

Decoding the Restaurant Menu: Words to Avoid for Healthful Eating

Many of us love to dine out every once and a while and consider it a treat. When we prepare fresh foods at home, we know exactly what is in our food, but not so much when dining out. Restaurant menus are designed to entice your sense of taste and often times don't tell you whether the foods they are advertising are healthy. Ronda Elsenbrook, a CNN reporter, shares what menu descriptions to look for and which ones to avoid.

If you are trying to avoid fried foods, look for items labeled as *crunchy, tempura, battered, crispy, breaded, crusted, golden, or sizzling*. Many of these items are even worse for your caloric intake because the item is fried with an additional carb-based coating. Fried foods taste great but are high in fat and calories and lose a lot of their nutrients in the deep frying process. What's even worse is that many restaurants (usually fast-food) use partially hydrogenated oil because it can be reheated and reused over and over again. Partially hydrogenated oil contains trans fat (the worst of the fats) which raises your LDL (bad cholesterol) and lowers your HDL (good cholesterol), leading to a higher chance of heart disease.

High-sugar foods are often described as *teriyaki, BBQ, glazed, sticky, or honey-dipped*. Elsenbrook recommends asking if sauces of any kind are made with sugar, including salad dressings and vinaigrettes. Beware of meals that are high in carbohydrates. Carbs turn into sugar during digestion. Pasta, potatoes and rice aren't the only carbs to look out for; even menu items like "healthy" couscous, quinoa and faro are high in carbs and should be eaten in moderation.

Menu descriptions including *loaded, stuffed, creamy, cheesy, gooey, smothered, melted, rich, or velvety* typically describe high calorie foods. These comfort foods give us a warm feeling but there are tons of calories packed into each bite. Think of that stuffed chicken or loaded potato as loaded and stuffed with calories.

Want to eat right, watch your calorie intake and not feel sluggish after? Look for words like *roasted, baked, braised, poached, rubbed, seared, grilled, steamed, sautéed, spiced, or seasoned*. Chefs and restaurants across the country realize that more and more Americans want to eat healthier when they dine out. The Cheesecake Factory, for example, now features a "Skinnylicious" menu with lower calorie items. Elsenbrook encourages patrons to ask questions about the menu, and if nutritional information is available, read through and choose the meal that will balance your health with your desire for something delicious.

November 2014 Health Observances

Alzheimer's Disease Awareness Month

American Diabetes Month

Bladder Health Awareness Month

Diabetic Eye Disease Month

Epilepsy Awareness Month

Healthy Skin Month

Lung Cancer Awareness Month

Pancreatic Cancer Awareness Month

Sexual Health Month

Diabetes Education Week (November 2-8)

Emerging Nurse Leader Week (November 2-8)

Mental Health Wellness Week (November 9-15)

Ronda Elsenbrook, Special to CNN

http://www.cnn.com/2014/11/05/health/healthy-restaurant-choices/index.html?hpt=he_c2

Healthy Recipe of the Month – Olive Crusted Salmon

Prep and Cook time: 20 minutes

What you need:

- Cooking spray
- Baking sheet or roasting pan
- Food processor

Ingredients:

- 1 cup pimento-stuffed Spanish olives
- 1 piece of whole wheat bread
- 1 teaspoon lemon zest
- 4 (4 oz. each) salmon fillets

Directions:

1. Put oven on broiler setting
2. Line a rimmed baking sheet or roasting pan with foil and spray with cooking spray
3. Place oven rack 6 inches from broiler flame
4. Place olives, bread and lemon zest into a food processor and process until it reached a paste texture
5. Pat salmon dry and spread a heaping tablespoon of olive mixture over each piece
6. Broil fish about 15 minutes, checking halfway through to ensure its not burning



Image: http://kidshealth.org/kid/recipes/recipes/salmon_recipe.html

Race for Every Child

On Saturday, September 13th, Ward 3 nurses Carolyn Dickens, RN, BSN, Colette Poindexter, RN, BSN, and Melissa Velez, RN, BSN, gathered at Freedom Plaza for "Race for Every Child," a 5k walk/run that supports children and families throughout the Washington area by raising funds for specialized medical care, research into childhood diseases and important wellness and preventive services at Children's National Health System.

Ward 3 nurses were able to raise \$643.00 with the help of the community and support of families at their schools.



Carolyn Dickens, RN, BSN, and
Colette Poindexter, RN, BSN



Melissa Velez, RN, BSN, at the race

The Knitting Club at Luke C. Moore Academy

Luke C. Moore Academy has a Club Day that meets several times a month and Principal Hunt-Speight requested that I participate. I share with students the basics of knitting and a number of techniques. The students really enjoy the camaraderie and working together. I continually remind them that "Practice make perfect."

Sandra H. Knuth, RN, CHN
School Nurse-Luke C. Moore Academy



Nurse Knuth teaching students the art of knitting

Smile Center Van Visits Ketcham Elementary

The Smile Center Dental Group visited Ketcham ES on Friday, October 17th. The group presents a unique type of dentistry practiced on state of the art dental mobile units. Their goal is to target school districts to improve the dental health of the children. They also realize that many children are afraid of going to the dentist and parents often cannot take the time off from work to take them.

This program is designed to work with schools on a long term basis via periodic visits in order to create a dental home for each patient. Services come at no cost to the school or facility and children covered under Medicaid insurance programs.

Ruth Richardson, RN-BC, BA, BSN, MA, EdD
School Nurse— Ketcham ES



The Smile Center Dental Van

St. Ann's Back to School Drive

Children's National has supported St. Ann's Center for Children, Youth, and Families for the last seven years. St. Ann's, located in Hyattsville, Maryland, is a safe haven for homeless, single household families and teenage mothers that provides education and job placement services to help get them back on their feet. This August, Ward 3 nurses participated in the St. Ann's Back to School Drive where personal care, household, and baby items as well as school supplies were collected for St. Ann's families.

Melissa Velez, RN, BSN School Nurse-Eaton ES



Melissa Velez, RN, BSN



Juliet Oguledo, RN, BSN, MA



Pamela Green-Whitlock, RN, BSN



Colette Poindexter, RN, BSN



Asmeret Tewolde, RN, BSN



Carolyn Dickens, RN, BSN

This newsletter is published monthly by the Children's School Services School Health Nursing Program at Children's National.

Barbara S. Scott, MSN, NE-BC, RN-BC
Vice President

Natalie Peart, MA
Program Coordinator, Editor
npeart@childrensnational.org