

Getting Through Lunch Healthy

Cindy Young, MPH, RD
County of Los Angeles
Department of Public Health
Nutrition Program
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Brief Overview

- Obesity Trends
- Eating Out Trends
- Healthier, Fast Food Choices When Eating Out
- Modifying Meals
- Planning Ahead
- Activity

HEALTHY PEOPLE 2010 TARGETS FOR OVERWEIGHT AND OBESITY

Reduce the proportion of :

- adults aged 20 years and older who are obese to 15%
- children and adolescents aged 6 – 19 years who are overweight or obese to 5%



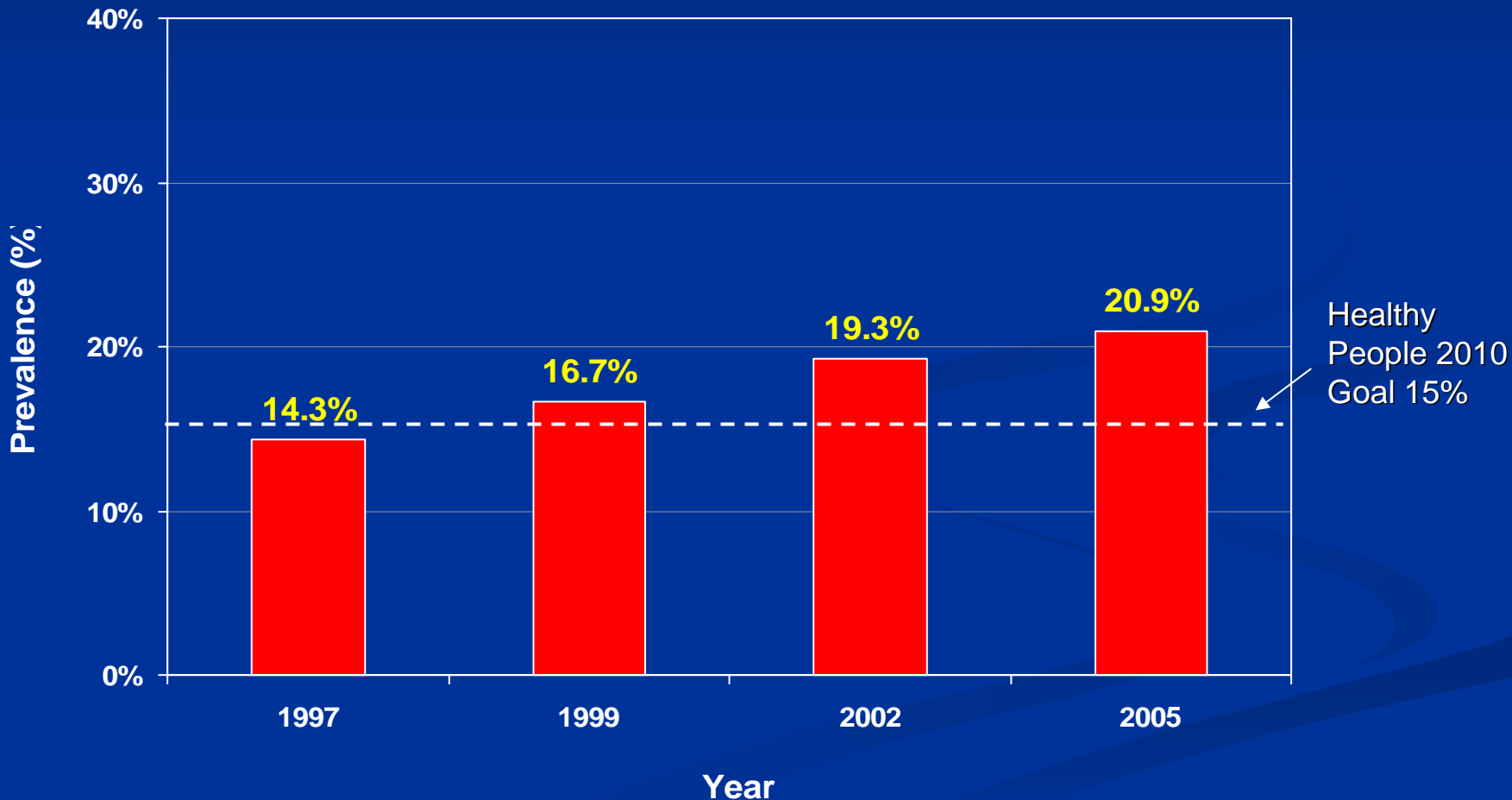
**HOW ARE LOS ANGELES
COUNTY RESIDENTS DOING
IN THE BATTLE OF THE
BULGE?**

LA COUNTY ADULTS GAIN 44 MILLION POUNDS (AVERAGE 6LBS. PER PERSON) FROM 1997 TO 2005



HEALTHY COUNTY, CITIES AND SCHOOLS SUMMIT 2/9/06

PREVALENCE OF OBESITY AMONG ADULTS IN LOS ANGELES COUNTY, 1997-2005

