



# *Eat With Me*

# *Train With Me*

*Week 7: Eating Out, Recipe Makeovers  
& Alcohol*



*8 Week Nutrition Program*

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## Eating Out

You can eat continue to enjoy eating out and make healthier food choices at the same time. Here's how...

<b>Drinks</b>	Always get some water for the table and have a glass before your meal. This will help reduce the amount you eat
<b>Italian</b>	<b>Pasta:</b> Always choose pasta in a tomato or vegetable based sauce. Avoid creamy sauces such a Carbonara.  <b>Pizza:</b> Avoid meatlovers and thick crust pizzas. Choose thin crust vegetarian or margarita.
<b>Salad</b>	Salads are a great choice when eating out, just watch out for the dressings used, which can quickly turn a healthy salad into a fat filled calorie nightmare. Always ask for dressing on the side and only add a small amount (1 tablespoon) to your salad.
<b>Fish &amp; Chips</b>	Order grilled. Avoid crumbed and deep fried. Swap the chips for salad. Easy.
<b>BBQ Chicken</b>	Choose the breast meat and remove the skin. Don't eat the stuffing.
<b>Burgers &amp; fries</b>	Ask for a wholegrain bun and have the burger with salad instead of fries.
<b>Brunch</b>	Fruit salad, poached eggs, grilled tomato and smoked salmon are good choices (avoid the hollandaise sauce). Avoid Turkish bread and Panini/Focaccia breads as they have twice as much calories as regular breads.
<b>Sandwiches</b>	Ask for wholegrain bread, normal thin sliced. Avoid butter, margarine and mayonnaise. Get a salad sandwich with some protein such as turkey, chicken, roast beef or lean ham.

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## Japanese

Sushi with raw fish and vegetable fillings is a good choice, as is sashimi, edamame and miso soup. Grilled fish and seaweed salad is also another nutritious option.

Stay away from the udon noodle dishes (most are very oily and smothered in mayo), don't have anything that's fried (Tempura) and limit your soy sauce (it's very salty).

## Chinese/Thai/Vietnamese

Avoid anything that is deep-fried, such as dim sims, spring rolls, money bags, sweet and sour pork and curries.

Stir-fries made with lime, lemongrass, basil, chilli sauces and plenty of vegetables or noodle and vegetable-based soups are a better choice. Anything steamed is also a good option such as steamed dumplings, buns or vegetables. Rice paper rolls are a good choice too.

## Bread

Plain breads are ok, but try to avoid garlic and herb breads as they are very high in fat.  
If you do order garlic bread, share it among the table.

## Potato wedges/chips

Choose thicker wedges or baked potatoes instead of chips or fries. The thinner the potato chip the more surface area it has to absorb oil!

Avoid sour cream and gravy. Tomato sauce and sweet chilli sauces are better choices.

## Portion sizes

Don't order both an entrée and a main meal! If you want an entrée, share it with someone, or order an entrée and an entrée sized main meal. Better still, just order an entrée sized main meal (leaves plenty of room to share a desert); if you're still hungry you can always order more!

## Desert

Always share your desert! Gelato is a better choice than ice cream, but unless you're having fruit salad, desert will always be something high in fat or sugar. So, when it comes to desert I recommend either staying away completely or if you are going to eat it, order whatever you like but controlling your portion size by sharing it.

## Recipe Makeovers

Good nutrition is not about being on a diet or eating rabbit food for the rest of your life. It's about eating smarter! We all have our favourite recipes or meals that we love to eat. And almost always, you can easily make your favourite recipes healthier and more nutritious by just a few small changes that don't really change the flavour of the meal.

Use the following tips to make over your recipes so that you can improve your nutrition and still keep eating your favourite foods!



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If the recipe says...	Swap for this . . .
Full cream milk	Light or skim milk
Sour cream (in Mexican foods)	Low or reduced fat natural yogurt
Butter	<b>Baking:</b> replace half the butter with half apple sauce and half margarine or canola oil <b>Cooking:</b> oil spray (eg canola or olive oil) for cooking
Minced meat	Heart smart minced meat Replace half of the mince with beans when making tacos or burritos
Sugar	Cut by 1/3 when baking – you won't even notice the taste difference
Breadcrumbs	Oat meal
Cheddar cheese	Reduced fat cheese or try a small amount of cheese which has a stronger flavour like parmesan
Cream cheese	Low fat ricotta, cottage cheese or low fat cream cheese
Cheese sauce	Cottage or ricotta cheese
Coconut cream/milk	Reduced fat evaporated milk with a few drops of coconut essence
Cream	Light evaporated milk
Mayonnaise	Low or reduced fat mayonnaise, low fat cottage cheese
White flour	Wholemeal flour – but remember to add extra water to the recipe or only swap half the white flour with wholemeal flour
Peeled fruit/vegetables	Unpeeled fruit/vegetables
White rice/pasta	Brown rice/pasta
Salted, roasted nuts	Raw or dry roasted unsalted nuts
Salt	Replace salt with fresh or dried herbs and spices for extra flavour. Use no-salt-added canned goods and try frozen vegetables rather than canned. Rinse canned vegetables before adding to a recipe. (But don't eliminate the salt when baking with yeast.)



