

NUTRITION NEWSLETTER

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FAST FOOD vs. HOMEMADE FOOD

The fast food restaurants with their value menus seem to be benefiting from the slow economy as we accommodate our budgets and lifestyles. The trend is to eat more meals at home and when eating out, people choose less expensive restaurants and order cheaper items. Is fast food a better deal than homemade?

Here is one example that compares cost and nutrition of a fast food and a homemade version of the hamburger:

McDonald's BIG MAC			HOMEMADE BURGER		
FOOD	PRICE	CALORIES	FOOD	PRICE	CALORIES
2 Big Macs	\$3.50	1080	2 turkey burgers	\$2.25	240
			2 whole grain buns	\$0.57	220
Large fries	\$1.80	500	3 ounces baked French fries	\$0.64	110
Large regular soda	\$1.89	310	32 oz. unsweetened iced tea	\$0.20	0
Total	\$7.19	1890	Total	\$3.27	610

http://abclocal.go.com/kabc/feature?section=news/food_coach&id=6702155

Other things to consider before making your food choice are:

- **Time:** Finding/taking the time to shop and prepare meals.
- **Family values:** Time with family preparing and sharing meals.
- **Education:** Teaching yourself and your family the skill of cooking.
- **Fuel costs:** Frequent trips to restaurant versus a weekly trip to grocery store, adds to the expenses.
- **Quality:** Taste, freshness and nutritional value of ingredients.
- **Local or global:** Local production versus having your food transported from many miles away and supporting your local farmer/processor versus the global market.

So, how do you choose whether to eat out or stay in and what value do you put on food?

Just remember: you can cook a nutritious 20 minute dinner with quality ingredients and avoid artificial colors, flavors, and preservatives, for less than \$10 for a family of four.

And you and your family will feel a lot better if you prepare the meal yourself.

Created by: Consulting Registered Dietitians Inc. Adapted from:
www.mayoclinic.com,
www.cookinglight.com and
www.foodnetwork.com



Crispy Baked Fried Chicken

4-6 servings/50 minutes
Calories: 520



Ingredients:

- 8 chicken pieces
- 1/2 cup flour
- Salt and pepper
- 4 cups cornflakes
- 2/3 cup buttermilk
- 2 Tbsp mustard
- 1/4 tsp cayenne pepper
- 1 1/2 tsp paprika
- 3/4 tsp ground sage

Directions:

- Preheat oven to 425°.
- Rinse the chicken and pat dry.
- In a bowl season the flour with salt and 1/4 tsp of pepper.
- Fully coat chicken pieces with flour and shake off excess flour
- Crush the cornflakes.
- In a large bowl mix the buttermilk, mustard, cayenne pepper, paprika and sage. Give each floured chicken piece a good buttermilk bath and then roll in the cornflake crumbs.
- Arrange the chicken pieces on the rack and place in the hot oven.
- Cook for 15 to 20 minutes, lower the heat to 375 degrees and cook for another 25 to 30 minutes, until cooked through and crispy.