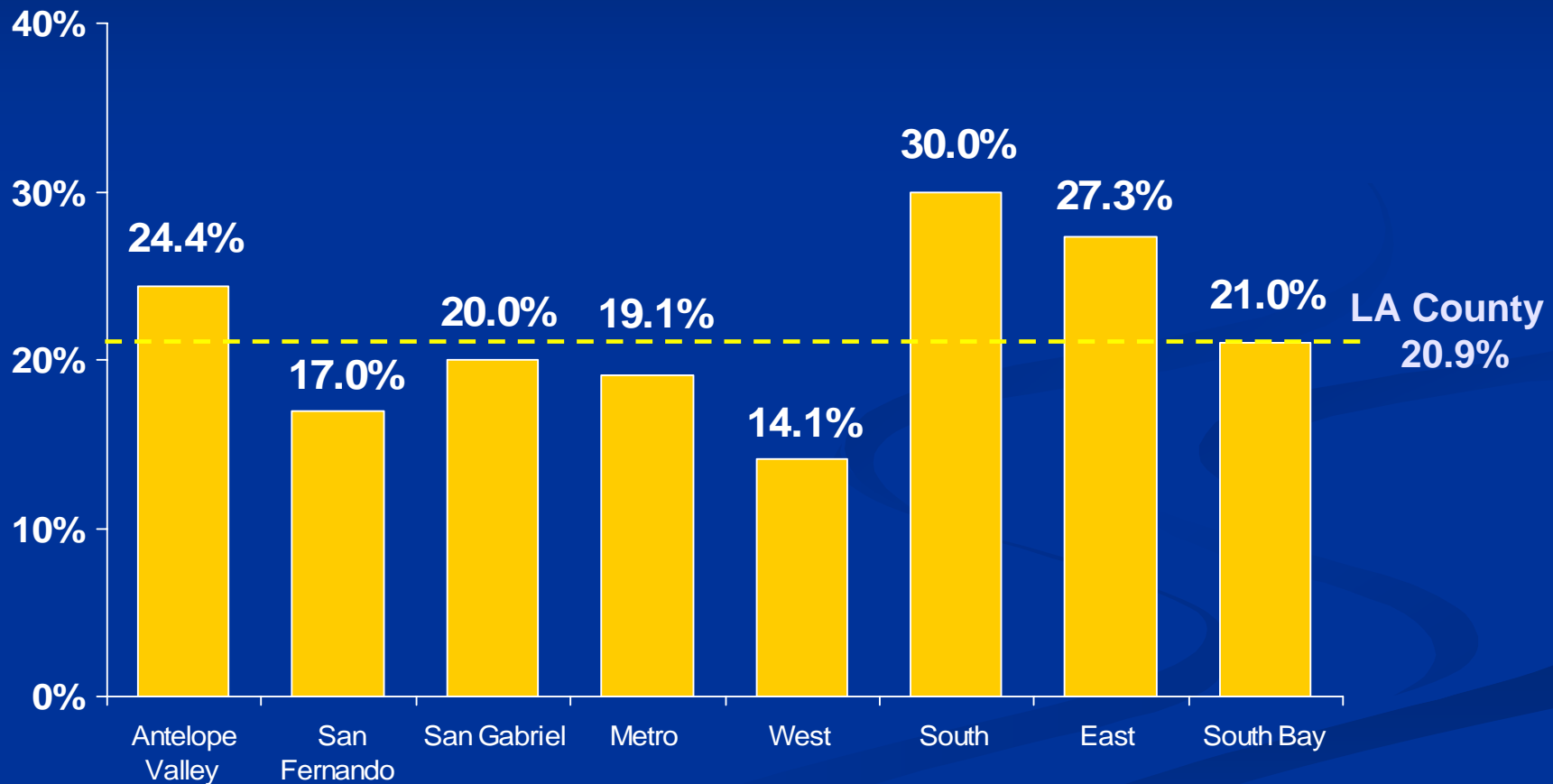


Note: Data from the Los Angeles County Health Survey

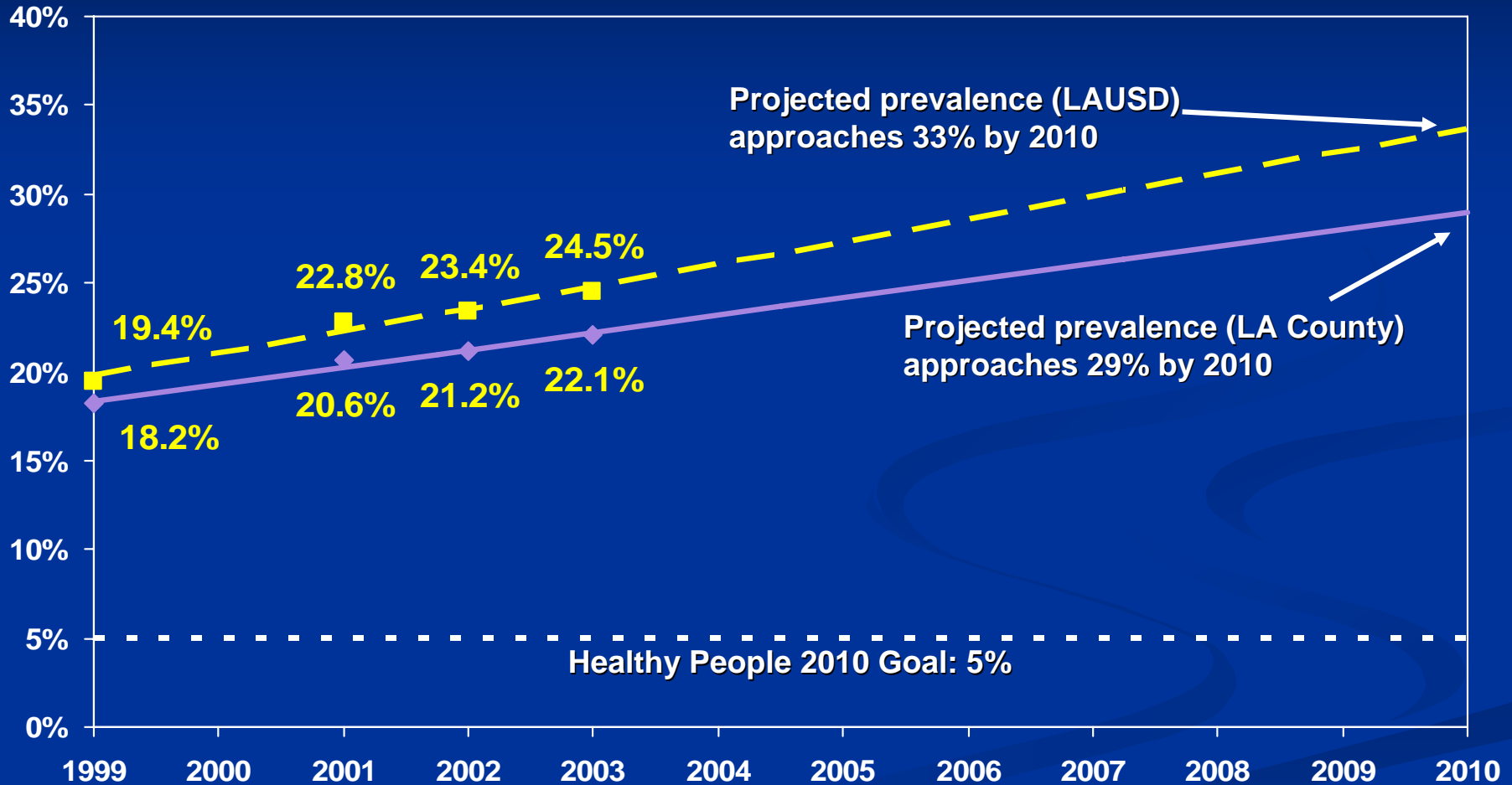
ADULT OBESITY IN LOS ANGELES

- From 1997-2005, the prevalence of adult obesity in the county has increased from 14% to 21%.
- The prevalence of obesity is highest among Blacks (27.7%) and Latinos (28.7%).
- Families with the lowest incomes are at greatest risk for obesity.

