

# Food For Thought

If you want to lose weight, it may seem like a good idea to trade candy bars for granola bars or to swap bacon and eggs at breakfast for the classic bagel (it's shaped like a zero; how bad could it be?). Sadly, it's just not that simple. Customers' nutrition knowledge is rising, so food marketers are desperate to attract the right kind of attention from the eating public. So they're twisting nutritional buzzwords to trick us into eating the kinds of foods that can actually help make us fat. We need to be more careful than ever to make sure we're feeding ourselves the very best real health foods — not sugar-infused calorie bombs disguised as weight-loss foods.

## **Granola Bar**

200 calories

15 g sugars

### **Eat this instead**

1 oz cheddar cheese with Triscuits

150 calories

5 g sugars

Ever wonder what keeps a granola bar together? The answer: high-fructose corn syrup, which quickly raises blood sugar and cancels out most of the potential benefits the granola almonds and oats might give you. Switch over to good old-fashioned cheese and crackers and you trade sugar and calories for protein and fiber. It's a big deal that will make you smaller, as will steering clear of the sugar bombs.

## **Yogurt with Fruit on the Bottom**

190 calories

30 g sugars

### **Eat this instead**

Plain yogurt with fresh fruit mixed in

110 calories

15 g sugars

Pass on these over-sweetened yogurt cups; they contain as much sugar as a soft drink. Almost all of that comes directly from the "fruit," which is swimming in high-fructose corn syrup. Yogurt and fruit can be a great way to start your day, but do it yourself by mixing a cup of nonfat plain yogurt with a half cup of mixed berries.

## **Bagel with Cream Cheese**

700 calories

40 g fat

13 g saturated

### **Eat this instead**

Cheese omelet

425 calories

18 g

6 g saturated

Bagels are bogus. The bread is bad enough, containing 300 calories and 60 grams of carbohydrates, but tack on the liberal cream cheese schmear (by our survey of popular breakfast chains, up to 4 ounces for a single bagel!) and your "harmless" breakfast sandwich weighs in as worse than a Whopper. The omelet swap will save you nearly 300 calories, plus provide a surge of metabolism-boosting protein. And a recent study from the University of Connecticut found that eating eggs can help raise HDL (good) cholesterol.

## **Dried Fruit**

175 calories

45 g sugars

### **Eat this instead**

Fresh fruit, like an apple or a peach

70 calories

15 g sugars

OK, so dried fruit won't totally derail a day of good eating (unless you down the whole bag of banana chips), but it's far from being a harmless snack. First, because the dehydrating process sucks most of the volume from the fruit, you can eat cups of the stuff, and 600 calories later, still not feel any fuller. More troubling, though, is the fact that Sun-Maid and Ocean Spray add sugar to the fruit, making Craisins closer to candy than Mother Nature's original intention. The choice is clear: Stick to the original, straight from the tree. Fruit leathers are even worse. The majority contain high fructose corn syrup to keep them soft, and have hundreds of calories for very little volume.

## **Fish Sandwich**

600 calories



### A Note on the Collegian's Dairy of Choice...

**Umpqua Dairy** is one of the few remaining family-owned dairy products company in Oregon, based in Roseburg, Oregon. Umpqua Dairy has been in operation since 1931. Umpqua Dairy products are distributed throughout Oregon, and in northern California and western Washington. Umpqua Dairy credits a great deal of its success to a corporate culture that truly values employees, emphasizes quality, and celebrates family. Many of Umpqua Dairy's employees are life-long with the company and their loyalty is returned in kind - in 72 years, Umpqua Dairy has never laid off an employee.

In addition to its commitment to local farmers, employees and the environment, Umpqua values the health of its customers. Umpqua dairy is one of a small number of dairies who have consistently refused to buy milk from cows that have been given RBGH, a synthetic hormone given to "agri-business" dairy cows to increase milk production.

Umpqua buys its milk from family farms that make a commitment not to use these hormones.

Umpqua dairy is an award winning Oregon dairy. Here are a few of their awards:

**2008** Winner of "Nog Off - Best Egg Nog in the Nation" for all of Quality Chek'd

**2008** Winner Judges Award Best Chocolate Ice Cream in the Nation at Quality Chek'd National Convention

**2008** Oregon Dairy Industries Best Ice Cream in the Northwest

**2007** Winner of Quality Chek'ds most prestigious award for overall excellence during 2006. The Irving B Weber Distinguished Award for Excellence. This is a back to back National Championship

**2007** Oregon Dairy Industries 1st Place for Vanilla Ice Cream, Chocolate Ice Cream and Score Butter

**2006** Winner of Quality Chek'ds most prestigious award for overall excellence during 2005. The Irving B Weber Distinguished Award for Excellence

**2006** Winner of "Nog Off - Best Egg Nog in the Nation" for all of Quality Chek'd

**2006** Oregon Dairy Industries Cultured Sweepstakes Award, 1st Place for Buttermilk, Chocolate Ice Cream

**2005** Oregon Dairy Industries 1st Place for Cottage Cheese and Sour Cream

**2004** Winner of Quality Chek'ds most prestigious award for overall excellence during 2003. The Irving B Weber Distinguished Award for Excellence

**2003** Oregon Dairy Industries Ice Cream 1<sup>st</sup> Place Award

**2002** 1st Place in all of Quality Chek'd for Sour Cream

**2002** Oregon Dairy Industries Ice Cream Award, 1st Place for Vanilla, Chocolate and Strawberry Ice Cream.

**2001** 1st Place in all of Quality Chek'd for Cottage Cheese, Ice Cream.

**We Proudly Serve Umpqua Dairy Products to our Residents!**

30 g fat

11 g saturated

**Eat this instead**

Grilled chicken sandwich

300 calories

13 g fat

4 g saturated

Fish *is* good for you, except when it's battered, fried, robed in cheese, and bathed in tartar sauce. The lesson? Even the biggest star can be sabotaged by the supporting cast. To this end, avoid any menu item with the word "crispy," the restaurant industry's favorite euphemism for "fried." Make sure your next fish or chicken sandwich is grilled, dressed with fresh produce, and topped with a low-cal barbecue sauce, or even ketchup and mustard.

**Stick margarine (1 Tbsp)**

100 calories

11 g fat

2.5 g saturated

2.5 g trans fat

**Eat this instead**

Whipped butter (1 Tbsp)

50 calories

6 g fat

1.5 g saturated

In their haste to remove saturated fat from butter, margarine makers created the margarine monster — a dangerous lipid called trans fat, with more dangerous links to heart disease than saturated fat. Pick up whipped butter instead. Whipping air into it decreases the caloric density of a tablespoon of butter, and makes it easier to top your toast. If you buy margarine, make sure it's the type found in the tub, hopefully with an added bonus like omega-3s folded into the mix