With Planning, Dashboard Dining Can Be Healthy

When families become busy with sports and activities, they can spend a lot of time eating on the run and in the car — otherwise known as dashboard dining. The key to healthy dashboard dining is to focus on foods that provide nutrition with few calories from sugar and fat.

Healthy dashboard dining requires foods that are easy to carry, store safely and require little preparation. So what foods have big nutritional punch, are easy to carry and are mess-free?

Start with fruits and vegetables. Try baby carrots, a variety package of pre-cut vegetables or cherry tomatoes. For fruits, try apples, oranges, bananas and grapes. Dried fruits like raisins, apricots or an assorted mix, or single-serving packages of applesauce or fruit cups are also good. In addition, look for vegetable and 100 percent fruit juices that are packed with vitamins.

For daily calcium needs, include string cheese, cheese cubes, yogurt or one of the new single serving flavored milks. For protein, try snack-sized tuna, nuts or peanut butter. To get more carbohydrates, try graham crackers, bagels, rice cakes and tortillas.

Keep a zippered plastic bag filled with plastic spoons, forks, napkins and sanitizer wipes in the glove compartment of your car. It is also a good idea to purchase a small ice chest or insulated bag to carry foods. Keep a blue-ice freezable pack in your freezer to pop in the ice chest or insulated bag to keep your food safe.

Active bodies need healthy fuel to perform at their best. Pack some nutrition punch into your dashboard dining routine.

Source: Tammy Roberts, nutrition and health education specialist, University of Missouri Extension, MissouriFamilies eNewsletter, August 23, 2010
Couples and Money Management

It's usually a bad idea when one spouse takes charge of all the finances. Should one become incapacitated or die, the other spouse may be lost. No matter how you divide financial responsibilities, schedule a monthly "money date," so that you are both aware of financial issues.

Establish a joint checking account for paying monthly expenses and decide how much each person contributes. Keep a joint savings account for common saving goals such as a home or vacation.

Examine your division of financial chores and money strategies every few years. Review the goals that money enables you to attain as a couple. You need a budget unless you answer yes to all of the following questions:

- Do you find it easy to save money and accumulate investments?
- Do you have a stable, predictable paycheck?
- Are you likely to maintain your current income for the foreseeable future?
- Do you rarely indulge in large purchases, expensive hobbies or exotic vacations?

The sad truth is that those who need to budget the most are usually the ones most turned off by it. They see it as a drag on their lifestyle. A sensible budget ought to be a guideline, not a noose around your wallet.

Source: Cynthia E. Crawford, Ph.D., Consumer & Family Economics Specialist, University of Missouri Extension, MissouriFamilies eNewsletter, August 23, 2010

Protect Your Bath and Shower from Mold and Mildew

Moisture makes bathrooms attractive to mold and mildew growth. A leaky seal under a toilet can allow water to seep between vinyl floor covering and subflooring, encouraging mold growth. A loose connection under a sink may allow mold to grow inside a vanity cabinet. Also a shower curtain or door may restrict air flow and encourage mold and mildew growth.

Molds are microscopic fungi that require moisture to grow. They thrive on organic materials, natural fibers such as cotton or wool, paper or wood.

Mold and mildew can cause discoloration on bathroom tile or other fixtures, on walls, around windows, and between layers of flooring. Molds vary in color – from white to orange, green, black or brown – and usually produce a musty odor. Homeowners and renters can sometimes detect growth in poorly lighted or unexposed areas, such as behind baseboards, by the odor.

To reduce mold and mildew keep the bathroom as clean and dry as possible.

- After showering, wipe shower walls with a squeegee, sponge or towel;
- Keep shower curtains clean
- After a bath, wipe up splashes and puddles.
- Use a vented exhaust fan to reduce moisture in the air; allow the fan to run for a few minutes after showering or bathing. Fans should be vented to the outside, not the attic or crawlspace.
- When the weather permits, open a window to allow extra moisture to escape.
- Launder towels frequently.

To clean mold and mildew from bath and shower areas scrub surfaces with a solution prepared with 1 c. liquid chlorine bleach, 1 Tbsp. detergent that does not contain ammonia, and 1 gallon water. Rubber gloves and glasses or protective eyewear are recommended. Avoid breathing the fumes. If shower curtains can be laundered by machine, add chlorine bleach with detergent. For plastic curtains, use a warm water rinse and hang curtains to reduce wrinkling.

