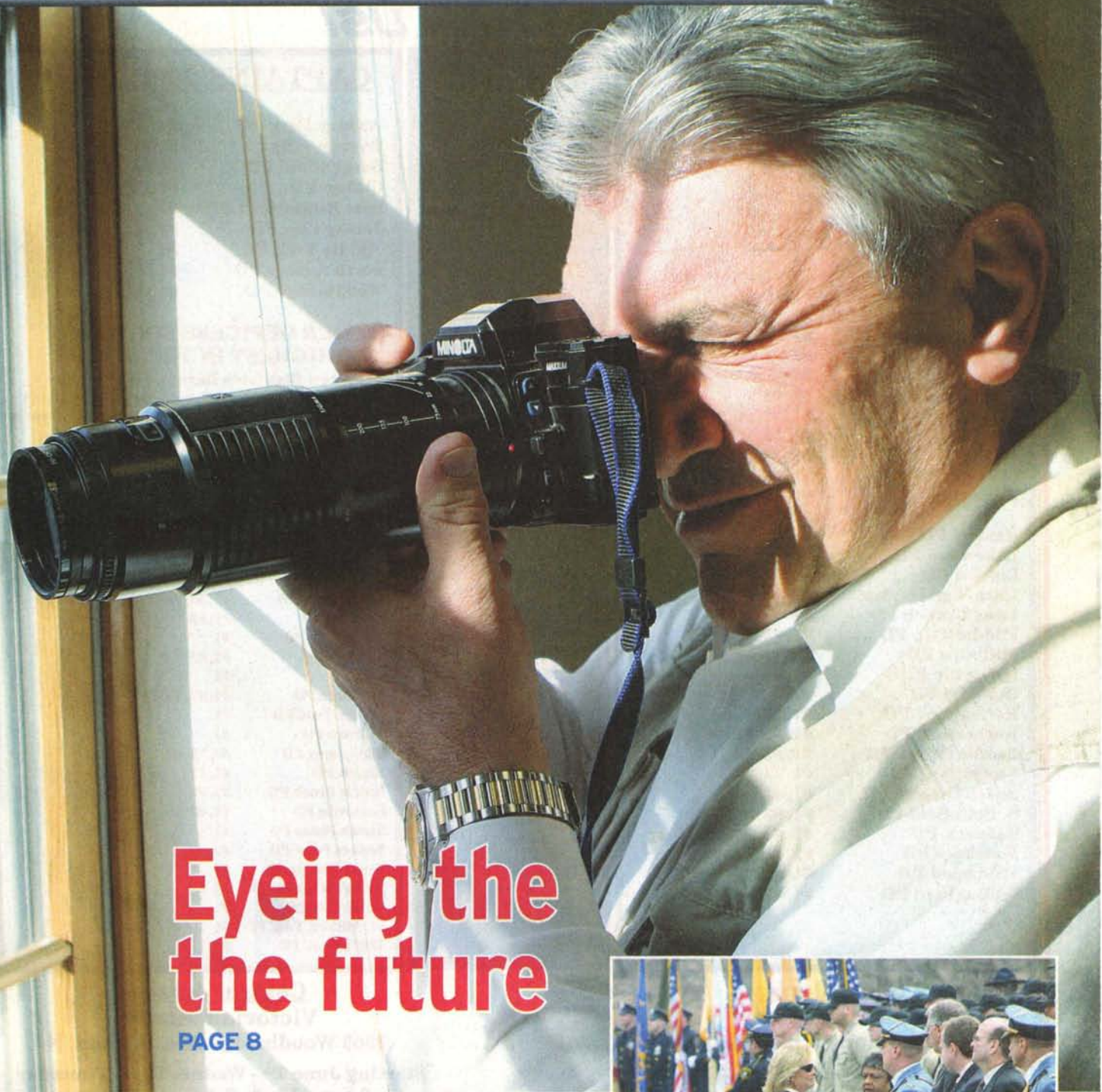


NEW JERSEY COPS



PRESRT STD
U.S. POSTAGE
PAID
PERMIT NO. 6438
PHILA., PA 191

www.njcops.com
Vol. 9 No. 7



Eyeing the future

PAGE 8



Watchung police officer buried after tragic accident
PAGE 10

A Jersey City officer was also laid to rest PAGE 36

Eating healthy on the road

■ BY MATT BRZYCKI

As a police officer, you probably eat “on the road” on a fairly regular basis. And you’re not alone. Just look at fast food. It has been said that each day, one out of every four Americans eats fast food.