PREVALENCE OF OBESITY AMONG ADULTS BY SERVICE PLANNING AREA, LOS ANGELES COUNTY, 2005



OVERWEIGHT PREVALENCE AMONG SCHOOL CHILDREN LOS ANGELES COUNTY, 1999-2003



Note: Data from the California Physical Fitness Testing Program, California Department of Education, and includes 5th, 7th, and 9th graders enrolled in Los Angeles County public schools.

PARTIAL LIST OF OBESIGENIC FACTORS

- Increased marketing of junk food and sodas to children
- Increased portion size of food and beverages
- More meals consumed outside the home
- Decreased physical education in schools
- Fewer safe areas for exercise in communities
- Increased TV and computer time
- Less access to fresh, nutritious, affordable food in underserved areas
- Increased time spent in cars

Trends in Eating Out

- In 1970, Americans spent 26% of food dollars on restaurant meals and other foods prepared outside the home.
- Today, we spend around 46% of food dollars on away-from-home foods.
- The average American consumes 1/3 of calories from foods from restaurants and other food-service establishments.

Trends in Eating Out

- Increases in Americans' caloric intake over the past two decades are due in part to increases in eating out.
- Studies show that people have higher caloric intake when eating out than when eating at home.
- Portion sizes at restaurants are often large, and studies show that people eat more when they are served more.

**What are we
eating??**

Which of the following breakfast items that are served at Denny's do you think has the fewest calories?

- A. Ham and Cheddar Omelet**
- B. Country Fried Steak and Eggs**
- C. Three Slices of French Toast with Syrup and Margarine**
- D. Three Pancakes with Syrup and Margarine**

Answer

- B. Country Fried Steak and Eggs
(464 calories)

Which of the following items that are served at Chili's do you think has the least salt?

- A. Cajun Chicken Sandwich**
- B. Classic Combo Steak & Chicken Fajitas**
- C. Guiltless Chicken Platter**
- D. Smoked Turkey Sandwich**

Answer

- A. Cajun Chicken Sandwich
(2,220 mg sodium)

Which of the following items that are served at Romano's Macaroni Grill do you think has the most fat?

- A.** Traditional Lasagna
- B.** Chicken Caesar Salad
- C.** Pasta Classico with Sausage and Peppers
- D.** BBQ Chicken Pizza

Answer

B. Chicken Caesar Salad (69 g fat)

Which of the following items that are served at McDonald's do you think has the most calories?

- A. Two Big Macs**
- B. Two Egg McMuffins**
- C. One Large Chocolate Shake**
- D. Four Regular Hamburgers**

Answer

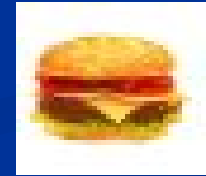
C. One Large Chocolate Shake
(1,160 calories)

Survey Findings

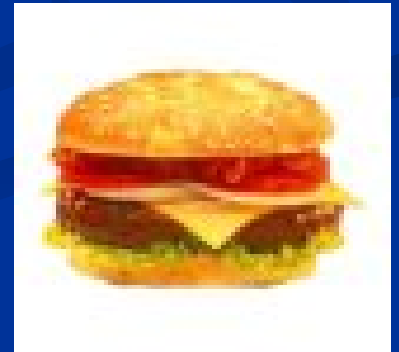
- California Center for Public Health Advocacy conducted a poll through Field Research Corporation on Californians' knowledge of calorie, fat, and salt content in restaurant foods
- Not a single respondent answered all four questions correctly. Less than 1 percent answered three of four questions correctly, only 5 percent answered two of the four questions correctly, and nearly 68 percent were unable to answer even one question correctly.

Portion Sizes Have Increased Significantly Over the Past Several Decades

- A typical hamburger in 1957 weighed **1 ounce (28 grams)** and contained **210 calories**.



- A typical hamburger today weighs **6 ounces (170 grams)** and contains **618 calories**.



