



DINING ON A DIME

Eating Better for Less

April / May

Healthful “Rules” for Restaurant Dining

Did you know that the average person in the U.S....
... spends half of their food dollars dining away from home?
... eats 1 out of 3 calories from foods 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 such as calcium.

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.

Source and for more information (Accessed 3/31/2014): Centers for Disease Control and Prevention, [Incorporating away-from-home food into a healthy eating plan](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p_away_from_home_food.pdf), www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p_away_from_home_food.pdf

Newsletter developed by Erin Henry, R.D., L.D., and Mary Meck Higgins, Ph.D., R.D., L.D., FAND, K-State Research and Extension Human Nutrition Specialist and Associate Professor, Department of Human Nutrition. You may view previous newsletters at www.ksre.ksu.edu/HumanNutrition/p.aspx?tabid=184 This issue is an updated revision of the “Dining on a Dime April 2006” newsletter. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Erin Henry and Mary Meck Higgins, “Dining on a Dime,” April 2014.

Feeling Bad because of Food Bacteria?

Your 'fridge may look innocent, but it could hold foods containing poisonous bacteria. Food poisoning sickens about 1 in 6 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!



The following chart shows the types of foods where common harmful bacteria typically live, and what symptoms of sickness they cause.

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

How to Help Prevent Food Poisoning

- Wash your hands, food preparation surfaces and utensils very well before and after handling raw foods. Keep uncooked foods separated from cooked 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 large amounts of hot food, put them into small shallow containers, then cover and refrigerate them within 2 hours.
- Follow approved procedures when canning foods at home. For information, call your local extension office. Heat canned foods thoroughly before tasting.
- 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, brown rice, whole corn, whole graham and whole rye. Other whole grains are popcorn, oats, wild rice, bulgur, dehulled barley, quinoa and sorghum. Also look on the package for the one of two “whole grain stamps” from the Whole Grains Council. If it has the stamp, shoppers know that the food at least 8 grams 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. 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?

MyPlate Dietary Guidelines recommend that at least half of all the grains you eat should be whole grains. Eating whole grains is associated with lower body weight and less risk of heart disease and cancer. How many servings are you eating? The list below shows some common examples of one serving. The *ChooseMyPlate.gov* website gives a more complete list of one-ounce equivalent servings for whole grain foods.

1 slice whole wheat bread or toast	1/2 cup cooked brown rice	1 whole wheat mini-bagel	1 whole-buckwheat pancake (4.5 inches)
3 cups popped popcorn	1/2 cup cooked oatmeal	1 cup whole wheat cereal flakes	1 cup whole grain breakfast cereal

Sources (Accessed 3/31/2014): 1. USDA, *Grains*, www.choosemyplate.gov/food-groups/grains.html
 2. The Whole Grain’s Council, *Whole grain stamp usage guide*, http://wholegrainscouncil.org/files/US_FSIS_StampUsageGuide2012.pdf

For more information about healthy eating, contact your local extension office. This material was funded by USDA’s Supplemental Nutrition Assistance Program. The program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.



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 water or unsalted broth

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 water or broth. 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, 2.5g fat, 0g saturated fat, 0g trans fat, 26g carbohydrates, 3g protein, 0mg cholesterol, 5mg sodium and 1g dietary fiber. Daily Values: 0% vitamin A, 2% vitamin C, 2% calcium, 4% iron.



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