

For Immediate Release

March 27, 2006

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

March is Nutrition Month

March 2006 marks the 25th Anniversary of the Dietitians of Canada's Nutrition Month Campaign and this year's theme is "Make Wise Food Choices Wherever You Go." The theme reinforces the importance of healthy eating whether you're at work, making choices for your family at the grocery store, or dining out.

"We all have busy lifestyles and I know that sometimes it's hard to fit proper nutrition into hectic schedules", stated Deb Quintal, Registered Dietitian with the Carleton Place & District Memorial Hospital (CPDMH). "Eating right and being physically active are keys to a healthy lifestyle and during nutrition month we hope to educate more people on how to make better food choices for themselves and their families while on the go."

The availability of healthy options at restaurants has increased, making it possible to make healthy food choices when eating out. The trick is to choose wisely and to do that Ms. Quintal recommends the following tips:

1. Downsize it! Serving sizes are often too big in restaurants. Larger size meals usually cost only pennies more, but can have large amounts of calories and fat. If you are only hungry for a burger, just buy the burger. You don't have to buy a "meal deal" if you are not hungry for it. Also, if the servings are much larger than you would normally eat, share with someone else or take some home to eat the next day. Leftovers make a great hot lunch the next day!
2. Go for the grill! Grilled foods are usually much lower in fat and calories than deep-fried foods. Order grilled, steamed, poached, broiled, or baked meats, poultry, fish and veggies. Skip the sautéed, pan-fried or deep fried items, and ask your server about switching some items for a more healthy choice.
3. Portion your food using the "plate method". If you are at a potluck or buffet, fill half your plate with vegetables – try a green leafy salad or two kinds of vegetables. The other half should be your protein (i.e. a size of a deck of cards of meat, fish or poultry or bean salad) and a starch (i.e. one fist of baked potato or rice or a whole grain roll).
4. Designer drinks can pack a punch! Many designer drinks can contain up to 500 calories – especially large drinks with added syrups. Drink wisely and opt for tea or coffee, or ask for a "non-fat" latte or cappuccino made with skim milk.
5. Restaurant meals are sometimes low in vegetable and fruit choices, as well as low in dairy and fibre. If you know you will be eating out, balance the rest of your day by eating more of healthy foods such vegetables, fruits, low fat milk products, and whole grains at home.

If you would like more information on making wise food choices, wherever you go please visit www.dietitians.ca/eatwell. For information on eating out visit www.crfa.ca or the website for the Leeds, Grenville, and Lanark District Health Unit at www.healthunit.org/nutrition.

-30-

Contact: Chantelle Troy, Manager/Community Relations Officer 613-257-2200 ext 856
e-mail: ctroy@carletonplacehosp.com