



Move Your Way 'Round the Bay

2008 Summer Incentive Program

JULY 23, 2008
WEEK EIGHT
SAN RAFAEL

Health focus



Eat Right When Dining Out



Research according to the National Institute of Diabetes and Digestive and Kidney Diseases shows that the more often somebody eats out, the more body fat they have. Although, restaurant food tends to be very rich and have a lot of fat and sodium, you can still enjoy a meal out and eat healthily. Here are some ways how:

Eat smaller portions. Have you heard of portion distortion? Over the past 20 years portion sizes and restaurant servings have grown astronomically. Even without "supersizing" what you get in a restaurant can be a lot to manage. Go to the NHLBI website and take the Portion Distortion quiz to see portions compare:
<http://hp2010.nhlbihin.net/portion/index.htm>

To avoid larger portions, try splitting a meal with a friend, or tell the waiter to box up half of the meal right away. You'll be eating half of what you were served, which is probably more than enough to keep you satiated.

You can also try ordering an appetizer for your meal, or ask for the lunch size instead.

Start out your meal by eating **low density foods**. Having a healthy broth based soup or salad before you get your entrée may help you to eat less of your meal. Make sure to ask for dressing on the side and/or a reduced fat dressing.

Look for healthy options when ordering. Order items that have been steamed, roasted, baked, grilled, broiled, or poached. These cooking terms signal a healthy meal. Try to avoid entrees that are fried, sauteed, crispy, stuffed, au gratin, or pan-fried.

Don't be afraid to ask you waiter to **adapt the meal**. Ask if the chef can use vegetable oil instead of butter, low or nonfat milk instead of whole milk or cream, and put dressings, sauces, and/or gravies on the side.

And despite what our parents told us when we were kids, **you don't have to eat everything on your plate!** Stop eating when you are full. Take the time to enjoy the experience of eating out at a restaurant. Enjoy the people, the ambiance and the food. Then take your leftovers home and experience it again!

Announcements

- ◆ Turn in your Weekly Tracking Log (Weeks 1-6) by the end of the day (Wednesday, July 23, 2008) to be entered into the mid-point raffle. Don't miss your chance to win an **iPod Shuffle!**
- ◆ Interested in taking Health*Matters classes? Keep an eye out for class postings on ICE or look for the Fall flyer from University Health Services.



TRIVIA

So You Think You Know About the Bay Area?



Question: What visual effects company was based in San Rafael and how many Academy Awards has it won?

Answer: The company is Industrial Light and Magic (ILM) and has won 15 Academy Awards.

George Lucas first came to San Rafael to film the movie THX 1138 in 1970. Other movies that have been filmed here include American Graffiti and Gattaca.

The Marin County Civic Center in San Rafael was the sight for 2 of these movies. This building was the last commission designed by Frank Lloyd Wright, a famous American architect.

ILM currently resides in the Presidio in San Francisco.

Question: Petaluma was once known as the _____ capital of the world.

Email your answer to:
pmielbeck@uhs.berkeley.edu
and get entered into the prize drawing. Good luck!

Healthy Recipe of the Week

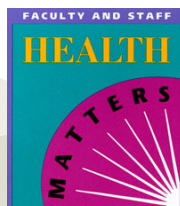
You Decide

Share one of your healthy recipes for a chance to win! The winning recipe will be included in a future newsletter and will be rewarded with a prize.

Email your favorite healthy recipe by Wednesday, July 30, 2008 to:

pmielbeck@uhs.berkeley.edu

Write **recipe** in the subject line for your chance to be part of a future newsletter.



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