



Dear EAT RIGHT MONTANA Friend:

This month's **EAT RIGHT MONTANA** packet is the fourth in our 2001 **Real Guidelines for Real People** series. It focuses on the third Dietary Guideline: **Let the Pyramid guide your food choices: Build a tasty eating style.**

The "portion distortion" on American plates has been getting plenty of press recently. According to a survey in the February Tufts Health and Nutrition Letter (<http://healthletter.tufts.edu/>), typical portions in US restaurants are two to ten times the size of those recommended by the Food Guide Pyramid. Even with these huge portions, two-thirds of Americans say they finish their entree most or all of the time. Membership in the Clean Plate Club clearly contributes to our ever-expanding national waistline.

The super-sizing of beverages, especially soft drinks, is also a significant problem. A single can of regular pop contains 150 calories, while the 20 to 36 ounce mega-cups can add 300 to 450 calories. Studies have suggested that these liquid calories may not "register" in the stomach and brain in the same way as calories from solid food. This means that people may not compensate for extra beverage calories by eating less food during the day.

The Food Guide Pyramid, in all its variations, can be a useful tool for helping people choose more realistic portion sizes and build a healthy base. Here are three web sites to guide you towards specialized Pyramids for any audience:

- <http://www.nal.usda.gov/fnic/Fpyr/pyramid.html> (USDA Food and Nutrition Information Center has links to dozens of Food Pyramids)
- <http://monarch.gsu.edu/nutrition/download.htm> (Bilingual Food Guide Pyramids in over 30 languages from the University of Georgia)
- <http://www.oldwayspt.org> (Mediterranean, Latin American, Asian and Vegetarian Pyramids from Oldways Preservation and Exchange Trust)

As always, we welcome your suggestions and comments.

Crystelle Fogle (406) 444-2672 **Katie Bark** (406) 994-5641
Dayle Hayes (406) 655-9082 ~ EatRightMT2000@aol.com

Portion Distortion and Super-Sizing: How many servings are Americans really eating?

According to a survey of chain restaurants in the Boston area, Americans are ordering - and eating - huge helpings of food when dining out. The study, published in the February 2001 **Tufts University Health and Nutrition Letter** (<http://healthletter.tufts.edu/>), revealed the following portions at:

OLIVE GARDEN

- Spaghetti and meatballs = 10 grain servings + $2\frac{1}{2}$ to $3\frac{1}{2}$ meat servings
- Linguine alla Marinara = $9\frac{1}{2}$ grain servings
- Chicken Parmesan = 3 to $4\frac{1}{2}$ meat servings + $6\frac{1}{2}$ grain servings

APPLEBEE´S

- Triple Decker Club = $1\frac{1}{2}$ to $2\frac{1}{2}$ meat servings + 5 grain servings
- Grilled Fish Fillet = $1\frac{1}{2}$ to 2 meat servings + $2\frac{1}{2}$ grain servings

HOULIHAN´S

- Full BBQ ribs with fries = 5 to $7\frac{1}{2}$ meat servings + 7 servings fries
- Chicken finger platter = $1\frac{1}{2}$ to 2 meat servings + 6 servings fries

CINNABON

- Classic Cinnabon with frosting = 700 calories + 24 grams of fat
- Pecanbon = 1,100 calories + 56 grams of fat

AU BON PAIN

- Chocolate Chip Muffin = 600 calories + 26 grams of fat
- Sweet Cheese Danish = 420 calories + 18 grams of fat

Portion distortion is just as common at fast food restaurants. A regular meal can turn into mega-calories and fat with the words "super-size it." Check out what happens to a typical burger combination:

REGULAR MEAL (regular burger, regular fries and 16-oz. soft drink)

- Approximately 625 calories
- About 4 teaspoons of fat (19 grams)
- $\frac{1}{4}$ cup sugar

SUPER COMBO (double burger with cheese, supersize fries and drink)

- 1,800 calories
- About 17 teaspoons of fat (84 grams)
- $\frac{3}{4}$ cup sugar

Provided by Eat Right Montana



Real Guidelines for Real People: Build a healthy restaurant meal
FOR IMMEDIATE RELEASE **CONTACT: Crystelle Fogle, MBA, RD**
MT Dept. Public Health and Human Services – 406/444-2672

Healthy Families 2001: Let the Pyramid be your guide (4th in a series of 12)

Eating out used to be a treat for special occasions. Now, restaurant meals – from fast food to fine dining – seem like necessities in our hectic lifestyles. No one takes time to cook, but everyone has to eat.

