

Eating Smart at the County Fair

EAT SMART Newsletter by *Rebecca Morley, MA*

adapted from : minnesota.publicradio.org/features/2004/08/27_wurzerc_fairfoodlist/

Volume LXXVIV July 28,2008

Ready or Not, Here It Comes

Although one day of fair food won't make or break your entire eating plan, some foods may not be worth it when you think twice before you eat them. But it **SMELLS** so good! What to do?

Before you go to the fair hydrate yourself and eat a good healthy meal. This will help you to resist temptation. Limit or stay away from the fried, greasy foods that are packed with fat, calories, sugar and salt.

Beware of

BIG (really big) portions that are easy to over-eat

Fried or double-fried food that are high in trans and saturated fats

Foods smothered in cheese, bacon, cream cheese or whipped cream.

Candy bars or cotton candy

Anything batter-fried! Sorry, Vikings are fried!

French-fries or chips, especially those with cheese or ranch sauce

Foot-long hot dogs or corn dogs

If you have favorite fair foods on this list, don't despair, just enjoy sharing with family or friends and find healthier snacks later.



Time for a Picnic?



Spending lots of time at the fair with 4-H kids or as a vendor? Pack a picnic and find a shady spot on the grass. Pack bottled water, fresh or dried fruits, baggies of cut up veggies, sandwiches, hard boiled eggs, yogurt, pudding or fruit cups, string cheese, graham crackers and some yummy nuts. Just pack it with a iced "gel pack" and bring your camera to capture the memories.

"Guilt-Free" Fair Foods

Hard-shell tacos or nachos topped with lots of veggie and light on the cheese

Fruit pies (but just one slice!)

Pitas or gyros w/extra veggies

Corn on the cob

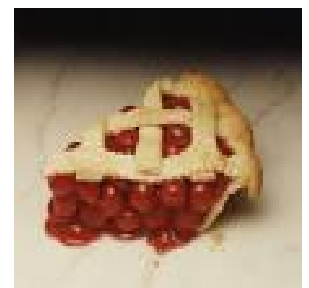
Burgers loaded with veggies

Smoothies with fresh fruit and non-fat yogurt

Yummy chicken or just don't eat the skin!

Chocolate-dipped bananas or caramel apples

Tater pigs (just go easy on the sour cream!)



Eat Smart Program * Missoula City-County Health Department

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