Increased Portion Size

20 Years Ago



140 calories
3-inch diameter

Today



350 calories
6-inch diameter

Calorie Difference: 210 calories

McDonald's and the Super Sly Fry



McDonald's and the Super Sly Fry

- 1950's offered 1 size - small fry. 2 oz (200 kcal) happy meal size
- 1970's offered larger fry at 320 kcal
- 1980's the large became the medium and a new large grew to 400 kcal
- Mid 1990's large grew to 450 kcal with the option to super-size to 540 kcal
- Late 1990's super size was 610 kcal

Super Sized Meals and Snacks

- Burger King Double Whopper with Cheese Value Meal, King Size (with King Fries and King Coca-Cola Classic)

Kcal – 2180, Sat Fat - 48 gm, Sodium – 2800 mg

- Cheesecake Factory Carrot Cake (1 slice)

Kcal – 1560, Sat Fat – 23 gm, Sodium – 520 mg

- Cheese Fries (4 cups) with Ranch Dressing (8 Tbs)

Kcal – 3010, Sat Fat – 91 gm, Sodium – 4890 mg

Note: Recommended daily limits for a 2000 kcal diet are 20 gms sat fat and 2400 mg sodium.

Tips for Eating Out

- Mayonnaise increases calories by ~100 calories per spoonful. (1 Tablespoon)
- Watch portion size. Super-sized means super-calories.
- Choose grilled over deep-fried foods.
- Salads are great, but watch the dressing.

Tips for Eating Out

- Choose small or medium size for entrees, side dishes and beverages
- Eat salad with veggies or clear broth based soups first and see how hungry you are afterwards
- Eat slowly
- Order an appetizer instead of an entrée
- Share an entrée with someone

