

August 5, 2005

In this Nutrition Newsletter:

- 10 Tips for Healthy Dining Out
- All About Peaches!
- New Diabetes Drug Offers Hope of Weight Loss

## 10 Tips for Healthy Dining Out

- 1) **Develop a can-do attitude.** Too many of us think in negative equations: Eating out equals pigging out; a restaurant meal must be a special occasion; eating out means blowing your diet. These attitudes defeat your efforts to eat healthfully. It's time to develop a can-do attitude about restaurant meals. Build confidence to believe that you can enjoy a healthy meal when you eat out. Slowly begin to change how you order and types of restaurants in which you choose to eat.
- 2) **Decide when to eat out—or not.** Take a look at how often you eat out. If the count verges on the excessive, then ask yourself why you eat out so frequently and how you can reduce your restaurant meals. Also, if you eat out more frequently, you need to keep splurges to a minimum. If you eat out only once a month, you might take a few more liberties—perhaps with a rich dessert or your favorite creamy entrée.
- 3) **Zero in on the site.** Seek out restaurants that offer at least a smattering of healthier options. Remember, there is an advantage to eating in chain restaurants. You can master the menu and plan ahead, no matter which one of the chain's locations you pop into.
- 4) **Set your game plan.** On your way to the restaurant—whether it's a quick fast-food lunch or a leisurely weekend dinner—envision a healthy and enjoyable outcome. Plan your strategy, or at least what you might have if you aren't familiar with the restaurant, before you cross the threshold. Don't become a victim of hasty choices.
- 5) **Become a fat sleuth.** Learn to focus on fats. Fat is the densest form of calories, and it often gets lost in the sauce, so to speak—or on the salad, on the bread, or in the chips. Watch out for high-fat ingredients—butter, cream, sour cream. Be alert for high fat foods—cheese, avocado, sausage. Steer clear of high-fat preparation—frying of any kind. Look for high-fat dishes—Mexican chimichangas, broccoli with cheese sauce, or stuffed potato skins, for starters.
- 6) **Practice portion control from the start.** The best way not to eat too much is to order less. Order with your stomach in mind, not your eyes. You need to outsmart the menu to get the right amount of food for you. You can also ask for a take-out box to be brought along with your meal—this way you can put half away immediately and stop the temptation to overeat before it starts.
- 7) **Be creative with the menu.** You outsmart the menu by being creative. You also control portions by being creative. Remember, no sign at the entrance says, “All who enter must order an entrée.” Your options are to take advantage of appetizers, soups, and salads; to split menu items, including the entrée with your dinner companion(s); to order one or two fewer dishes than the number of people at the table and eat family style; or to mix and match entrees to achieve nutritional balance. For example, in a

steak house one person orders the steak, baked potato and salad bar and the other orders just the potato and salad bar, then the split the steak. In an Italian restaurant, one person orders the pasta with a tomato-based sauce and the other orders a chicken or veal dish with a vegetable.

- 8) **Get foods made to order.** Don't be afraid to ask for what you want, even in a fast-food restaurant. Restaurants today need your business and want you back. Make sure your requests are practical—leave an item such as potato chips off the plate; substitute mustard for mayonnaise on a sandwich; make a sandwich on whole wheat bread rather than a croissant; or serve salad dressing on the side. Restaurants can abide these requests. However, don't expect to have your special requests greeted with a smile at noon in a fast-food restaurant or when you try to remake a menu item. Be reasonable and pleasant.
- 9) **Know when enough is enough.** Many of us grew up members of the clean-plate club. Now you need to reserve membership in the “leave-a-few-bites-on-your-plate club.” Listen to your body and quit eating when you're not hungry anymore. Our food supply is abundant...we're not running out anytime soon. You won't starve if you leave a couple of bites on the plate. And remember the old standby—take out containers!
- 10) **Add balance to Take-Out.** If you get a burger, burrito, or stir-fry “To-Go” there's no rule that you can't eat an apple and salad with it. You may not have time to cook a full meal...but it doesn't take long to add balance to your take-out food! While a cheeseburger isn't the healthiest option, you can still throw together a crunchy garden salad at home to eat with your burger. Even the fattiest burrito won't object to sitting next to slices of red and yellow bell peppers on your plate or being followed by a cup of strawberries. Remember, whether you eat in or you eat out: Balance your meal with plenty of fruits and veggies!

*Adapted from the American Diabetes Association “Guide to Healthy Restaurant Eating: Fast Food Edition.” by Hope S. Warshaw, MMSc, RD, CDE*



### **What a Peach -- WEBB Cooks by Robyn Webb, MS, LN**

---

Aaaaah ... the sounds and sights of summer: children playing in the pool, food sizzling on the grill, fans swirling to cool the air. And my favorite sound, the crunch of a crisp, juicy, ripe, fresh peach. So juicy, that its essence dribbles down my chin and only a stack of napkins will help to clean the sweet peach water. Here's some history on one of nature's most nutritious fruits.

The peach originated in China some 2000 years BC, and were regarded as the symbol of immortality. Whatever you may believe today, peaches are full of Vitamins A and C and fiber, and are low in calories ... approximately only 38 calories for one medium sized fruit. Ounce for ounce, peaches contain more potassium than oranges. Nothing compares

to the taste of a fresh peach, so forgo the canned ones in favor of gobbling up the fresh ones in these summer months.

Choose peaches with full color, yellow, yellow with a red blush or a peach that is mostly red. Take a good sniff; it should have a decidedly "peachy" aroma. A peach should yield to slight pressure, but avoid ones with a soft spots. Peaches should really be purchased fully ripened. Although you can ripen a green and hard peach at home, don't expect much in the way of improvement in flavor. Peaches are delicate fruits, so handle with care and try to use them up in just a few days of purchase.