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## **If the recipe says...**

## **Swap for this . . .**

**Puff, choux or shortcrust pastry**

Use filo pastry, brush low fat milk between layers and spray the outer layer with a small amount of polyunsaturated or monounsaturated oil for crispness

**Processed meats such as salami or sausage**

Lean shaved ham/chicken/turkey breast

**Stock**

Salt-reduced stock

**White bread**

Heavy rye, wholegrain, wholemeal or white hi-fibre breads.

**Oily salad dressings**

Home-made salad dressing using balsamic or other vinegars, lemon juice, herbs, mustards.

## **Alcohol exposé**

**If you are serious about losing weight and want to see some amazing results then you should really be cutting alcohol out of your diet. That means NO ALCOHOL until you reach your goal.**

However, you may not be prepared to completely eliminate alcohol. You can still effectively lose weight if you drink responsibly ie look at alcohol as a treat that you enjoy once or twice a week in small amounts eg 2-3 drinks at the most. If you are going to have a drink, I want you to be well informed of what you're drink means in terms of alcohol content, carbs and calories.



I've ranked 7 of common drinks so that you can make a better choice. See the following exposé on each drink on the following pages.

### **Ranking:**

- 1 Vodka, lime & soda 9/10**
- 2 Sangria 8/10**
- 3 White wine 7/10**
- 4 Caprioska 6/10**
- 5 Low carb beer 5/10**
- 6 Cosmopolitan 3/10**
- 7 Espresso Martini 1/10**

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## Alcohol & metabolism

Alcohol is a source of calories just like carbohydrates, fat and protein. Alcohol has 7 calories per gram, coming in at second place in terms of calories to fat which has 9 cal/gram. In comparison carbohydrates and proteins both provide 4 calories per gram.

Metabolism can be thought of as a series of chemical reactions going on in your body, breaking down nutrients and using them to build and run your body. Because alcohol is a toxin, your liver gives it first preference in metabolism. This means that alcohol is metabolised by your liver in preference to any fat and carbohydrates that you may have eaten while or just before drinking. That fat simply goes into storage (read: lands on your hips, belly and thighs) and if your muscle and liver glycogen stores are full, the carbohydrate will also be converted to fat and stored by your body. **This does not mean that you should not eat when you are drinking!!!!** Digestion takes many hours and the food you ate this morning could be the fat that's being stored while your liver processes the alcohol.

## How much alcohol can I have?

The following guidelines apply to healthy men and women who are not pregnant or breastfeeding. You should limit your alcohol consumption to **two standard drinks on any day** and have at least **two alcohol free days per week**. If you do drink more than two standard drinks, limiting your intake to **four standard drinks on a single occasion** reduces the risk of alcohol-related injury/risk arising from that occasion.

A standard drink contains 10 grams of pure alcohol.

Drink serving sizes, glasses and bottles are often more than one standard drink. There are no standard glass or bottle sizes used in Australia eg not all wine glasses are the same size, not all middies are the same size, beer bottles are often different sizes eg 375ml, 355ml, 335ml etc.





## Low Carb Beer

### Summary per 355ml bottle low carb beer:

- Calories: 107
- Fat: 0 grams
- Carbs: 3-7 grams
- Protein: 1.1 grams
- Alcohol: 16.3 grams

### Overall Score: 5/10

The nutritional composition of beer is mainly water, alcohol, carbs and a tiny amount of protein. It doesn't really provide any other nutrients in an amount worth mentioning. Low carb beer is full strength beer with less carbohydrate than normal beer. Low carb does not mean 'no carb' and low carb beer should not be confused with 'light' or 'lite' beer which has less alcohol than normal beer.



### What is a standard drink?

A standard drink size of a full strength (4.6% alcohol) low carb beer is 250ml. Most bottles are 355ml so you are getting around 1.4 standard drinks per bottle. This is important to keep in mind because current recommendations for alcohol intake refer to standard drink sizes.

### What 'low carb' really means

A low carb beer will have around 1-2 grams of carbohydrate per 100 ml of beer, which is around 3 – 7 grams of carbohydrate per 355ml bottle.

