



From the Food Bank Kitchen

Dining Out Tips—and some at home recipes

Sometimes cooking at home just feels too hard, and we opt for the easier alternative— eating out. Besides costing more money, restaurant and takeout meals often pack enough calories, saturated fat, and sodium for the entire day! Try keeping restaurant and convenience food to a minimum. The next time you're in need of a quick meal out, consider your choices carefully— some are much better than others. Or try some healthier recipes at home.

In general, the average woman requires 1,600-1,800 calories and an average man 2,000-2,200 calories for weight maintenance, depending on activity level and body weight. Daily fat intake ideally should be a maximum of 80 grams, and saturated fat under 20-25 gm per day. Sodium should be limited to 2,300 mg a day for most adults, or 1,500 mg a day for senior citizens, African Americans, and those with high blood pressure. It is recommended to limit added sugars to 40 grams (10 tsp) daily for men, and 28 grams (7 tsp) per day for women.

Here are a few swaps you may want to consider the next time you are ordering a burger, burrito or sub:

	Instead of this...	Try this...
Burger King	Bacon Cheese Whopper, large fries, 30 oz Coke <i>1,560 calories, 70 gm fat, 19 gm saturated fat, 2,070 mg sodium, and 101 gm of sugar</i>	Hamburger, small fries, 16 oz Coke <i>498 calories, 24 gm fat, 6 gm saturated fat, 940 mg sodium, and 45 gm of sugar</i>
Chipotle	Chicken burrito with black beans, rice, cheese, corn salsa, and sour cream <i>1,060 calories, 42 gm total fat, 18 gm saturated fat, 2,060 mg sodium</i>	Chicken taco with cheese and tomato salsa <i>520 calories, 19 gm total fat, 7 gm saturated fat, 1,065 mg sodium</i>
Subway	Chicken bacon ranch 6-inch sub with Doritos and Fuze 21 oz Sweetened Iced Tea <i>1,120 calories, 41 gm fat, 13 gm saturated fat, 1,350 mg sodium, and 52 gm sugar</i>	Oven roasted chicken six inch sub with Baked Lays and 16 oz unsweetened iced tea <i>450 calories, 7 gm fat, 2 gm saturated fat, 810 mg sodium, and 10 gm sugar</i>

Turkey Meat Loaf from scratch

Serves 8

Source: AICR.com

This turkey meatloaf recipe yields 8 servings, with each serving providing 238 calories, 6 gm total fat, 2 gm saturated fat, and 335 mg of sodium. The cost per serving of meatloaf is \$1.65. Add a baked potato and green beans, and the meal cost is only **\$2.12 per serving**. Compare this with the nutrition facts for Boston Market's meatloaf (**\$7.99 per serving** including green beans and corn bread). The regular (not large size) Boston Market meatloaf has 510 calories, 29 gm total fat, 13 gm saturated fat, and 890 mg sodium! Cook at home and save yourself \$5.87- not to mention calories, fat, and sodium!

Ingredients:

- | | |
|---------------------------------------|--|
| 1 Tbsp olive oil | 1/3 c low-sodium chicken broth |
| 1 large onion, chopped | 2 lbs ground turkey |
| 1/2 lb mushrooms, trimmed and chopped | 3/4 c unseasoned breadcrumbs |
| 1/2 tsp dried thyme | 2 eggs, beaten |
| Salt and pepper to taste | 1/3 c ketchup |
| 3 Tbsp Worcestershire sauce | <i>Optional: add 1-2 tsp tomato paste to topping</i> |

Directions: Preheat oven to 325°F. Heat oil in skillet over medium heat. Sauté onions and mushrooms, add thyme and season with salt and pepper. Cook until onions are translucent, about 10 minutes. Add Worcestershire sauce and broth and mix thoroughly. Remove from heat and allow to cool to room temperature.

In a large mixing bowl combine turkey, breadcrumbs, eggs and onion-mushroom mixture. Mix well and shape into a rectangular loaf in a 9 X 13 inch or similar size baking dish. Brush ketchup on top.

Bake for 60-75 minutes or until meat is cooked through. Serve hot. Leftovers may be served cold in sandwiches.

