



## **Do you reach for comfort foods in the face of adversity?**

According to a survey commissioned by American Institute of Cancer Research (AICR), Americans have made unhealthy changes in the way they eat since the September attacks. The survey showed that Americans are eating more comfort foods like mashed potatoes and gravy, fried chicken, and macaroni and cheese. About 37 million are eating heartier, rich foods like steak, stews and lasagna, and almost 55 million are eating more sugary foods like desserts and ice cream.

### **The following are simple techniques to make foods healthier but still comforting and tasty in times of stress:**

1. Substitution - Evaporated skim milk could be used in place of cream, and olive oil or light tub margarine can replace butter in many recipes.
2. Add a few healthy ingredients - Add vegetables, fruits, whole grains, and beans to enhance the nutritional quality of a recipe. For example, add diced bell pepper and zucchini to your spaghetti sauce or a variety of beans to your chili recipe. Try using dates in cookies and replacing half the margarine with applesauce.
3. Portion size - Some comfort foods, like macaroni and cheese or stew, are often served as meals in themselves. Try serving these foods in smaller portions and add some variety to the meal such as a cooked vegetable and a salad or raw vegetables with a low fat dip.
4. If it is a food you cannot modify - enjoy in moderation or share with a friend! Also, see if there is an alternative activity that can comfort you - perhaps reading a book, taking a walk or calling a friend!

Your local Health and Wellness Center (HAWC) and Dietitian are there to help you maintain your weight even through the rough times. They have information to help you learn how to cook your favorite foods healthier or choose alternative ways to seek comfort. Call them today for more information!

***Shape Your Future... Your Weight!™***