

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



K-State Research and Extension Family Nutrition Program

DINING ON A DIME

Eating Better for Less

April / May

Healthy “Rules” for Restaurant Dining

Did you know that the average person in the U.S....
... spends 47 cents of every food dollar dining away from home?
... eats one out of four meals prepared away from home?



Eating meals in restaurants is a common activity for many families. This is a concern because meals eaten away from home tend to be more expensive and less nutritious than meals eaten at home. Restaurant meals are higher in fat, cholesterol, calories and sodium. And they are lower in dietary fiber, vitamins and minerals.

To improve your family’s diet, decrease the frequency of eating food prepared away from home. Also, agree to some guidelines that the entire household will follow when you do eat out. And most importantly, enjoy eating together as a family or with others — at home or away from home!

Here are some guidelines to consider trying when you go out to eat:

- Order low-fat milk, 100% juice and water as your beverages with meals.
- Children’s menus sometimes offer limited, if any, healthful options. Fried foods and foods with high-fat cheeses are often the only choices. Instead of ordering from the kids’ menu, share an order from the regular menu.
- For young children, have the adults narrow down their choices to two or three healthy menu options. Allow the child to decide what they want from those choices.
- Order healthy food choices when eating meals prepared away from home. If desired, once a month allow everyone to order a menu item regardless of its nutritional value.

Sources, and for more information (Accessed 3/17/06): 1. [2006 Restaurant Industry Fact Sheet](http://www.restaurant.org/pdfs/research/2006factsheet.pdf), National Restaurant Association, www.restaurant.org/pdfs/research/2006factsheet.pdf 2. [Restaurant Industry Facts](http://www.sbtcd.org/pdf/restaurant.pdf), P. Herring, www.sbtcd.org/pdf/restaurant.pdf 3. [Healthy Habits for Healthy Kids](http://www2.bluecrossca.com/bus_units/healthyliving/HealthyKids/docs/Healthy_HabitsBCCA.pdf), American Dietetic Assoc. and Blue Cross of CA., www2.bluecrossca.com/bus_units/healthyliving/HealthyKids/docs/Healthy_HabitsBCCA.pdf

Newsletter developed by: Erin Henry, R.D., L.D., and Mary Meck Higgins, Ph.D., R.D., L.D., CDE, K-State Research and Extension Human Nutrition Specialist and Associate Professor, Department of Human Nutrition. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office.

Feeling Bad because of Food Bacteria?



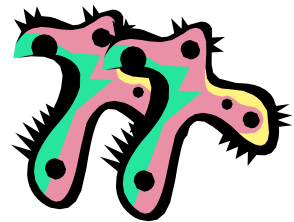
Your 'fridge may look innocent, but it could hold foods containing poisonous bacteria. Bacteria sicken 24 to 81 million people living in the U.S. every year. Read on to find out more about what causes food poisoning, and how you can prevent it!

Many different types of bacteria that cause our bodies harm live in the food that we eat. Almost all of these cases are caused by eight bacteria. This chart explains which foods these bacteria live in, and what symptoms of sickness they cause.

Bacteria's Name	Types of Foods	Food Poisoning Symptoms
Staphylococcus aureus	Meat and seafood salads, high salt foods and sandwich spreads	Nausea, vomiting and diarrhea within 6 hours
Salmonella	Meat, poultry, fish and eggs	Diarrhea, nausea, chills, vomiting and fever within 12 to 24 hours
Clostridium perfringens	Meat and poultry, sauces and gravies	Abdominal cramps and diarrhea within 24 hours
Campylobacter	Meat, poultry, milk and mushrooms	Diarrhea, abdominal cramps and nausea
Listeria monocytogenes	Milk, soft cheeses, and vegetables fertilized with manure	Fever, diarrhea and vomiting
Vibrio parahaemolyticus	Raw and cooked seafood	Diarrhea, cramps, vomiting, headache and fever within 12 to 24 hours
Bacillus cereus	Starchy food	Mild case of diarrhea and nausea within 12 to 24 hours
Escherichia coli	Meat and cheeses	Diarrhea and abdominal cramps

How to Prevent Food Poisoning

- Wash your hands, food preparation surfaces and utensils very well before and after handling raw foods.
- Bacteria grow the fastest in foods between 40 to 140 degrees F. Keep refrigerated foods colder than 40 degrees F. Serve hot foods immediately or keep them heated above 140 degrees F.
- To cool foods, divide large amounts of food into small containers and refrigerate.
- Follow approved procedures when canning foods at home. For more information, call your local extension office.
- Eat foods before the package expiration date.
- When in doubt, throw it out.