See next page for ideas on how to choose wisely off a menu, and check out homemade mac and cheese and pizza recipes

Tips for Eating Out

For more nutrition tips, see www.foodbankwma.org/what-we-do/nutrition/nutrition-tips

Some restaurants post their nutrition facts, but not all. If you find yourself at a restaurant that's not offering nutrition info, but still trying to find a healthy option, try these ideas:

- Order regular or child-size portion instead of super-sizing.
- Don't be afraid to make simple requests that will make your meal healthier. Ask for a baked potato or side salad in place of french fries, or to hold the mayo or bacon on a sandwich. Request dressings and sauces on the side so that you decide how much to put on your dish.
- If you're at a restaurant that serves complimentary bread or chips, ask them to hold it until your meal arrives. Otherwise you might fill up before you even get your entrée! The same goes for drinks—try to finish your soda at the same time as your meal. Free refills can add up to a lot of calories and sugar. A 20 oz Coke has 16 tsp of sugar and 240 calories.
- Get lots of vegetable toppings on a pizza (instead of meat).
- If you are planning on splurging on a big restaurant evening meal, try to make light, healthy, choices earlier in the day.
- Ask your server for a take-home box right when your meal comes. Package up half of it for the next day right away and take it off the table.
- Make a healthier sandwich or burger by adding lots of veggies, or getting it on whole grain bread. Healthier spreads include mustard, ketchup, or salsa.
- Start your meal with a low-calorie choice, like a broth-based soup or a green salad.
- Look for meals described as baked, braised, broiled, grilled, poached, roasted, or steamed. Avoid meals with terms like batter-fried, pan-fried, buttered, creamed, crispy, or breaded, which usually have more fat and calories.

Let's be honest—some nights we have the time to cook, but we just really crave the comforting taste of restaurant food. When that happens, try one of these recipes instead. They'll satisfy the craving without the added cost and calories. In fact, choosing this mac and cheese recipe over Panera Bread's version will save you 670 calories, 50 grams of fat, 1,590 mg of sodium, and 7 grams of sugar.

Homemade Macaroni and Cheese

Serves 8

Adapted from skinnytaste.com

Ingredients:

12 oz elbow pasta (dry)	1 c low sodium chicken broth
2 Tbsp butter	8 oz reduced fat sharp cheddar cheese, shredded
¼ c flour	½ tsp salt
¼ c chopped onion	½ tsp pepper
2 c 1% milk	4 c baby spinach, chopped (or frozen)

Nutrition Facts: Calories 310, Fat 11 gm, Sodium 440 mg, Fiber 2 gm, Sugars 5 gm, Protein 16 gm

Directions: Cook pasta according to directions. Meanwhile, melt butter in skillet. Add flour and cook on low heat for about 2 minutes — do not let it turn brown. Add onion and cook 2 minutes more. Add milk and broth and continue stirring. Raise heat to medium high until it comes to a boil and gets smooth and thick. Season with salt and pepper and remove from heat. Add cheese and mix well. Stir in macaroni and chopped baby spinach and stir to combine. *Optional: Pour into sprayed oven safe dish, sprinkle with ¼c breadcrumbs & 2 Tbsp parmesan cheese, and bake in preheated 375° oven for 15-20 minutes.*

English Muffin Pizzas

Serves 6

These are quick to make, and you can prepare a whole English muffin as the base of a meal, or eat half of one for a snack. Play with different combinations of vegetables until you find a favorite. You can replace the English muffins with homemade or store-bought pizza crust if you prefer. Compared to a personal size Pizza Hut Cheese Lover's Pizza®, you'll save 480 calories, 28 grams of fat, and 860 mg of sodium!

Ingredients:

One package (6) whole wheat English muffins	One (8 oz) package shredded part-skim mozzarella cheese
One can or jar of spaghetti or pizza sauce	About a cup of chopped veggies, fresh or frozen

Directions: Preheat oven to 350°F. Split the English muffins in half with a fork. Spoon 2 tablespoons of sauce onto each half (use more or less sauce according to your taste). Spread the sauce evenly. Sprinkle 2 tablespoons of cheese on each half. Top with about 2 tablespoons of vegetables (*suggestions: cut up broccoli florets, mushrooms, green or red pepper, or baby spinach*). Put pizzas on a baking sheet and bake in oven for about 8 minutes, or until cheese is melted.

Nutrition Facts: (For two English muffin halves topped with red pepper) Calories 230, Fat 6 gm, Sodium 590 mg, Fiber 5 gm, Sugars 8 gm, Protein 15 gm