Have fun with peaches as they are great for adding to so many dishes. Here are some ideas:

- Add 1 diced peach per pound of homemade chicken salad. Use a red onion instead of a yellow one, so the chicken salad will have more of a "sweet" taste.
- Thinly slice a peach and place it on top of a spread of reduced fat peanut butter and whole grain bread.
- Add diced peaches to chicken or shrimp stir fries.
- Make a mock Peach Melba. Poach pitted peach halves in a mixture of 2 cups low calorie cranberry juice mixed with 1 Tbsp. Splenda. When the peaches are poached and have cooled, set them in a dessert cup. Top with a scoop of sugar and fat free vanilla yogurt and top with a few fresh raspberries.
- Peaches and pork are natural partners. Grill lean pork chops until cooked through. At the same time, halve peaches, using 1/2 per person. Brush the peach half with some low calorie margarine and grill the peach half for about 6-8 minutes per side, brushing with the margarine just to keep it moist. Serve the peaches and pork together.
- Make a refreshing peach smoothie. Add 1 cup fat free, sugar free plain or vanilla yogurt to a blender. Add 1 cup diced peaches, 2 Tsp. Splenda, 1/2 cup raspberries and ice. Whirl the blender on high until smooth. Serves 3-4 people.
- Add slices of peaches to a spinach and watercress salad. Add 2 bunches of torn watercress and 2 cups torn spinach to a salad bowl. Add in 2 peaches cut into thick wedges and add 1/2 cup sliced water chestnuts. Top the salad with sesame seeds. Add fat free vinaigrette dressing and toss.
- Make a peach salsa. Add 2 cups diced peaches to a bowl. Add in 1 cup diced pineapple, 1/4 cup finely diced red onion, 2 Tbsp. finely minced red pepper, 2 Tbsp. minced cilantro, 2 Tbsp. lime juice, 2 Tsp. Splenda, 1/2 Tsp. chili powder. Toss well, cover and refrigerate for 1 hour before serving. Goes well with grilled poultry and seafood.

For a fine finish to a summer meal, think layers of fresh peaches and raspberries with cool vanilla yogurt and mint to keep you cool all summer long.

## PEACH PARFAIT

6 servings/ serving size: 1/2 cup

preparation time: 20 minutes

cook time: 0

exchanges: 1 fruit

calories: 60

calories from fat: 0

total fat: 0

saturated fat: 0

cholesterol: 1 mg

sodium: 32 mg

carbohydrate: 13 g

dietary fiber: 3 g

sugars: 9 g

protein: 3 g

### Ingredients

1 1/2 cups fat free, sugar free vanilla yogurt

1 Tbsp. finely minced fresh mint

1/2 Tsp. cinnamon

1 1/2 cups fresh diced peaches

1 1/2 cups fresh washed raspberries

#### Garnish

1/2 cup non fat whipped topping

fresh mint sprigs

1. In a small bowl, combine the yogurt, mint and cinnamon and mix well.
2. In six (6) parfait glasses, make layers of yogurt, peaches and raspberries until all ingredients are used among the 6 glasses.
3. Top with whipped cream and a sprig of mint.

## New Diabetes Drug Offers Hope of Weight Loss

The FDA has recently approved two *new* diabetes medications. **Pramlintide** (brand name **Symlin**) and **Exenatide** (brand name **Byetta**). The major difference with these medications is that they are injectable drugs. So you'll need to use a syringe, but so far there's some good research to show that the benefits far outweigh the daily pokes! Weight loss is one of these benefits with Byetta. Learn about Byetta below and log on to [www.diabetes.org](http://www.diabetes.org) to read about Symlin.

Byetta is the first in a new class of drugs for the treatment of type 2 diabetes called incretin mimetics. Incretin is the collective name of several hormones in the gut. "Mimetic" just means that Byetta "mimics" the action of incretin. Specifically, it mimics the action of the gut hormone GLP-1. It works to lower blood glucose levels primarily by increasing insulin secretion.

But the cool thing is it **ONLY** increases insulin secretion when blood sugar is high—after meals. After you eat, Byetta signals the pancreas to make the right amount of insulin at the right time to help lower blood sugar closer to normal levels. After blood sugar levels get closer to normal, Byetta stops pushing the pancreas—the benefit of this is that it might possibly save some of the pancreas function by not pushing it when your body doesn't need extra insulin!

Byetta also stops the liver from making too much sugar when it's not really needed. You see...your body stores sugar (glucose) in the form of glycogen. And it does this in two places: your liver and muscles. Your liver is a major player in regulation of blood glucose. If ever it starts to fall low, a hormone that is like the opposite of insulin kicks in to tell your liver to put out some glucose into your blood stream. When everything functions normally it only puts out as much as you need. But times of stress or illness can make things go awry and your liver may put out more. When you have diabetes and your own insulin isn't able to take care of this extra glucose—blood sugar rises. Byetta tames the liver's overproduction of glucose to keep your blood sugar closer to normal.

Finally, Byetta slows down how fast your stomach empties and how fast sugar enters the bloodstream. This helps you avoid high blood sugar spikes and may keep you feeling full longer—THUS leading to weight loss. And from my meeting with the drug rep today, it seems that most users of Byetta experience a linear weight loss—it keeps going without a plateau. At least those are the results of a 2-year study. We don't yet know how long the weight loss will continue but things look promising.

The primary side effect is nausea, but this tends to improve over time and is less common than the nausea experienced with Metformin.

Byetta has been approved for use by people with type 2 diabetes who have not achieved their target A1C levels using metformin, a sulfonylurea, or a combination of metformin and a sulfonylurea.

Ask your doctor about Byetta. Docs are often slow to adopt new medications, but if they see an interest they'll do the research and eventually be more open to prescribing Byetta if they decide you would benefit from it!