“Americans spend more than half of their food dollars eating away from home,” says Crystelle Fogle, MS, RD, registered dietitian with the Montana Department of Public Health and Human Services. “Super-size combos and huge restaurant portions provide many more calories than the average person needs. It’s no wonder that so many of us have trouble maintaining a healthy weight.”

Recent surveys of restaurants and food courts have highlighted the “portion distortion” problems on American plates. The Tufts University Health and Nutrition Letter found that family restaurants serve some single entrées with an entire day’s worth of grain and meat servings. For example, an order of spaghetti and meatballs at Olive Garden equals 10 servings of grains and 2½ to 3½ servings of meat.

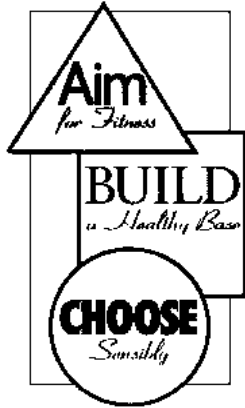
Food court treats also pack plenty of calories and fat. A regular Cinnabon has about 700 calories and 24 fat grams (5 teaspoons), while a Pecanbon has 1,100 calories and 56 grams of fat (11 teaspoons).

“The good news is that you can build a healthy meal – wherever you eat,” says Fogle. “The first step is to realize that restaurant portions are way out of whack. Forget about the clean plate club. Rather than trying to finish everything on your plate, share an entrée or plan to take half home for tomorrow.”

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to let the Food Pyramid be their guide to healthful eating. The Pyramid provides sensible guidelines on serving size and recommended number of servings for different age groups.

The Pyramid is a useful tool for building a healthful, delicious eating style. “Always start at the base,” adds Fogle. “Almost everyone needs more of the grains, fruits and vegetables found there.”

ATTACHED: “Build a tasty eating style” and “10 ways to eat out healthfully”



...for good health

Real Guidelines for Real People: Let the Pyramid guide your food choices

There are lots of different ways to eat healthfully. Depending on their cultural traditions and ethnic heritage, Americans like to prepare and eat many different foods.

That's wonderful – because variety is both the spice of life and a cornerstone of good nutrition. Whatever your background, the Food Pyramid can be a helpful guide to building delicious eating habits for a lifetime of good health.

Most American families need more foods from the base of the Food Pyramid – more fruits, more vegetables, and more grains, especially whole grains. These foods are packed with nutrients: fiber, vitamins, minerals, and phytochemicals to help fight disease. So, check out the Food Guide Pyramid and use these ten tasty tips to enjoy healthy eating – morning, noon and night.

Build a tasty eating style.

1. Build a better breakfast.

- ✓ Breakfast is the best way to kick start your day, so make sure that it's more than a glass of juice or a cup of coffee. Sit down to a bowl of whole grain cereal and fruit – or a slice of leftover pizza.

2. Build a breakfast sandwich for dashboard dining.

- ✓ If you really have to rush out the door, make breakfast-to-go. Bite into a PB and J – or wrap up a tasty combo of low-fat ham and cheese in a tortilla. Grab a box of cold 100% fruit juice to drink.

3. Build a power break into your morning.

- ✓ Skip the donut at break time and take a 10-minute walk around the office or around the block. You'll feel energized for the morning – and already have a head start on your physical activity for the day.

4. Build a bountiful salad.

- ✓ Salad bars can be a nutrition bonus. Start with a plate of darkly colored greens (like spinach and Romaine). Pile on the brightly colored veggies – then go light on dressings and toppings.

5. Build nutrition into every snack.

- ✓ Make your between-meal foods count. Plan ahead so you can grab a high-octane snack when the munchies strike. Always keep fruit and cut-up veggies close by – at home, in the car, and at work.

6. Build beverage breaks into your day.

- ✓ For peak performance, your body and brain need a constant source of refreshing fluids. Always keep a container of cold water at hand. For fitness breaks, take frequent walks to the water fountain.

7. Build mini-walks into each day.

- ✓ Food and fitness go hand in hand. Walk around the block when you go to the mailbox. Walk around the building at work. Walk around the sidelines during your kids' sports practices or games.

