



# Eating Away From Home: What Affects Your Food Choices?



- Sight and smell of food**
- People around you**
- Thoughts and feelings**
- Time**
- Convenience**
- Hunger**
- Cost**
- Advertising**
- Occasions**





## Eating Away From Home — Planning Ahead



- Think about what is important to you about eating away from home**
- Think about personal health goals**
- Choose an eating place with healthy food choices**
- Avoid skipping meals**
- Eat with people who support healthy food choices**
- Think about your meal plan**
- Think about food portions**
- Eat a healthy snack**
- Limit alcohol**
- Bring seasonings and sugar substitutes**
- Bring healthy food to potlucks**





# Eating Away From Home: Making Healthy Food Choices



- Choose healthy foods**
- Choose smaller portions**
- Make substitutions**
- Manage surroundings**
- Choose sugar-free drinks**





# Fast Food Choices



Instead of ...

Try These Foods ...

Try These Foods ...

<b>Burger King</b>	<i>Calories</i>	<b>Burger King</b>	<i>Calories</i>
Whopper with cheese	660	Hamburger	260
Medium french fries	372	Side salad	55
Chocolate shake	409	with lite dressing	55
<b>Total calories</b>	<b>1441</b>	Iced tea with sugar substitute	0
		<b>Total calories</b>	<b>315</b>

<b>Taco Bell</b>	<i>Calories</i>	<b>Taco Bell</b>	<i>Calories</i>
Taco salad in a shell	931	Bean burrito	330
Regular soda (medium)	210	Water	0
<b>Total calories</b>	<b>1141</b>	<b>Total calories</b>	<b>330</b>

<b>McDonalds</b>	<i>Calories</i>	<b>McDonalds</b>	<i>Calories</i>
Big Mac	510	Chicken McGrill, no mayo	300
Large french fries	450	Side garden salad	35
Regular soda (medium)	210	Fat-free dressing	35
<b>Total calories</b>	<b>1170</b>	Diet soda (medium)	2
		<b>Total calories</b>	<b>352</b>

<b>Kentucky Fried Chicken</b>	<i>Calories</i>	<b>Kentucky Fried Chicken</b>	<i>Calories</i>
KFC Hot Wings	450	Tender Roast Chicken, no sauce	270
Potato wedges	240	Corn on the cob	80
<b>Total calories</b>	<b>690</b>	<b>Total calories</b>	<b>350</b>

<b>Wendy's</b>	<i>Calories</i>	<b>Wendy's</b>	<i>Calories</i>
Breaded chicken sandwich	450	Grilled chicken sandwich	290
Baked potato with cheese	560	Baked potato with salsa	315
Coffee with cream	20	Coffee with non-fat milk	5
<b>Total calories</b>	<b>1030</b>	<b>Total calories</b>	<b>610</b>

<b>Long John Silver's</b>	<i>Calories</i>	<b>Long John Silver's</b>	<i>Calories</i>
Fish and fries	890	Baked fish with lemon crumb, rice, green beans, slaw and roll	570
2 Hushpuppies and slaw	890	<b>Total calories</b>	<b>570</b>
<b>Total calories</b>	<b>890</b>		





## Eating Out in Restaurants



### Choose:

#### ■ *Appetizers*

- broth or bouillon
- unsweetened fruit or vegetable juice
- fresh fruit or raw vegetables

#### ■ *Salads*

- tossed vegetable salad  
(served with a small amount  
of dressing on the side)
- fresh fruit salad
- soup
- clear broth based soups

#### ■ *Main Course*

- grilled
- baked or roasted
- steamed
- broiled or poached

#### ■ *Vegetables*

- stewed
- steamed
- boiled

#### ■ *Starches*

Without butter, margarine or  
sauces:

- baked potatoes
- noodles
- rice
- hard rolls
- melba toast
- bread sticks
- breads  
(try to use whole grain breads)

#### ■ *Desserts*

- fresh fruits
- sugar-free Jell-O®
- a dessert to share

#### ■ *Drinks*

- water
- unsweetened coffee or tea
- fat-free (skim) or low-fat milk
- juices
- diet soda
- sparkling waters

(Eating Out in Restaurants - continued)

### **Ask for:**

- salad dressings, butter or margarine, sour cream, gravies and sauces served on the side
- vegetables, noodles and main dishes served without butter, margarine or sauces
- tomato or vegetable juice instead of a cream soup
- low-calorie salad dressing and sugar-free Jell-O®
- fresh fruit
- fat-free (skim) or low-fat milk

### **Choose less often:**

- cream soups
- salads with added dressing or mayonnaise, such as potato salad or cole slaw
- foods that are breaded, fried, creamed or scalloped
- casseroles or mixed dishes
- sweet desserts, pastries, sweetened fruits or juices and regular Jell-O®
- fruit salads with marshmallows and whipped topping



# Celebrating With Food “Passing the Dish” in a Healthy Way

by Jack McCloud, Nisqually

The Indian tradition of “passing a dish” or bringing food for a gathering is one that remains in every Indian community. The tradition is present in workplaces and called “potlucks.”