Terminology

Less Healthy

- Fried
- Sautéed
- Seasoned
- Hydrogenated
- Cream sauce

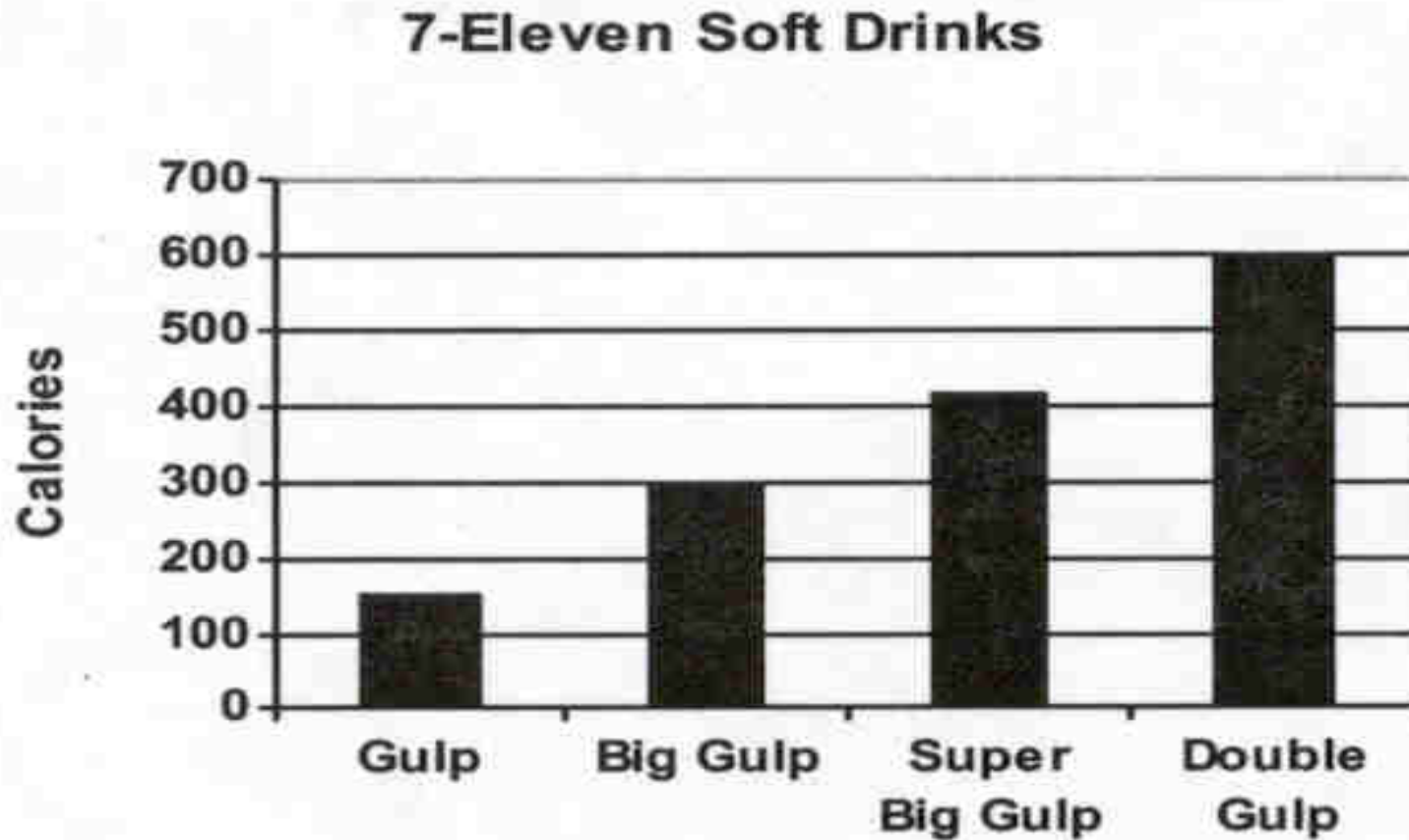
More Healthy

- Grilled
- Baked
- Steamed
- Broiled

Beverages

- Often provide extra calories and sugar and no nutrients
- Limit juice and other caloric beverages to one glass a day
- Whole fruit is a better choice than juice—provides fiber
- Robeks/Jamba Juice → meal supplement, can have a lot of extra calories and sugar
- When ordering coffee, choose low-fat milk over cream

SUPER BIG GULP



Modify your Meal

- Do not be afraid to ask for changes in your meal
- Ask for dressing, sauces or sour cream on the side and use fat-free dressing or use salsa instead of dressing
- Hold the mayonnaise and butter
 - Use alternative such as mustard
- Choose salad or fruit instead of French fries
- Ask for extra veggies

Modify your Meal

- Ask for grilled instead of fried
- Ask that pasta be made with less oil
- Ask for less cheese
- Choose not to have the bread or chip basket brought to the table
- If you don't know what something on the menu is, ask the waiter how the item was prepared

Food Demo

■ Tray #1

- 1 large soda = 310 kcal, 86 g sugar = 21.5 tsp sugar
- 1 Big Mac = 540 kcal, 29 g fat = 7.5 tsp fat
- 1 large French fry = 570 kcal, 30 g fat = 7.5 tsp fat
 - Total = 1420 kcal, 59 g fat

■ Tray #2

- 1 water = 0 kcal, 0 g sugar, 0 g fat
- 1 Big Mac w/o sauce = 405 kcal, 14 g fat = 3.5 tsp fat
- 1 garden salad = 20 kcal, 0 g fat
 - With low-fat Balsamic Vinaigrette (40 kcal, 3 g fat) = 60 kcal, 3 g fat
 - Total = 465 kcal, 17 g fat

Plan Ahead

- Prioritize meal and snack planning
 - Take some time on the weekend to plan your family's meals for the week
- Put lunch and snacks together the night before
- Leftovers make excellent lunches
- Better nutrition – you know what's in your food

Real Food

- All foods fit
- Healthy foods can be found at “regular” grocery stores
- Preparation and moderation are key



Healthy Lunch Options

- Fruits, grains & low-fat yogurt
- Cheese on whole wheat cracker
- Pita, hummus & veggies
- Sandwich
- Have healthy snacks available in the home and at work

Snacks On the Go

- Applesauce, unsweetened
- Half sandwich
- Leftovers
- Low-fat or nonfat cottage cheese or yogurt
- Low-fat or nonfat cheese sticks
- Small salad with low-fat dressing
- Sliced chicken/turkey breast and crackers
- Soup (broth based)

More Snacks on the Go

- ½ bagel with nut butter
- Bran muffin
- Dried fruit
- Fig bars
- Raw vegetables and low-fat dip
- Snack sized canned tuna
- Fresh fruit
- Half sandwich
- 100% fruit juice box
- Low-fat, whole grain crackers
- Raisin bread
- Unsweetened cereal
- Whole wheat roll

Mini Meals on the Go!

- Soy nuts with raisins, dried cranberries, trail mixes, Chex mixes etc
- Sandwich on whole wheat bread with peanut, soy nut, almond, cashew or other nut butter and jam or a banana
- Yogurt and fruit with granola
- Smoothies
- Raw veggies
- Baked corn chips with salsa

Meals in Minutes

- Tossed salad
- Pasta salad
- Stir-fries
- Low-fat nachos
- Egg sandwich
- Low-fat vegetarian chili on top of a baked potato
- Spaghetti with sauce and added veggies and lean ground meat
- Quesadilla made with low-fat cheese, beans and veggies

Activity

Modifying Menu