Source: Marsha Alexander, University of Missouri Extension Housing and Environmental Design Specialist, MissouriFamilies eNewsletter, August 23, 2010
Estate Planning - Where Do I Begin?

The topic of death and what will happen to your belongings when you're gone is not an easy one to think about or to discuss. If it's something that concerns you and you haven't already developed an estate plan, you may be wondering where to start. A frequent question is, "Do I need an attorney?" While it may be legal to do it yourself, it's not advisable. Lawyers can help you develop a document that says exactly what you mean in a manner that will see that your wishes are carried out. He or she can also help you understand the ins and outs of inheritance laws and estate taxes.

If you don't already have an attorney, you may be wondering how to find one. Probably the best place to begin is through referrals. Visit with friends, relatives and business associates to see whom they would recommend.

One concern often expressed is about the fees for developing an estate plan. It's appropriate to ask about fees up front. Many attorneys will give a free initial consultation and then quote a flat fee they would charge if you choose to hire him or her.

Perhaps the best thing you can do is be prepared before going to see an attorney. Here are a few suggestions:

- Gather personal information for yourself and other family members. This includes such things as legal names, birth dates, addresses and telephone numbers, Social Security numbers, marital status, employers and citizenship status.

- Determine what you own and what you owe, the value of these items and how property is titled. Also include where the items and relevant documentation are located.

- Decide what is important to you. Who do you want to provide for through your estate plan? How do you want property distributed? How do you define fair? Who do you want to speak on your behalf?

- Discuss your thoughts with your spouse and family members.

Source: Janet LaFon, family financial education specialist, Jasper County, University of Missouri Extension
Missouri Families eNewsletter, August 9, 2010

Eating Healthy On a Budget Featured on Web

The Spend Smart. Eat Smart. website re-launched with a fresh, crisp look and new features to better serve site visitors.

Feedback showed that the old website was a great resource for families looking to eat healthy on a budget, but that it was hard to find information and some of the information was not easy to use.

Visitors will find a new visual identity to the site, with content arranged so the site can be navigated easier than before. Visitors will be able to better find the information they are looking for, whether its tips, recipes or other features.

"3 Easy Steps to Healthy Meals" encompasses the three main areas that the site is now divided into: Plan, Shop and Eat.

- **Plan:** This section helps you save money on food with tips on how to plan ahead to reduce food costs.

- **Shop:** Find ways to find nutritious items at the store, as well as money-savings tips to use while shopping.

- **Eat:** Recipes and tips for saving at home or when eating out.

The Spend Smart. Eat Smart website is at www.extension.iastate.edu/foodsavings. Watch the website’s blog (updated weekly), the Facebook page, or by following updates on Twitter

Source: Peggy Ann Martin, RD. MS., State Specialist EFNEP.FNP, Iowa State University
Back-to-School Shopping Good Time to Teach Children about Money

Many families are busy buying new clothes, shoes, book bags and school supplies and after school starts, there will be more expenses: school lunches, after-school snacks, fees for extracurricular activities, and more. It’s obviously a very expensive time of year.

Since these expenses are related to children, this is a great time to begin helping kids learn to handle money. From a very early age, children start using money, so why not help them learn to use it wisely?

Start by taking a look at where children get their money. Usually this is from one of three general sources: cash gifts, earnings and allowances.

Earnings and Gifts

Cash gifts, often received on birthdays and holidays, are “surprise” money and shouldn’t be included as a part of day-to-day expense money. Children should be given leeway to spend it as they wish. However, parents can discuss with children ideas for how the money can be used.

Earnings may be at home or from jobs. Many children are paid money for extra work they do around the house. The amount received for various tasks should be agreed upon by the parents and the child.

When children are old enough to work outside the home, they still need guidance in money management. Teens should begin developing longer-term financial plans and an adult awareness of money, work, time and their own needs.

Allowance Money

An allowance is a child’s share of family income and should be used as the child chooses on certain defined expenses. With an allowance, children can have some hands-on experience with managing money. They can plan their spending and learn to set some money aside for future use. Allowances can help children learn that money is limited, that income must first cover needs and that the family’s financial situation affects the amount of money each member can use.

An allowance should be enough to cover necessary expenses, leaving some money for the child to spend as he or she chooses.

When starting an allowance, parents should teach children how to set up a budget or spending plan, keep records and set money aside for savings. Be sure and gear the information to the age and ability of each child.