8. Build delicious dinners with convenience foods.

- ✓ Eating well is always possible – even when you are really pressed for time. Enjoy salad-in-a-bag with a pizza or a microwave pot-roast (check the grocery store for new convenience beef products).

9. Build nutrition into desserts too.

- ✓ The natural sweetness of fruit makes it a perfect ending to any meal. Enjoy a piece of fresh fruit by itself. Top frozen yogurt or low-fat ice cream with sliced fruit – fresh, frozen or canned.

10. Build enjoyment into every meal and snack.

- ✓ Eating well is one of life's greatest pleasures – so take time to enjoy your meals and snacks. Turn off the TV and put on quiet music. Take time to savor your food and to talk with your family.

For more tips on building a healthy eating style, click on:

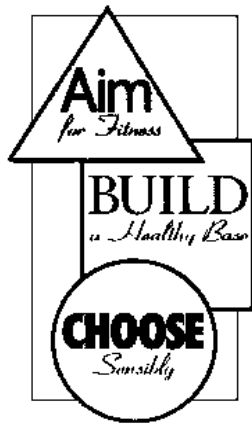
- **Meals for You (quick solutions to mealtime dilemmas)**
<http://www.mealsforyou.com/>
- **Nutrition.gov (gateway to US government info on nutrition)**
<http://www.nutrition.gov/>
- **Dietary Guidelines for Americans**
<http://www.nal.usda.gov/fnic/dga/index.html>

**Celebrating
Healthy Families
2001**



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles



...for good health

Real Guidelines for Real People: Ten ways to eat out healthfully

If you're a typical American, you probably spend more than half of your food dollars eating away from home. And, like most people, you are probably being served huge, super-sized portions in every type of restaurant you visit – fast food to fine dining.

Since restaurants are a regular part of our hectic schedules, it's important to make healthful choices wherever you eat. Here are ten tasty tips for getting the best nutrition value from restaurant meals.

- 1. Eat a light snack - like a fruit or veggie - before you go out to eat.**
✓ A snack will take the edge off your hunger and make it easier to eat sensibly.
- 2. Go light on alcohol - and drink plenty of water along with your meal.**
✓ Alcoholic drinks add extra calories, while water is refreshingly calorie-free.
- 3. Ask the server to hold the bread or chips until your meal is served.**
✓ It's easy to fill up on bread or rolls – before you even get to the main course.
- 4. Start with a veggie soup or fresh salad instead of a fried appetizer.**
✓ Both count towards “5 A Day”—the recommended 5 daily servings of produce.
- 5. Order an appetizer as an entrée.**
✓ The portion size is usually just about right – plus you'll save money on the bill.
- 6. Share an entrée with one, or even two, other people.**
✓ One entrée with an extra side dish is another way to save money and calories.
- 7. Plan ahead for leftovers when you order your meal.**
✓ Consider which entree might taste great as part of a sandwich or salad tomorrow.
- 8. Ask for dressings, sauces and toppings to be served on the side.**
✓ This is a great way to get the flavors you enjoy – without overdoing it.
- 9. Divide a dessert (or two) among everyone at the table.**
✓ One dessert + several forks or spoons = Sensible indulgence
- 10. Tear up your membership in the Clean Plate Club.**
✓ Listen carefully to your stomach – and stop eating as soon as it says “FULL.”



**Celebrating
Healthy
Families 2001**

Healthy Families 2001:

Real Guidelines for Real People

January 2001

- **The New Dietary Guidelines: What's in them for you?**

February 2001

- **Aim for a Healthy Weight: Getting real about weight management**

March 2001

- **Be Physically Active Each Day: Spring into fun and fitness**

April 2001

- **Let the Pyramid Guide Your Food Choices: Build a tasty eating style**

May 2001

- **Choose a Variety of Grains: Great grains for life**

June 2001

- **Choose a Variety of Fruits and Vegetables: 5 A Day and beyond**

July 2001

- **Keep Food Safe to Eat: Putting safety first**

August 2001

- **Making Sensible Fat Choices: Straight facts on fat**

September 2001

- **Making Sensible Sugar Choices: Straight scoop on sugar**

October 2001

- **Making Sensible Sodium Choices: Straight shake on salt**

November 2001

- **Making Sensible Beverage Choices: A toast to your health**

December 2001

- **Year-Round Health: Real guidelines for real health**



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles