

Time
Chicago



OBAMA

44



Mind & body

Lunch crunch

The *TOC* Healthy Carrot hits up the actors' studio and scans the lunches of six *Jersey Boys* cast members. Local registered dietitian Dawn Jackson Blatner rates their preshow performance.

Drew Gehling (Bob Gaudio) Half a turkey sandwich with a slice of blue cheese, lettuce and mango marmalade on cracked-wheat bread plus a country wine soda from Pastoral (53 E Lake St, 312-658-1250)

Expert says A half sandwich is great portion control but may not be enough to hold you over until dinner without excessive snacking, so add an apple or small side salad with light dressing for balanced nutrition and extra fullness. Also, skip the cheese, and swap the soda for calorie-free water.

Timothy Quinlan (Swing) A bowl of homemade chicken chili made with kidney beans, grilled chicken, peppers, tomatoes, onion, a dollop of sour cream and a sprinkle of shredded cheese, one slice of corn bread and a glass of water

Expert says You get high carrot points for bringing your own lunch since you have more control of the ingredients. Chili is a great lunch choice since it is extremely filling, and your version is extra nutritious with fiber-rich beans, vegetables and lean chicken. Score more carrots by using chopped avocado instead of the sour cream and cheese because it contains heart-smart fats, or use low-fat versions of sour cream and cheese. Be sure to make 100-percent whole-grain corn bread for optimal nutrition.

John Michael Dias (Alternate for Frankie Valli) Three scrambled eggs, three slices of turkey bacon, two slices of 12-grain toast with honey, a glass of water with Electro Mix powder

Expert says Eggs are nutritious, but opt for one whole egg and two egg whites since most of the fat and cholesterol is in the yolk. You get extra credit for having turkey bacon rather than regular bacon since that saves you 25 calories and two grams of fat per ounce. The weak link of this lunch is that it contains no produce, so add veggies to your eggs. Make sure to check the ingredients on the bread package for the word "whole" since "12-grain"



doesn't necessarily mean that it is whole grain (which take longer to digest and help stabilize blood sugar levels). Good choice on the drink: It's zero calories and provides a little flavor with added calcium, magnesium, potassium and chromium.

Craig Laurie (Bob Crewe) A bowl of brown-rice chicken soup from a Japanese restaurant, a spicy tuna-sushi roll and a Diet Coke

Expert says One spicy tuna roll weighs in at about 350 calories, which is perfect for lunch when paired with a small side. Broth-based soup is generally a low-calorie choice and the brown rice adds whole-grain goodness, but aim to eat more vegetables at lunch by ordering the *gomae* (spinach salad with sesame seeds) instead of rice. Even though Diet Coke has no calories, change it up some days to a more natural choice such as unsweetened tea or sparkling water.

Merissa Haddad (Mary Delgado) A small bowl of Trader Joe's roasted red-pepper tomato soup,

spinach salad topped with feta cheese, avocado, dried cranberries, walnuts, Good Seasons Italian dressing and water.

Expert says Soup is a great choice for lunch at just 110 calories for one cup and a healthy dose of veggies, but choose the low-sodium variety. Be careful with the salad toppings because too heavy of a hand can lead to a high-calorie, belly-busting salad. A good rule of thumb is to aim for a total of one fourth of a cup of high-calorie toppings such as dried fruit, nuts and cheese.

Alayna Gallo (Lorraine and others) An acai berry and banana parfait with granola and a Green Tea Ginger Twist from Argo Tea.

Expert says The fruit and calcium-rich yogurt are healthy, but don't let the little 12-ounce parfait fool you; it still contains more than 500 calories. Make sure to order the zero-calorie loose-leaf Green Tea Ginger Twist instead of the presweetened version since it contains 250 calories for the medium size.—JH

Sited

THE FATS OF LIFE Just because you can't justify spending \$150 for a one-on-one session with a nutritionist to help you follow through with your New Year's eat-right resolution doesn't mean you can't afford a helping hand. Enter Myfoodeez.com, a recently launched nutrition site by local entrepreneurs Dan Graczyk and Ric Horejs. Here's how it works: After signing up (\$10–\$15 per month) and entering your basic info—height, weight, level of activity—the site spits back a ballpark range for the number of calories you should consume in a day. Then, choosing from the multitude of suggested meals available on the site or your own customized options (upload recipes that aren't in the system by inputting their ingredients), you record however many weeks' worth of meals you've signed up to participate in the program. The site even kicks out a shopping list to ensure you have everything you need. In addition to calculating the number of calories you'll consume with each meal, the program computes the nutritional value. Scroll through the site and find a plethora of bonus tips and educational tidbits, from recipes for healthy dishes to video lectures on the benefits of flax seed oil. Sound complicated? Just a tad. But it's a lot easier on your bank account than that nutritionist.—JH