Source: Janet LaFon, family financial education specialist, Jasper County, University of Missouri Extension
Missouri Families eNewsletter, August 9, 2010

Clear-Jel is available at your Extension Office

Clear-Jel is a modified corn starch that is used for preserving foods at high and low temperatures. Use Clear-Jel to make pie fillings that may be canned or frozen. Products made with Clear-Jel have a better keeping quality than other thickeners. You can purchase Clear-Jel in one pound bags at the Crook, Deschutes, Jefferson and Warm Springs OSU Extension offices for $3.00 each. One pound is enough to make 7 quarts of pie filling. Source: Glenda Hyde, Faculty/Instructor Oregon State University Extension/Deschutes County
Have your Pressure Canner Gauge Tested Annually

For safe processing of low acid foods such as meat, poultry, fish and vegetables dial gauges on your home pressure canner must be tested every year for accuracy. Dial gauges should be retested again if bumped or dropped. If the dial is inaccurate by more than two (2) pounds OSU Extension recommends that it be replaced. Weighted gauges do not need testing.

To have your dial gauge tested for free; bring your pressure canner lid with the dial gauge or just the dial gauge to the Crook County, Deschutes County, Jefferson County or Warm Springs Extension office during the week. The lid/gauge will be ready to pick up later in the week. If you have questions or need a “same-day” appointment please call Pam Wiederholt at 447-6228 in Prineville, Glenda Hyde at 548-6088 in Redmond, Jill Eveland in Madras at 475-3808 or Danita Macy in Warm Springs at 553-3535.

Home canners should also inspect the gaskets on the pressure canner for wear and tear annually. Gaskets that are worn, stretched, cracked or hardened should be replaced. Replacement could occur every two to five years. If worn gaskets are used, the pressure canning process may fail or in some cases the gasket could “glue” the lid onto the canner! Replacement gauges and gaskets for pressure canners are usually available at hardware stores or where canning equipment and supplies are sold. Replacement parts could also be ordered from the manufacturer or on-line. Source: Glenda Hyde, Faculty/Instructor Oregon State University Extension/Deschutes County

Pressure Canning Workshops Offered at OSU Extension Office in Redmond

Pressure canning is a great way to preserve meats, fish, poultry, game and vegetables. Working with a pressure canner can be intimidating, though. Improper use can result in disaster. Learn how a pressure canner works, how to find safe recipes and processing times and practice using one safely at a food preservation workshops taught by Glenda Hyde, OSU Extension Instructor and Master Food Preservers.

Participants can sign up for one of the workshops that will be held on Tuesday, September 21, 9 AM to Noon or Thursday, September 30, 8:30 AM to 12:30 PM. The cost of a workshop is $15.00 per person.

At the September 30 workshop, Bonnie Koenig, OSU Extension Master Food Preserver will also be demonstrating how to smoke and can fish.

Participants with dial-gauge pressure canners can bring their canner lids to the workshop to be tested for accuracy. All dial-gauges should be tested every year or when dropped or bumped. Free dial-gauge testing is available at all Central Oregon OSU Extension offices.

Register for the pressure canning workshop by contacting the OSU Extension office in Redmond at 548-6088 by Friday, September 17. The class size is limited. Source: Glenda Hyde, Faculty/Instructor Oregon State University Extension/Deschutes County

Healthyrecipes.oregonstate.edu

Looking for quick, easy, low-cost recipes? Be sure to look at this website: http://healthyrecipes.oregonstate.edu/ It is your source for nutritious, low-cost meals.

Source: Glenda Hyde, Faculty/Instructor Oregon State University Extension/Deschutes County
Flexibility and Stretching

The most overlooked component of an exercise or fitness routine is flexibility and stretching. Most individuals concentrate on aerobic activities and strength or weight training activities, but skip the flexibility part. It takes very little time to include flexibility activities in your routine and they are just as important as aerobic activities and strength training.

Flexibility relates to the range of motion of a particular joint and is different for all joints. For example, a person can have good shoulder flexibility and poor hip flexibility. The flexibility of a particular joint depends on many things, such as tightness of the ligaments, tendons, muscles, and the shape and size of the bones in that particular joint. Good flexibility involves being able to stretch, bend, and twist, without any stiffness, aching, or pain.