Low carb beers have 50-70% less carbs than a regular beer. For example, a Pure Blonde is one of the lowest with 0.9 grams carbs and 30 calories per 100 ml, which means you're getting 3.2 grams of carbohydrate and 107 calories per 355ml bottle. In comparison a full strength VB has 2.9 grams of carbs and 38 calories per 100 mls, which is around 11 grams of carbohydrate and 142 calories in a 375ml can.

To put this in perspective, you are getting around 1-2 teaspoons of sugar in a low carb beer versus 3-4 teaspoons sugar in a regular beer.

As a general rule, lighter coloured beers are lower in calories and carbs and the darker the colour of the beer, the higher the calories and carbs.

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From a health perspective though, low carb in beer world doesn't really mean that much, especially if you are drinking moderately in accordance with the current Australian recommendations for alcohol consumption. That's because the amount of carbs in beer is generally quite low when compared to other drinks. For example, an equivalent amount (335ml) of orange juice has around 20 grams of carbs, which is twice the amount of carbs in regular beer, and a can of soft drink (375ml) has 34 grams of carbs, which is more than three times the amount of carbs in regular beer.

The carbs and calories will start to add up though if you have more than the two recommended drinks!

## **In comparison to other foods**

- 1 can regular beer has roughly the same amount of calories as 5-6 squares milk chocolate
- 1 can low carb beer has roughly the same amount of calories as 3 squares of milk chocolate

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## **Vodka, Lime & Soda**

### **Summary per drink:**

- Calories: 68
- Fat: 0 grams
- Protein: 0 grams
- Carbs: 0.5 grams
- Alcohol: 10 grams

### **Overall Score: 9/10**

This gets the best score because:

- it's lowest in calories, fat and carbs
- is the equivalent to just one standard drink
- the soda water will help keep you hydrated
- you can easily drink sparkling water with a squeeze of lime in between drink and still appear like you're being social and drinking. Often when people drink socially there is pressure to hold a drink in your hand and this drink cleverly allows you to avoid that!



This is a better choice than many other vodka mixed drinks because unlike orange or cranberry juice, cola or lemonade because the soda does not add any calories or sugar. Although there is a tiny amount of carbs provided by the lime, most of this drink is just empty calories from the alcohol in the vodka.

### **Standard Drink**

The standard drink size for vodka is a 30ml shot.

### **Nutritional analysis – what's in it**

30 ml shot of vodka = 61 calories, no carbs, protein or fat. All the calories come from the alcohol.

Lime wedge = 1 calorie (if you eat it!)

If lime juice is also added there will be an extra 7 calories.

Soda is pretty much just carbonated water and has no sugar and no calories

### **In comparison to other foods**

1 vodka, lime & soda (made with a 30ml shot of vodka) has less calories than 2 squares milk chocolate

## Cosmopolitan

### Summary per cocktail:

- Calories: 223
- Fat: 0 grams
- Protein: 0 grams
- Carbs: 14 grams
- Alcohol: 24 grams

### Overall Score: 3/10

This drink is high in calories, carbs and alcohol. It doesn't contain much water so it will make you thirsty and want to drink more.

Not all cosmos are made equal, and the nutrition content of each will vary on the recipe which can sometimes include ½ teaspoon of sugar and varying amounts of vodka. Generally, however, a typical cosmopolitan contains:

- 1-2 shots vodka
- 1 shot triple sec (eg Cointreau)
- 1 shot cranberry juice
- Squeeze lime juice



### Standard Drinks

Because of all the shots, there are approx 2.5 standard drinks in just one Cosmopolitan. This means just one Cosmo puts you over the recommended alcohol intake per day. Having just one Cosmo on a night out is quite unrealistic and most people are like to consume more than the recommended amount of 2 standard alcoholic drinks if they choose to drink Cosmos.

### In comparison to other foods

1 Cosmopolitan has more alcohol and calories than 2 low carb beers or 6 pieces of milk chocolate. The extra calories come from the additional alcohol and carbohydrates in the cosmo.

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## **Nutritional analysis – what's in a Cosmo**

Vodka - let's take an average of 1.5 shots

- 102 calories
- 15 g alcohol

Triple sec is an orange liqueur with the same alcohol content as vodka but with lots of sugar added to it. 1 shot triple sec has approx:

- 99 calories
- 8 grams carbs
- 9.5 grams alcohol

Cranberry Juice - 1 shot has:

- 15 calories
- 4 g of carbs
- 0.12 g protein
- 0.03 g fat

Lime juice adds approx 7 calories, 2 grams carbs and no fat or protein.



