

HERBS

Using herbs is a healthy way to add to add taste to your food without adding calories and fat. Studies also show that herbs (and spices) may protect against a wide range of cancers.

These herbs blend well with the following foods:

Chinese Parsley/Cilantro:* salsa, sauces

Basil:* fish, soups

Oregano:* stews, meat, poultry

Parsley:* strongly flavored fish, tomato dishes

Rosemary:* vegetables, fish, poultry

Thyme:* roasted vegetables, broths
* and all are delicious in salads and in salad dressings!

Keep herbs fresh by wrapping them in a slightly damp paper towel. Then place in a plastic bag and refrigerate for 3-4 days. Dried herbs keep for up to a year in airtight containers.

Visit your local Farmers Market to buy fresh herbs.

WEIGHT MANAGEMENT

Did you know that 87.6 percent of people who lost 30 pounds or more* (and kept the weight off for at least a year) limited some type or class of food - **especially high-fat and high-calorie foods.** (National Weight Control Registry) * self reported

Mayonnaise and regular dressings are **high fat, high calorie foods** and can contribute to weight gain.

The good news is that there are “lite” versions of many of these products which usually have fewer calories and less fat.

However, a “fat free” product doesn't mean it is calorie free. In fact, these products can have as many, if not more, calories per serving than regular products. Compare the labels between the lite and regular products to make sure you are consuming less calories.



LIGHTEN UP YOUR FOOD

A GUIDE TO HEALTHIER CONDIMENT OPTIONS



For more information
call: 808-956-6497



WHAT ARE YOU ADDING TO YOUR FOOD?

We often add extras to the food on our plate to make them taste better. But how often do we think about how many calories or fat we are adding? Even small amounts of these extras can add up to several pounds of weight gain over time. Check out the difference in calories and fat (per tablespoon) in the different kinds of mayonnaise:



Regular Mayonnaise
(1 TB)
99 calories
11 g fat



Lite Mayonnaise
(1 TB)
49 calories
5 g fat



Reduced Fat Mayonnaise
(1 TB)
20 calories
2 g fat



Regular Dressing
(1 TB)
73 calories
8 g fat



Vinegar and Oil Dressing with Herbs*
(1 TB)
72 calories
8 g fat



Lite Dressing
(1 TB)
33 calories
3 g fat



Fat Free Salad Dressing
(1 TB)
17 calories
0 g fat

* Although vinegar, oil and herb dressings have the same calories and fat amounts as regular creamy dressings, olive oil is a healthier choice for an oil, which helps reduce heart disease and the herbs provide extra vitamins.



What are some other alternatives to high fat condiments?

Hamburgers & Hotdogs:

Skip the Regular Mayonnaise! Try:

Avocado	1 TB = 23 cal
Mustard	1 TB = 10 cal
Ketchup	1 TB = 15 cal
Sautéed onions	1 TB = 28 cal
Relish	1 TB = 14 cal

Salads:

Watch out for the creamy, fatty dressings! Flavor your salad with:

- Salad Spritzers™ (Wishbone™)
- Salsa (tomato or fruit-based)
- Oriental dressing
- Vinegar, Oil & Herb dressings*

Chili & Stews:

Try using a lite or fat free mayonnaise or sour cream instead of the higher fat, regular versions. For extra kick, add fresh or bottled salsa!