Get the Whole Story on Whole Grains

Are your favorite breads, cereals and crackers whole grain? Not sure? You are not alone! One whole grain serving is any food containing 16 grams of whole grain. Some foods that advertise they are “made with” whole grains do not have enough whole grain to count as a serving.



What is a whole grain food?

A whole grain food is one where most or all of its cereal grain ingredients still have all three parts of the grain: the bran, endosperm and germ. (The “germ” portion is one of a grain’s most healthful parts.) Look at the ingredients list on packages of grain-based foods. Choose brands where whole grain is the first ingredient. Examples are: whole wheat, whole corn, whole graham and whole rye. Other whole grains are popcorn, oats, brown rice, wild rice, bulgur, dehulled barley, quinoa and sorghum. Also look on the package for the one of three “whole grain stamps” from the Whole Grains Council. If it has the stamp, shoppers know that the food is a good or excellent source of whole grains.



It’s easy to be fooled

Fiber and whole grains are not the same. For example, while a 100 percent bran cereal is high in fiber, it doesn’t necessarily contain the germ portion found in whole grains. De-germinated cornmeal does not contain the germ of the grain, either, so it’s not a whole grain and thus most corn bread is not a whole grain food. Pearled barley is not considered to be a whole grain by the Food and Drug Administration. “Wheat flour” is not a whole grain, but “whole wheat flour” is. Multigrain and seven-grain are other ingredients that don’t necessarily mean the item is a whole grain product.

Are you getting your whole grain servings?

The U.S. Dietary Guidelines recommend that most adults eat three one-ounce servings of whole grains daily. Eating whole grains is associated with lower body weight and less risk of heart disease and cancer. How many servings are you eating? Here’s how to know: The list below shows some common examples of one serving. The MyPyramid website gives a more complete list of one-ounce equivalent servings for whole grain foods.

1 slice whole wheat bread or toast	1 small whole-corn tortilla	1 whole wheat mini-bagel	1 whole-buckwheat pancake (4.5 inches)
1/2 cup cooked whole wheat pasta	1/2 whole wheat English muffin	1/2 cup cooked oatmeal	1 cup whole grain breakfast cereal

Sources (Accessed 02/25/06): 1. MyPyramid, www.mypyramid.gov/pyramid/grains_counts.html
 2. FDA Provides Guidance on ‘Whole Grain’ for Manufacturers, U.S. Food and Drug Administration, <http://fda.gov/bbs/topics/news/2006/NEW01317.html>

This material was funded by USDA’s Food Stamp Program through a program awarded by the Kansas Department of Social and Rehabilitation Services (SRS). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



Dining on a Dime's Cooks' Corner

Brown Rice Pilaf (Makes 3 servings, each 1/2 cup)

An easy-to-make whole grain side dish

Ingredients

- 1 teaspoon vegetable oil
- 1/4 cup finely chopped onion
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 1/2 cup uncooked brown rice (not instant)
- 1 cup unsalted broth or water

Directions

1. In a skillet, heat oil over medium-low heat. Add onion. Cook until onions become translucent but not brown, about 4 minutes.
2. Stir in thyme, black pepper and rice. Cook 2 minutes.
3. Stir in broth or water. Turn heat to low. Cover.
4. Simmer about 20 minutes until rice is tender. Do not stir.
5. Remove from heat. Stir to fluff rice. Serve.
6. Cover and refrigerate leftovers promptly.

Nutrition facts per 1/2 cup serving: 130 calories, 3 g fat, 26 g carbohydrate, 3 g protein, 0 mg cholesterol, 0 mg sodium and 1 g fiber.



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