Flexibility decreases with age, so it is important to spend time enhancing and working on flexibility by doing simple stretches daily or a few times a week. You are never too old to work on increasing flexibility. In fact, stretching can help normal activities of daily living become easier, such as reaching up high to get something from a shelf, getting in and out of the car, or getting up and down from the floor or a chair.

Stretches that work the upper body and lower body are essential in a fitness routine. Stretches can be done before or after an exercise routine, on their own, or after the activities have been done. You should always do some warm-up before stretching. Stretching a muscle that hasn’t been warmed up could cause an injury. Stretches can be done in the morning, after sitting for long periods of time, or any other time, as long as a quick warm-up is done prior to stretching.

Stretches should be held for 20-30 seconds. If that seems too long, try holding each stretch for 10-15 seconds and then do the stretch again one more time. The longer you can hold a stretch, up to 30 seconds without bouncing, the more effective it will be.

Stretches should not cause any pain, but you should be able to feel a slight pull or a discomfort. Remember to relax and breathe. Stretch both sides of your body equally and include stretches for your shoulders, arms, back, thighs, calves, hands, and neck.

You can do simple stretches for your wrists, arms, hands, or neck while sitting at your desk or while watching television. These activities are good for getting the blood pumping and making you feel energized and less tense.

If you aren’t sure which stretches to do, there are many websites available with pictures. Make sure the website is either from a reputable organization, a hospital, or a university. They will only recommend safe stretches and avoid the unsafe ones. Start the day with a stretch and enjoy increased flexibility!

Source: Melissa Bess, Regional Nutrition and Health Specialist in Camden County, University of Missouri Extension, Missouri Families eNewsletter, July 25, 2010

Food Preservation Hotline Remains Open until October 14

There is a toll-free statewide Food Preservation Hotline available July 15 – October 14, 9 am – 4 pm, Mondays through Thursdays (except holidays). Certified Family Food Education volunteers and OSU Extension staff will answer your questions. Sponsored by the OSU Extension Family & Community Health program.

FOOD SAFETY/PRESERVATION HOTLINE
1-800-354-7319
Hosting Healthy Fall Parties

Having a party with the primary activity focusing on nutritious food choices is a fun way to get kids to eat nutrient rich foods. It also teaches them how to make better food choices.

When planning classroom parties or family gatherings it’s a good idea to let the kids be the master minds behind the menu! Adults should guide their choices by presenting to them healthy options.

Kids really enjoy preparing their food when we give them the right ingredients. So when planning your next party remember that you have a bunch of little helpers who are eager to be a part of the action!

- Let children help select the party menu in class or at home for family gatherings. Let them select from different healthy choices.
- Designate kids for chef helper, servers, and cleanup. Try to involve everyone.
- Kids can help wash produce, measure ingredients and mix!
- Use colorful fruits and vegetables when planning your party menu.

Source: Kacharel Queen, OSU Department of Public Health, Intern & Glenda Hyde, OSU/Deschutes Co. Extension FCH Faculty

Popcorn Toss-Up

2 c. popped popcorn
1 c. banana chips
1 c. nuts (peanuts or other)
1 c. dried cranberries or raisins

Mix it up and enjoy!

Corn Pancakes

1 c. all purpose flour
1 tsp. baking powder
1/2 tsp. salt
2 large eggs
1 15-16 oz can corn kernels with liquid vegetable oil for skillet

Preheat pan to medium high heat (375 degrees on electric skillet). Mix flour, baking powder and salt. Beat the eggs and add to the flour mixture. Add corn and mix well. Lightly oil skillet. Cook pancakes until golden. Serve with applesauce.

Refrigerate leftovers in 1-2 hours or freeze.

Source: Kacharel Queen, OSU Department of Public Health, Intern & Glenda Hyde, OSU/Deschutes Co. Extension FCH Faculty

Healthy Halloween Treat Options

We all know that Halloween is about kids and candy…but you could hand out other treats that may provide vitamins, minerals and fiber and be lower in fat and sugar! We all know that fresh fruit is not a safe option any longer. But there are many individually packaged food items that make great treat choices. Here are some tested suggestions that passed the “cool” test with a big thumbs up! Try individually packaged products such as:

- Raisins or chocolate covered raisins
- Pretzels or cracker/cheese packs
- Mozzarella string cheese
- Microwave popcorn
- Cracker jacks
- Pumpkin seeds
- Granola bar
- Fruit roll-up
- 100% mini juice box
- Dried fruit
- 100 calorie snack packs of various products
- Beef or turkey jerky
- Individual cups of jello with fruit, pudding, fruit cups or applesauce
- Trail mix
- Sugar free gum

If you want to give candy, choose bite-size candy bars with the least amount of fat and calories per serving.