## Espresso Martini

### Summary per cocktail:

- Calories: 353
- Fat: 13 grams
- Protein: 2.2 grams
- Carbs: 17 grams
- Alcohol: 24 grams

**Score: 1/10** (this doesn't get a 0/10 because that award goes to drinks that contain cream in addition to the creamy liqueurs and lots of shots, eg Toblerone). This drink gets the lowest score because it is so high in sugar, fat and alcohol.

The fat will just be stored on your body as the liver will metabolise the alcohol first. Both the alcohol and the caffeine are dehydrating and there is no additional water in this drink to make up for that and keep you hydrated.

There are various ways to make an Espresso Martini and they will all have different amounts of sugar, alcohol and calories. This is one of the worst drinks because it is high in sugar, fat and alcohol, and consequently very high in calories.

An Espresso Martini made with real espresso is better than one made with just coffee syrup because coffee syrups are often high in sugar, adding even more calories to what is already a very calorie laden drink. Coffee alone is not unhealthy when consumed in moderate quantities and research shows that consumption of 1-2 cups of coffee per day has some health benefits. But that certainly does not make an Espresso Martini a healthy drink or even remotely a good choice of drink.

### Standard Drinks

An Espresso Martini will also often contain around 1.5 shots of vodka, 1.5 shots of coffee liqueur and 1 shot of cream liqueur. This equates to 2.5 standard alcoholic drinks.

### In comparison to other foods

In terms of calories, this drink is equivalent to:

- eating 2 rows (10 squares) of milk chocolate or
- having more than 3 low carb beers or
- having more than 5 vodka, lime and sodas
- having more than 5 standard glasses of white wine (150ml)



## Caprioska

### Summary per cocktail:

- Calories: 148
- Fat: 0 grams
- Protein: 0 grams
- Carbs: 4.2 grams
- Alcohol: 20 grams

### Score: 6/10

The double shot of vodka and extra sugar are what give this drink a lower score. Otherwise not a bad choice.

A Caprioska is usually made from 2 shots of vodka, lime, crushed ice, and 1 teaspoon of sugar. This is similar in nutrition composition to a vodka, lime & soda but with double the alcohol and extra sugar.

Obviously, twice the alcohol plus the added sugar make it a less healthy option than the vodka, lime and soda but in the overall scheme of things, this is not a bad choice when compared to the Espresso Martini or the Cosmopolitan.

### Standard Drinks

A Caprioska has more calories than a low carb beer though and being 2 shots in one glass means that you are reaching your recommended alcohol intake of two standard drinks in just one drink.

### In comparison to other foods

This has the same amount of calories as 4.5 squares of milk chocolate.



## White Wine

### Summary per 150 ml cup:

- Calories: 69
- Fat: 0 grams
- Protein: 0.3 grams
- Carbs: 2 grams
- Alcohol: 8.5 grams

### Score: 7/10

This gets a fairly good score because it is low in calories and fat but misses out on high marks because serve sizes are difficult to monitor and most people have more than the standard serve size.

### Standard Drinks

150 ml of white wine is one standard alcoholic drink. This contains around 69 calories which is on par with a vodka, lime and soda.

Although they it contains roughly the same amount of alcohol and calories as vodka, lime and soda, it is smaller in volume (150ml of wine vs a 250-300ml glass vodka, lime and soda) so you are likely to finish it faster and be queuing up for another drink sooner.

### In comparison to other foods

1 glass of white wine has less calories than 2 squares milk chocolate. However, red wine is always a better choice than white wine because it is high in antioxidants and has been found to have a protective effect on heart health.

Something else to consider is that most wine glasses hold much more than 150ml. Most bars will serve the correct amount, however if you are serving yourself you are likely to have more than 1 standard drink per glass. It is a good idea to buy smaller wine glasses or measure out 150ml of water into your current wine glasses so that you have a visual representation of how much 150ml is for the next time you're pouring yourself that glass of wine.



## **Sangria**

### **Summary per 250ml cup:**

- Calories: 90
- Fat: 0 grams
- Protein: 0.9 grams
- Carbs: 3.7 grams
- Alcohol: 10 grams

### **Score: 8/10**

This gets a good score because of the low alcohol content by volume and the added fruit is a bonus!

Sangria is made with red wine, fresh lemon and orange, sugar, a shot of brandy and some soda water.

### **Standard Drinks**

250ml of Sangria constitutes one standard drink. Because of the added soda water and fruit, the volume of Sangria that makes a standard drink is much higher than plain red wine. Ie, more Sangria for the same amount of alcohol.

### **In comparison to other foods**

1 cup of Sangria is lower in calories than a bottle of low carb beer but higher than a glass of white wine or a vodka, lime and soda. It has the same calories as 2.5 squares of milk chocolate.