The sharing of food happens at all sorts of celebrations, from those recognizing the returning of salmon to a creek, to those blessing a new building.

Although the tradition remains, the types of food we bring to share have changed. For people with diabetes or other health conditions, making good choices in the food line is a huge challenge.

“It’s especially hard during a holiday when there are cakes and pies,” says Pauline Flett (Spokane) who has diabetes and is trying to watch what she eats.

“Potlucks and celebrations are especially difficult,” agrees Dorothy George, an Elder of the Port Gamble S’Klallam Tribe. “If you have diabetes, you have to watch it.”

It hasn’t always been so hard. Not too long ago, all foods that appeared on the celebration table followed the season. Traditional foods were brought to share – elk, deer, bear, fish, shellfish, fowl, fruit and roots.



Like today, the food was blessed in a good way, with good prayers and thoughts to protect the people. We still use the prayers and the food to cleanse us for a ceremony or celebration.

Traditional foods still appear at many gatherings. Elk, deer, seafood, chowder and berries are plentiful. But today, there are many non-traditional foods, such as dishes with cheese, casseroles and fatty meats. Some foods are deep fat fried or sautéed in butter and oil. *And these foods are yummy!*

“Once, I couldn’t decide between biscuits or potatoes and gravy!” recalls Virginia Ives, a Port Gamble S’Klallam Elder who has diabetes.

Like many people with diabetes, Virginia has learned ways of handling food celebrations, ways that will not make her diabetes worse. Virginia chooses a little of the food she likes and passes on the rest.

Marlene Lambert (Coeur d’Alene) uses a small plate, and loads up on vegetables and salads before adding a small portion of meat. She has also learned how to bake sugarless pies, and often brings them to gatherings.

Once at a family gathering, Marlene brought both sugarless and regular pies. The children flocked to the sugarless pies and began gobbling them down.

“It was great! They didn’t know the difference!” she says.

Gatherings and celebrations with food are part of our Indian life. Although the dishes may have changed, the reason for the gatherings has remained the same; to bring people together.

No matter what your physical condition, you can take part in celebrations in a good way. Like our ancestors, we know that when we eat food it is an important and almost sacred act. It gives us nutrition and strength and brings us closer together.



# Potluck Strategies



## Can You Really Say No to a Tater Tot Casserole?

*Staff line up for a potluck lunch at Leech Lake Hospital.*

At the Leech Lake Hospital, a voice comes over the intercom. “There will be a farewell potluck for three staff members, today at noon.” As it gets closer to noon, the intercom voice comes faster. Finally, “There is still a lot of food at the potluck, so come and get it!”

Now, it sure would be impolite to not show up. And the food is good! There, lined up on tables in the hallway, are the dishes. All of them were made with love by your co-workers.

But, what to choose? You are trying to be more careful about what you eat. You are also trying to show good manners, and eat what your co-workers have prepared. And, there it is, the granddaddy of all tempting dishes, tater tot casserole—a dish made of deep fried mounds of potatoes, ground beef and creamy sauce.

Is it possible to turn down tater tot casserole? Can any person in a potluck line skip this dish? What can you do to enjoy a potluck, but stay true to your new eating habits?

At the Leech Lake potluck, staff tried many strategies. They were serious as they made their way down the line.

They were deciding on choices to make. They had lots of tempting foods to choose

from; fried chicken, sloppy joes, wild rice with ground beef, tater tot casserole, bean chili with ground beef, beef vegetable pot pie, pepperoni and crackers, tossed green salad with strawberry slices, regular and non-fat dressing, cucumber salad, strawberries and blueberries with a cream cheese fruit dip, lemon bars and cake.

What would you choose? The green salad was a hit. A lot of people put a big scoop of salad on their plates. Some ate the fresh berries. One person had chicken and green salad with non-fat dressing. He removed most of the skin from the chicken.

Many tried a little bit of each dish. All wanted to have a good time. There were jokes: “Oh, look! There are strawberries in the green salad! It must be a doctor’s salad!” And, “The tater tot casserole is a traditional Minnesota dish from the 1700s. Ehhhhh...!”

There were lessons learned from the Leech Lake Potluck—One was that if you bring a salad to a potluck, people will eat it!

Here are some tips to try at your next potluck:

1. Eat a small snack before you go, so you are not as hungry. Try eating some fresh vegetables or a piece of fruit.
2. Choose small servings of your favorite dishes.
3. Choose salad, fresh fruits and vegetables. Choose light salad dressing.
4. Don’t go back for second helpings.
5. Drink lots of water.
6. Leave time for a walk after the potluck.
7. Last but not least, remember that potluck friends and laughter are good medicine. Enjoy!







