

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body

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Eating Out Leads to Filling Out

This is the last article in a series on trends that contribute to overeating. Megan McCrory, PhD noted these trends in research she did at Tufts University which showed Americans are now eating 500 more calories per day than we were in 1977.



People who eat out more often tend to eat more calories, which leads to unintended weight gain. One study noted by McCrory showed that people who ate at restaurants more than 13 times per month ate 32% more calories than people who ate out less than five times per month.

There are several likely reasons why eating out translates into higher calories. Among them are these.

1. Food preparation methods used in restaurants are more likely to be higher in calories than foods cooked 'from scratch' at home. Restaurants often use deep fat frying, rich sauces, high-fat and high-sugar ingredients. In contrast, techniques like trimming fat from meat before cooking, using low-fat cooking

methods like baking, and reducing fat when sautéing or making sauces are simple habits that keep fat and calories under control when cooking at home.

2. Food choices are often more healthful and lower in calories at home than in restaurants too. Most restaurants offer only a limited number of fruit and vegetable selections, and seldom are whole grains on the menu. At home, however, a wide variety of these foods are available to us. We are usually limited only by the growing season or our willingness to try something new.

Another aspect of choice is the tendency we may have to view a restaurant meal as a 'treat' and an occasion to splurge by eating foods higher in calories than we normally would. An occasional such treat is okay, but if eating out is becoming more of a regular pattern, all those extras do add up.

3. It is also easier to eat more when eating out. At a restaurant, everyone is given the same size serving and usually it is quite large. Research shows that the

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Reawaken the Phenomenal You

The poem “Phenomenal Woman” by Maya Angelou could serve as an anthem for the average woman and girl, for all of us who do not look like the models we see in magazines or the actresses we see on television. Angelou has written a love poem for every girl or woman who has struggled with body image.

The first stanza of the poem is printed here. Get a copy of the entire poem (check your local library or do an Internet search) and post it in a prominent place in your home or work place. This wonderful poem reminds us that each of us is beautiful and unique, and that if we love and believe in ourselves, others will too.



Reawaken the phenomenal you with tips such as these from authors Dayle Hayes and Mary Pipher.

- ◆ Healthy beautiful people come in a wide variety of sizes and shapes. One size does *not* fit all.
 - ◆ When you look in a mirror notice something positive about your appearance.
 - ◆ Stop comparing yourself to others especially in terms of physical appearance. Strive to be interesting, nurturing, witty, a good listener, a good friend.
 - ◆ Keep track of your successes and accomplishments and remind yourself of them often.
 - ◆ Don’t criticize or comment on other women’s appearance. Compliment others for something other than their physical appearance.
 - ◆ Wear beautiful, comfortable clothes that fit. Search out stores and catalogs that cater to people of your size, shape and fashion sense.
 - ◆ Stand tall and proud. Straighten your stance and feel energy, strength and confidence flow from your head to your toes.
 - ◆ Put your mind in touch with your body. Heighten your confidence and body awareness by practicing walking meditation, t’ai chi, yoga.
- ◆ Remember that the “ideal” body shape has changed over time, and has been greatly influenced by advertising. This so-called ideal is likely to continue changing.



From **Phenomenal Woman**
by **Maya Angelou**

Pretty women wonder
where my secret lies.
I’m not cute or built to suit
a fashion model’s size.
But when I start to tell
them,
They think I’m telling lies.
I say,
It’s in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I’m a woman
Phenomenally.
Phenomenal woman,
That’s me.

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bigger the serving, the more we eat. Even when we serve ourselves at buffets, the tendency is to overeat in an attempt to get our money's worth. When we eat at home, though, we control the amount of food put on our plates. Leftovers can go into the fridge or freezer for another meal, so no need to fret about food waste.

We can make healthy choices about eating out and avoid the pitfalls of getting those extra calories noted in McCrory's research.

♥ If you eat out often, consider whether this is something you want to continue doing. While eating out is part of doing business for some people, most of us we can choose to eat more meals at home or to bring lunch from home rather than going out. You'll save money as well as calories by bringing leftovers or your own soups, salads and

sandwiches along to work. Carry a small cooler with milk or juice and sandwiches on family outings and shopping trips.



