

Time Out

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Mind & body

Lunch crunch

While the TOC Healthy Carrot tries to keep his voice to a whisper as he examines the lunches of staffers at the Chicago Public Library downtown location (400 S State St, 312-747-4396, chipublib.org), local registered dietitian Dawn Jackson Blatner decides if the meals are worth checking out.

Jacob Cleary, librarian Pressed jerk chicken sandwich and red-potato salad from Cafecito (26 E Congress Pkwy, 312-922-2233, cafecitochicago.com)

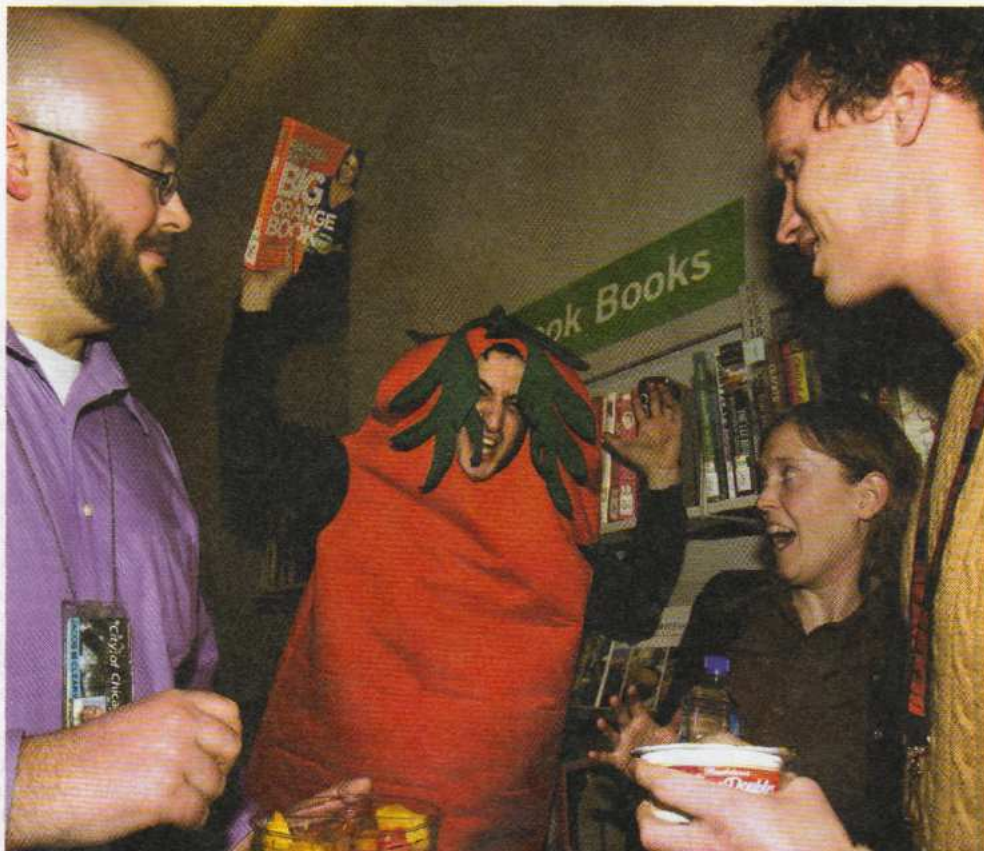
Expert says "There aren't enough bright-colored veggies in this lunch to get high marks. Instead of the potato salad, try the mixed-greens 'village salad' with dressing on the side. Hold the mayo on the sandwich to save about 100 calories and 11 grams of fat. For an even lighter lunch, try a specialty salad with chicken breast." 🍌🍌🍌🍌

Warren Watson, librarian Tokyo Lunch Box and cup of chicken U-dong soup

Expert says "Soup is usually a pretty low-calorie choice; however, the sky-high sodium content (which causes high blood pressure) can be a deal breaker. Instead, try a 12-piece mixed-vegetable maki paired with a vegetable salad or *goma-ae* (spinach with sesame sauce). With this new order, you'll be getting closer to your recommended daily vegetable quota (2.5 cups per day)." 🍌🍌🍌🍌

Sasha Neri, library clerk A half cup of instant brown rice with a half cup of Italian green beans and a handful of edamame (prepared with a teaspoon of margarine), some baby carrots and a Diet Coke

Expert says "Close to a perfect lunch! It's a balance of 25 percent whole grains (brown rice), 25 percent protein (edamame) and 50 percent vegetables (green beans and carrots). To make it even better, make sure the margarine is trans-fat free and swap the Diet Coke for a natural



beverage such as an unsweetened iced tea or sparkling water." 🍌🍌🍌🍌

Erin Sanders, librarian Garbanzo masala with basmati rice—from Chutney Joe's (511 S State St, 312-341-9755), the "Desi Bowl" portion—and a can of Hansen's mandarin lime soda

Expert says "This is a great small-portion order of a healthy vegetarian option! Swap the soda for a zero-calorie beverage such as water since even the 'natural' pop still has 150 calories and 39 grams of sugar (that's almost 10 teaspoons) per can. The meal could use more produce, so add an apple or an orange to round it out." 🍌🍌🍌🍌

Scott Mitchell, graphic arts supervisor Ham sandwich on 12-grain bread, purified water

Expert says "A beige-colored lunch without veggies gets just an average score. Check the

ingredient list for the word "whole" to make certain it is whole-grain bread and not an imposter. Hold the cheese and mayo on sandwiches and instead add spinach and tomato for extra vitamins, minerals and fiber. Have a side of fruit or veggies to make the meal fully balanced." 🍌🍌🍌🍌

Tanya King, public-relations representative Can of light vegetable and noodle Progresso soup, an apple and water.

Expert says "Eating too little at lunch can lead to oversnacking the rest of the day and overeating at dinner. Aim to have at least 400 calories at lunch (this meal is only about 220). Solution: Add half of a turkey sandwich and try the low-sodium versions of soup, such as light reduced sodium roasted chicken and vegetable." —KA 🍌🍌🍌🍌

The Get

Sited



DRAWING ON INSPIRATION There's a reason we surround ourselves with beautiful things: It feels good...just like practicing a sun salutation. So why the stale selection of yoga mats on the market? Enter **yogamatic.com**. After nailing down the right materials—water-based ink, 100 percent compostable mats—and partnering with the American Green Cross seven months ago, designer William Cawley, wife and photographer Jennifer Cawley and business partner Mary! Georgi began churning out customizable mats for the masses (with some disposable income) from their Santa Monica studio. How it works: Shoppers can either upload an image (at a minimum 2,100 by 2,800 pixels) onto the site or choose from yogamatic's online gallery. The 100-plus options not only include William Cawley's own creations—everything from yoga-pose instructions to Obama-centric art—but also a bevy of designs submitted by artists looking for exposure. (In the near future, artists will receive a portion of the profit for every mat sold featuring their design.) To top it off, the company occasionally partners with designers to champion charitable campaigns, such as the recent "Health is Beauty"-inscribed mat, courtesy of Donna Karan, promoting the Council of Fashion Designers of America's the Beauty of Health initiative. Orders ship within five days, so start stretching. \$85 at yogamatic.com. —JH

PHOTOS: TOP, MARY VETRENNIS; BELOW, NICOLE RADDA