**Gayle Eaglewoman  
(Crow Creek Sioux)  
passes by the quick  
stop stores while  
traveling.**

# How to Survive the Miles and the Temptations

## When it Comes to Cross-Country Travel, Indian People are Experts

Cross-country travel is a common Indian tradition. Many times a year and chalking up hundreds of thousands of miles, Indian people take to the road to “have a visit” with relatives at other tribes, dance at powwows or cheer at rodeos. We criss-cross the map to get to families and familiar sights.

The tradition of cross-country traveling may be the same, but the method of travel and the foods eaten on long trips has vastly changed. What used to be physical feats on horseback or even on foot have turned into ten-hour days spent sitting behind a steering wheel. The snack items used to be dried game, berries or

roots, eaten by a creek, or next to the warmth of a fire.

### **Quick fix**

Now drivers are tempted to fill up on fast food offered by gas stations or quick-stop stores. These quick foods stop hunger and give us relief from the long hours spent on the road.

Walk into the “Quick and Go,” grab something deep fried, sweet or salty and an icy cold jumbo drink, and you’re back on the road!

For people with diabetes, or those wanting to eat better foods, the temptations of road travel are great. But there are still

many ways to eat well on the road.

Debbie Guardipee-Reyes (Blackfeet) is a nutrition assistant who lives in Washington State and often travels to Idaho and Montana. Diabetes is a major concern for her and her family: both sets of her grandparents have diabetes as well as her mother and a niece. Eating well on the road is a way of protecting herself, her husband and two sons. She says the key to healthy travel eating is to be prepared.

### Less money, more nutrition

“Bring a cooler and pack your own groceries,” says Debbie. Packing your own food will make it easier for you to pass by the goodies offered at roadside stores. Debbie also says that bringing her own food saves money because remote stores usually charge more.

Lee Timentwa (Yakama) has diabetes and knows the temptations of eating on the road. Her husband is a Colville tribal member, and they often drive there to visit relatives.

“I used to stop at every store along the way and get a candy bar,” she says.

When Lee found out she had diabetes, she knew she needed to change her eating habits, including what she ate while traveling. “Now, I pack apples or carrots. And I bring bottled water,” says Lee.

Lee’s husband, Ernie, does not have diabetes, but to show support he also snacks on fruits and vegetables.

“I once told him to go ahead and eat a candy bar, but he didn’t,” says Lee.

### For the love of family

For many, traveling cross-country is a family affair. Debbie always travels with her husband and sons.

From their home in western Washington, they travel to Idaho to cheer on Debbie’s sister, Karla Fitzpatrick, when she competes in rodeos. They travel to Kalispell, Montana, to visit relatives. And they often drive

to Browning, Montana, for North American Indian Days.

Choosing good food has become a habit for Debbie’s family. There are still some challenges, though. Her sons get tempted by the ice cold cans of pop displayed at stores. Sometimes it is hard to walk by the deep fried foods and sugar and salt filled snacks. The Guardipee family overcomes the temptations by having their own good snacks ready and easy to reach: ziplock bags filled with cut

up fruits and vegetables, pita pocket sandwiches made with lean meats, a bag of pretzels, iced tea and low-fat milk.

Although healthy eating on the road requires thinking ahead and a bit of self-control, Debbie thinks it has great benefits. She is helping her family learn how to make good food choices. And, no one in her family has diabetes.

“We’re trying to keep it that way,” she says.



**Be prepared! Fill your cooler with healthy snacks before a road trip.**





# Eating Away From Home — Things I Would Try



These are some ideas a person can use to plan and make healthy food choices when eating away from home. What are some specific things you would try for each idea?

Ideas	Things I would try
<b>Planning before you get to the eating place</b>	
Choose an eating place with healthy food choices	
Avoid skipping other meals	
Eat with people who support healthy food choices	
Think about healthy foods you might choose	
Picture in your mind the kind and amount of food on your plate	
Eat a healthy snack before eating out	
Avoid or limit alcohol	
Bring seasonings and sugar substitutes with you	
Bring healthy food choices to potlucks and gatherings	

Choosing foods	Things I would try
<b>At the eating place</b>	
Choose healthy foods	
Eat smaller portions	
Make substitutions	
Manage your surroundings	
Choose sugar-free drinks	
Avoid or limit alcohol	





## Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

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My short-term goal is: (Be specific about what, when, how and where)

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I will ask (Who?) \_\_\_\_\_ for support by helping me in this way:  
(Be specific about what they can do to help you)

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I will check regularly to see if I reach my goal by:

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When I reach my short-term goal my reward will be:

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