- ♥ When you do eat out, keep nutrition and health in mind as you decide where and what to eat. Choose restaurants that offer salads, soups and lighter fare instead of fried foods or all-you-can-eat food bars. Most fast food restaurants now offer salads or healthier options like baked potatoes. Just pay attention to the dressings and toppings you add to these lighter choices.
- ♥ Stay in control of portion sizes. Order smaller sizes when they are available.

An appetizer may be the perfect amount for your entrée. Don't be shy about ordering child size fast food meals. They may be just the amount that satisfies your appetite. You can even ask them to hold the toy, or give it to a young friend.

Other portion control strategies include asking for a take home container when you order. Put part of your order in it *before* starting to eat. Make sure to get this portion refrigerated within the safe two-hour limit. Or, share an entrée with a companion and split the bill.

Health experts note that as few as 100 extra calories eating a day can add up to several extra pounds of weight gain in a year's time. Making a few small changes in when, where and how much we eat can help us maintain a healthy weight.



Activity suggestions for February



Dance your way to fitness, with or without a partner. Sign up for lessons at community colleges, adult education programs or check the yellow pages for 'dancing instruction.' Ballroom, square, line or ballet—dancing is a fun way to get fit.



Don't just sit in front of the TV watching snow boarders or skiers in action. Get out and try it yourself. Ski resorts can be found in the Midwest, even here in Missouri. Equipment is available to rent at outdoor equipment stores as well as at resorts. Be sure to sign up for an introductory lesson too important for keeping this activity fun and safe.



Bowling is a fun, family-friendly game that just about everyone can play. Check into special bowling events like crazy bowling, turkey bowling and cosmic bowling. Some bowling alleys offer special party packages too.

Menu of the Month

Celebrate Valentine's Day with a romantic breakfast for two. Consider setting a small table in the bedroom for a more intimate environment. This is an occasion to use the prettiest china, cloth napkins, the 'real' silver, fresh flowers. For openers, splurge on **fresh berries** in a stemmed sherbet dish, garnished with a sprig of mint or lemon peel twist. **Eggs Arnold** is a lower-fat version of Eggs Benedict that is so tasty you won't miss all the butter. Serve extra toasted English muffins with little jars of raspberry or strawberry jam. Add a pot of your favorite hot beverage—perhaps a flavored coffee—for a lovely start to this day of hearts.



Eggs Arnold

2 eggs
1 English muffin, split and toasted

4 slices (.5 oz. each) ready-to-eat smoked turkey ham
1/3 cup Quick Mustard Sauce (see recipe below)

In saucepan or deep omelet pan, bring 2 to 3 inches of water to boiling. Reduce heat to keep water gently simmering. Break cold eggs, 1 at a time, into custard cup or saucer. Holding dish close to water's surface, slip eggs, one by one, into water. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to 5 minutes. Lift out eggs with slotted spoon. Drain in spoon or on paper towels and trim any rough edges, if desired.

Top each muffin half with two slices of the turkey ham, one of the poached eggs and about two tablespoons of the sauce. Makes 2 servings. Nutrition information per serving: 224 calories, 21g carbohydrates, 8g fat, 567mg sodium.

Quick Mustard Sauce:

In a small saucepan, stir together until well blended:

1 egg
¼ cup water
¼ cup vinegar

2 tablespoons sugar
1 to 1 ½ tablespoons prepared mustard

Cook over low heat, stirring constantly, until mixture thickens and starts to simmer. Remove from heat. Makes about 2/3 cup. Refrigerate any extra sauce and use over vegetables like broccoli, asparagus or green beans.



Words to Consider

"The first duty of love is to listen." – Paul Tillich

"Never forget the most powerful force on earth is love." –
Nelson Rockefeller

"Love is the subtlest force in the world." – Mahatma Gandhi

"Love comforteth like sunshine after rain." – William Shakespeare

"I have found the paradox that if I love until it hurts, then there is no hurt,
but only more love." – Mother Teresa

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