HEALTHY CHOICES

Although eating on the road is usually quick and convenient, the food tends to be high in calories, fat and sodium. Nevertheless, there are healthy tactics that you can employ when eating on the road. Since foods can vary so much from one restaurant to another, it’s well beyond the scope of this article to offer you a detailed list of specific suggestions. However, here are some general suggestions that you’ll find useful in your quest to make healthy choices when eating on the road:

REDUCE FAT

In general, it’s a good idea to reduce your intake of fat. Specifically, you should limit saturated fat and trans fat.

Perhaps the most popular item on a restaurant menu is an order of french fries. Unfortunately, french fries are very high in fat. A medium serving can have 18 grams of fat. (Fat has 9 calories per gram.) Onion rings are not much better. A medium serving can have 16 grams of fat. A better choice to accompany your meal is a baked potato which has no fat whatsoever.

Here’s another helpful hint to reduce your intake of fat: If you like to eat toast with your breakfast, use jelly or jam instead of butter.

WATCH SODIUM

If you’re not careful, you can easily get more than an entire day’s worth of sodium in just one meal. It’s no secret that french fries are high in sodium – a medium serving can have 640 milligrams. But the fact of the matter is that sodium shows up in a number of unexpected places.

For instance, a medium vanilla milk shake can have about 300 mil-

ligrams or more. Another unexpected surprise is that squirt of ketchup on your burger – a packet can have as much as 180 milligrams. Those seemingly harmless dill pickles check in at about 200 milligrams. Salad dressings can be loaded with sodium: Fat-free

Italian dressing has a whopping 770 milligrams. And one serving of chili can have more than 1,000 milligrams of sodium. Yikes! Other foods that are high in sodium are cole slaw, potato salad, soups and chicken pot pie.



Matt Brzycki

THINK GREEN

Many restaurants offer salads. However, just because it’s salad doesn’t automatically mean that

it’s healthy. You cannot go wrong with ingredients such as lettuce, tomatoes, cucumbers and carrots. But you can sabotage an otherwise excellent choice of food with the dressing.

In general, salad dressings are almost all fat and quite high in sodium. So rather than drown your salad in dressing, order it on the side. Or better yet, use a fat-free or reduced-fat dressing. Remember, though, that using a reduced-fat dressing doesn’t give you the license to pour it on ad libitum.

Something else to avoid on salads are croutons which are 30% fat or more and high in sodium. Also skip the bacon bits. And even though they’re both salads, a garden salad is generally much healthier than a Caesar salad.

LIMIT TOPPINGS/SAUCES

A traditional topping for a sandwich is mayonnaise. Choosing to “hold the mayo” could save you 150 calories or more – and they’re all from fat. If you need to put something on a sandwich, try mustard instead of mayonnaise.

As noted earlier, a baked potato is a better choice than french fries or onion rings. But get it sans butter, sour cream or other toppings/stuffings.

Few foods are inextricably linked with toppings more than the ever-popular pizza. One medium slice of cheese pizza can have 240 calories of which 10 grams are from fat (plus 650

milligrams of sodium). Add meat toppings and it only gets worse. Consider this: One medium slice of sausage pizza can have 340 calories of which 18 grams are from fat (plus 910 milligrams of sodium). And seriously, who eats just one slice? If you’re going to get pizza, order it plain or with vegetable toppings. Another healthy option is get pizza with whole-wheat dough.

Ketchup is a popular condiment but, again, it’s high in sodium. Sauces, too, are usually high in sodium. Get tarter, barbeque and other sauces on the side. The same is true of gravy: If you want it with your mashed potatoes, order it on the side.

GO GRILLED

Grilled foods are healthier than fried (or breaded) foods. Other healthier ways to prepare food are to have it baked, broiled, charbroiled, roasted or steamed. In addition to avoiding foods that are fried or breaded, steer clear of foods that are dubbed “crispy.”

CHOOSE POULTRY/FISH

Lighter meats are healthier than darker meats. So instead of ordering beef, choose chicken, turkey or fish. For breakfast, ham is a healthier choice than bacon or sausage.

As mentioned previously, the way that a food is prepared has an enormous impact on its nutritional content. Grilled chicken is a better choice than fried chicken. If the chicken that you ordered has skin, remove it; the skin has plenty of calories and fat. Interestingly, some parts of a chicken are healthier than others. A drumstick, for instance, has much less calories and fat than a thigh.