Source: Susan Mills-Gray, Nutrition Specialist, Cass County Extension Center, University of Missouri Extension, MissouriFamilies eNewsletter, October 5, 2009
When Mom or Dad Won’t Eat

Most parents have dealt with the worries of having children go through phases of not eating. The unexpected worry for the “sandwich” generation is that of worrying about parents who are not eating. Total Nutrition: The Only Guide You’ll Ever Need from the Mt. Sinai School of Medicine states that one-half of the health problems experienced by the elderly population are related to nutrition problems.

As we age, our bodies change and some of those changes impact our ability and desire to eat. Much of the time, the change happens so gradually, the person isn’t even aware of it. This can be the case with loose or decayed teeth or ill-fitting dentures. It starts with chewing food in a different area of the mouth to compensate for the pain in the problem area and then can progress to not eating at all because it is more trouble than it is worth. This process can happen so slowly that the person does not even realize why they stopped eating. To help a person with mouth sensitivities, help them get softer fruits and vegetables or chop them finely. Meats can be difficult to chew. Choose soft protein foods such as fish, beans, eggs, peanut butter and cottage cheese.

Another problem that people are generally unaware of is that we lose sensitivity of taste and smell as we age. One side of this double-edged sword is the inability to smell to stimulate the appetite and the other side is the inability to enjoy the taste of the food they decide to consume. Salt is a flavor enhancer but many of the elderly population need to avoid salt. Use herbs and spices to enhance the flavors of foods.

Many people lose the ability to make lactase, the enzyme that helps us digest lactose or the sugar in milk. When you can’t digest the milk, it ferments in the stomach causing gas, bloating, diarrhea and pain. There are low lactose products on the market. Often, people with lactose intolerance can tolerate one glass of milk per day without upset. Cheese and yogurt can be a good choice because they have less lactose than milk.

The intestinal tract slows down resulting in constipation. Things that can help with this are exercise and getting enough fiber. Fiber should be increased slowly to let the body adjust. Remember that when you increase fiber, fluid intake needs to be increased as well. Increasing fluids may be difficult because elderly people often lose their sensitivity to thirst. Filling a pitcher with 6-8 cups of water (or favorite beverage) and making sure it is empty at the end of the day can help with this.

Eating is a social activity in our society. Planning meals with your elderly parent or assuring they are eating with other people can help. Sometimes a pet is enough company to positively impact eating habits. The physical activity of walking that pet can also be an appetite stimulant!

Source: Tammy Roberts, MS, RD, LD, nutrition and health education specialist in Barton County, University of Missouri Extension
Holiday Survival Tips for People with Diabetes

Holiday celebrations are all about food, and this can be challenging for individuals dealing with diabetes. Holiday stress and bountiful food can wreak havoc, leading to impulse eating and risky blood sugar levels. With some planning ahead and keeping to your routine, you can manage your diabetes through the holidays.

Forgoing all holiday foods isn’t really an option for individuals with diabetes, since food is a major part of celebrations. Pre-planning and keeping things in perspective will help you survive the holidays and keep blood sugars under control. Try these tips to help people living with diabetes face the holidays.

- Monitor your blood sugar – Maintain your routine of checking your blood sugars and monitor more closely if eating frequently or at irregular times.

- Eat before the party – To avoid overeating, eat sensibly during the day before a party. Otherwise you arrive so hungry that it’s hard to maintain control. It’s important to spread your carbohydrates evenly throughout the day to better manage diabetes.

- Be choosy – Look over the food offerings, and don’t waste calories and carbohydrates on foods that you could eat anytime. Save space in your meal plan for special holiday treats. Some people find it helpful to keep a food journal during the holidays to help track carbohydrates and avoid overeating.

- Downsize portion sizes – Trim down your portions especially if you are not certain about ingredients in a tempting casserole or dessert. Control the amount you eat by either limiting yourself to one trip through the buffet line or make the first trip primarily vegetables and salad, with smaller portions of heartier, richer fare on the second trip.

