

Zero Weight Gain

HOLIDAY CHALLENGE



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Eating Out with Eva

See how to deal with the challenges of eating out

Eva's clothes had gotten a little tight lately and she knew the holidays were coming. She was desperate to make it through the season without adding as many pounds as usual. What could she do to cut back without having to skip every party she wanted to attend? So she thought, "How about making better choices when I eat out?"

Eva looked at what she normally ordered at restaurants. At lunch it was often a large sweet tea, a big sandwich with some fries or chips and an ice cream cone or cookie. If she went out in the evening, she ordered a steak with a big baked potato smothered in butter and sour cream or a large plate of pasta with some bread sticks and a salad topped with a creamy dressing. She didn't even want to think about the dessert she frequently added at the end.

Eva decided to visit the ChooseMyPlate.gov website at www.choosemyplate.gov to get some ideas about what she could do to make better choices when eating out. She immediately began to use the tips the website offered.

First, she switched from sweet tea to water. Sometimes she did mix it up by ordering some low fat milk or unsweetened tea with sugar substitute.



By making better choices when eating out, you can save hundreds of calories.

Next, she switched to a half sandwich made with whole wheat bread or a junior size sandwich. She also ordered a small salad with low calorie dressing on the side. She then dipped her fork into the dressing before spearing a portion of salad to cut the calories even more.

If she went to a restaurant without a side salad, she tucked a small baggie of cut up vegetables in her purse and added them to her lunch. She also brought fresh fruit for dessert. Occasionally she substituted a vegetable soup for the salad. Both filled her up with fewer calories than a large order of fries.

Eat out less often if you are serious about weight control.

Eating Out with Eva...

When eating out at night, **Eva looked for entrees that featured more vegetables** like chicken stir fry, shrimp kabobs or pasta with a tomato sauce instead of a cream sauce. She often requested a half order or a “lunch” portion instead of a full order. She made a resolution to not go to buffets. They were just too tempting.

If the portions were still big, she either shared with a friend or family member or took half home. This not only cut the calories, but cut the cost of eating out in half. She also did this with take-out food she had delivered at home. There she could remove half right away and freeze it before she even began eating.

Eva also learned to be more assertive about asking how the food was prepared before she ordered. She found that if she asked politely, often the server was happy to honor her request to leave the butter or sauce off the entrée or vegetables. She also asked for the tortilla chips to be removed from the table when she sat down and the rolls not to be brought out at all. This cut the pre-meal grazing by 100%.

Overall Eva’s experiment worked better than she expected. She found she was making better food choices when eating out and she was able to buy a pair of pants in a smaller size during the after holiday sales.



See this week’s recipe on next page



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Holiday Sweet Potato Casserole

4 medium sweet potatoes	2 tablespoons reduced fat margarine, melted
1 egg or ¼ cup low cholesterol egg substitute	1/3 cup chopped pecans
½ teaspoon cinnamon	1/3 cup all purpose flour
Pinch of nutmeg	3 tablespoons brown sugar
2 packets of artificial sweetener	Non-stick spray
Extra cinnamon as garnish	



1. In a medium sauce pan, cook the sweet potatoes covered in water for 30 minutes or until tender.
2. Allow to cool. Peel sweet potatoes and put in a large bowl. With an electric mixer, whip in the egg, cinnamon, nutmeg and artificial sweetener until fluffy.
3. Spray an 8-inch square baking dish with non-stick spray and spoon in sweet potato mixture.
4. To make the topping, combine the margarine, pecans, flour and brown sugar in a small mixing bowl.
5. Distribute the topping evenly over the sweet potato mixture. It will not cover the entire surface. Sprinkle a little extra cinnamon on top.
6. Bake in preheated 375 degree oven for 35 minutes.

8 servings

Nutrition Analysis:

Made with whole egg:

Calories: 140	Carbohydrate: 21 grams
Fat: 5 grams	Saturated fat: 1 gram
Sodium: 80 milligrams	

Protein: 3 grams
Cholesterol: 23 milligrams
Dietary fiber: 2.5 grams

Made with low cholesterol egg substitute:

Calories: 137	Carbohydrate: 21 grams
Fat: 5 grams	Saturated fat: 1 gram
Sodium: 85 milligrams	

Protein: 3 grams
Cholesterol: 0 milligrams
Dietary fiber: 2.5 grams

Exchanges: 1 ½ starch 1 fat