EAT FRUIT

Like vegetables, fruits are very low in calories and fat and packed with nutrients. Be advised that apple pies, blueberry muffins, cherry turnovers and strawberry shakes aren’t charter members of the fruit group. Healthy options include fruit salad and yogurt.

SEE PAGE 29

FROM PAGE 28

DRINK RESPONSIBLY

Two beverages to avoid are milk shakes and sodas. Besides being high in sodium, milk shakes are high in calories and fat: A medium vanilla shake can have 41 grams of fat. Gulp. A better choice is low-fat milk. Sodas are very high in sugar which has virtually no nutritional value. Couple that with free, unlimited, help-yourself refills and you have a recipe for dietary disaster. If you simply have to drink a soda, choose a diet version.

Of course, an excellent choice for a beverage is water which has no calories. Another good option for a beverage is some type of juice.

GET SUBSTITUTES

You have the right to ask for substitutes. Just because a meal comes with a soda doesn't mean that you cannot ask for low-fat milk; just because a meal comes with french fries doesn't mean that you cannot ask for a baked potato (plain, of course); just because

the sandwich comes with a sesame-seed bun doesn't mean that you cannot ask for a whole-grain bread/roll. Remember, you can "have it your way."

CONTROL PORTIONS

Value meals are tempting but remember, the "value" is economical not nutritional. Yeah, you do get a lot of food for your money but what you usually get is a lot of bad food for your money – more calories, more fat and more sodium. Some bargain.

One of the most important things that you can do when eating at restaurants is to exercise portion control. Get the smallest burger not the largest one (and get it minus cheese). Get the smallest order of fries not the largest one. In short, it isn't wise to supersize.

BECOME KNOWLEDGEABLE

A food at one restaurant can differ dramatically from the same food at another. For example, researchers looked at 36 chicken sandwiches from

16 fast-food chains. They found that a chicken sandwich at one fast-food restaurant had 360 calories of which 7 grams were from fat and a chicken sandwich at another fast-food restaurant had 950 calories of which 56 grams were from fat. So, it pays to become familiar with the menus and nutritional information of the restaurants at which you typically visit.

THE BOTTOM LINE

The next time that your partner pulls into the parking lot of a restaurant, there's no need to panic. Instead, remember that it's possible to eat healthy on the road.

Matt Brzycki is the coordinator of Recreational Fitness and Wellness at Princeton University. A former Marine Drill Instructor, he has authored, co-authored or edited 14 books on strength and fitness, including SWAT Fitness (available at www.operationaltactics.org).

njcops.com / calendarcops.com



EDCON PRESS
POLICE, FIRE & EMS BOOKSTORE
NEW ADDRESS
7 WALNUT AVE., CRANFORD, NJ 07016

Call for your books today!



www.edconpress.com
We specialize in providing the finest selection of study guides and books for the Fire, Police and EMT communities. There are hundreds of up to date titles to choose from and most ship within just 3 to 4 days!

Chief Mary Rabadeau (Ret.)
Phone: 908-272-7765

N50645-01

Need Cash Now?

US Pension Funding Pays Immediate Cash For Your Future Pension Payments

- Pay Bills
- Pay Off Mortgages
- Mortgage Down Payment
- Pay Taxes

Put YOUR Money to work for YOU today!
For a FREE Quote, call or go online:
1.800.586.1325
www.uspensionfunding.com



N50645-01

Alike's Gun Shop

Jersey's Largest GLOCK Stocking Dealer With A Full Time GLOCK
Certified Armorer, Parts & Accessories.

BUSHMASTER Stripped Receivers \$175.00

GLOCK 17,19,22,23,26,27,31,32,33
~~\$480.00~~ Too Low To Advertise
Call For Pricing On All Models

AUTHORIZED BLACKHAWK & SUREFIRE DEALER

Hi-Cap Mags \$20.00 + **33rd 9mm \$35.00**

HECKLER & KOCK LEM Compact & Full size

M-3 TAC LIGHT \$780.00 ~~\$680.00~~ **\$1.05.00**

355 Anderson Ave. Fairview, New Jersey 07022

LASERMAX GLOCK MODELS \$270.00 **(201) 941-5661** **KAHA ARMS PM 40 / PM9 \$550.00 \$495.00**

All State And Federal Laws Apply

N50645-01