- Bring your own healthful food – So food won’t be a challenge, take along a vegetable dish to share that contains little or no carbohydrates. Others will appreciate the low-calorie option as well. Consider revising a favorite holiday recipe by substituting lower-calorie ingredients. For example, instead of fried onions in the green bean casserole, add roasted, caramelized onions, and lower-fat mushroom sauce. For dessert, use sugar-free gelatins or puddings.

- Keep eating in perspective – Focus on the fun, not the food. Enjoy connecting with family and friends during holiday gatherings. Spend your time in conversation rather than thinking about what’s on your plate. It’s helpful to keep your back to the buffet table, or move to another part of the room.

- Stay active and get plenty of rest – holiday stress and fatigue can be reduced with adequate sleep and exercise. Physical activity, like walking or lifting weights, will reduce your stress, burn calories, and help control blood sugar. Lack of sleep can influence your hunger and increase stress.

Source: Lynda Johnson, R.D., nutrition & health education specialist, University of Missouri Extension, MissouriFamilies eNewsletter, November 9, 2009

Volunteers Needed to Assist with Family Nutrition Program

- Would you like to serve nutritious food samples in a local food pantry to help low income families better utilize available foods?
- Do you have office skills and like to assist with photocopying and assembling handouts?

If so, visit the OSU Extension/Deschutes County web page http://extension.oregonstate.edu/deschutes/ to read about the program and fill out an application. The fall Nutrition Education Volunteer Training class has not yet been scheduled. It will be posted on the web page soon, so check back. If you submit an application, you will be contacted individually.
Dining Out Doesn’t Have to Be a Dilemma
Helpful Hints to Cut Fat and Calories

If you’re trying to cut down on fat and calories in your diet, dining out doesn’t have to spell disaster. A growing number of restaurants, corporate cafeterias, gourmet establishments, and even fast food chains are providing patrons with more nutritious offerings – foods cooked without fat; more fresh vegetables and fruit; entrees that focus on fish and poultry; sauces on the side; salad bars; and more whole-grain breads.

Healthful dining starts with selecting the right restaurant. If possible, scan the menu first to see how foods are prepared. Foods that are “made to order” make it easier to request items prepared without fat and with sauces/dressings served on the side. Restaurants that offer a la carte selections provide a better alternative than all-you-can-eat feasts. Beware of salad bar items such as premixed salads, cold cuts, cheeses, marinated vegetables (oily dressing), nuts and seeds.

What to do? Keep the following tips in mind:

• Plan ahead. Don’t go starved. If you’re famished when you order, it’s easier to overeat. Don’t skip lunch if you know you’re eating dinner out. Before leaving your office or home, take the edge off your appetite by drinking a glass of water and eating a small snack, such as a piece of fruit, some raw vegetables, or a salad.

• Order a la carte meals. Ordering a full meal just because the cost is less can cause you to order more food than you need. Most times, the extras are high-calorie, high-fat items like French fries, potato chips, mashed potatoes with gravy, etc. It’s best to order what you want and no more.

• Watch for hidden calories. Before ordering, ask how food is prepared. Guesswork can produce extra calories and fat added by frying, breading, rich sauces, dressings, and oils. Since most high-fat sauces are added at the end of cooking, request they be left off or served on the side.

• Beware of the salad. Watch out for calorie- and fat-laden salad dressings and salads containing high-fat ingredients such as bacon, cheese, avocado, cold cuts, and olives. Order salad dressing on the side . . . then you can control the amount.

• Go easy on the bread spreads. It is okay to eat a roll or slice of bread with your meal. Keep in mind that it’s usually the topping that’s fattening, not the bread itself. Skip the fat altogether (butter, margarine, cheese spread) or spread it on very thinly.

• Be dessert-smart. Wait until you finish your meal before ordering dessert. Keep in mind that most restaurants have some type of low-calorie, low-fat offering, such as fresh fruit. Try ordering berries in season – minus the whipped topping. Or, try a scoop of sorbet that has far fewer calories and less fat than a piece of cake, pie, ice cream or sherbet.

• Watch the alcohol. If you plan to have wine with your meal, skip the pre-dinner cocktail and drink club soda or mineral water with a lime instead. Alcohol is loaded with calories and can actually enhance your appetite.

• Stay out of the clean plate club. Have your waiter remove your plate as soon as you finish eating. That way, temptation to pick at leftovers isn't there. Or have half your entrée put in a to-go box when the meal is served.

Source: Egg Nutrition Center