dining with Diabetes. This is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. Dining with Diabetes will be held the four Monday evenings of April from 5:30-7:30 pm at Coshocton Regional Medical Center. The cost of the program is \$20 per person and includes all four classes, educational handouts, and small sized meals that feature a variety of recipes. You can find more details and registration information at coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!