



**Nutrition notes: practice what they preach; Three nutritionists share their tips for healthy eating**

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IN SOME WAYS, nutritionists are just like you and me. They have busy lives that make it hard to cook meals at home, and they aren't immune to the draw of foods that are convenient and taste good but have little nutritional value. In other ways, though, they're different. For instance, they plan ahead. They think about where they're going to be and what food options will be available to them, and then they plan accordingly. Sometimes that means pulling together a lunch and a few snacks and taking them along; sometimes it means simply having a strategy at the ready to deal with the vagaries of restaurant meals.

What we learned from talking to three nutritionists--Debra Waterhouse, MPH, RD, author of *Outsmarting Female Fatigue: The 8 Energized Strategies for Lifelong Vitality* (Hyperion, 2002); Susan Kundrat, MS, RD, a sports nutritionist and owner of *Nutrition on the Move* in Urbana, Ill.; and Bonnie Y. Modugno, MS, RD, a Santa Monica, Calif.-based dietitian in private practice--is that there's no one way to eat right. Health concerns need to go hand-in-hand with taste preferences and convenience, which means that one person's daily menu might look nothing like another's, even though they're both nutritionally sound. To show you what we mean, and to give you some ideas for your own diet, page 62 shows three menus, each of which reflect what our three nutritionists might eat on a given day.

## Keep it Simple

Author and lecturer Debra Waterhouse, MPH, RD, is constantly on the road. The foods on her single day's menu are satisfying and healthy and, most importantly, can be found at just about any mainstream restaurant.

### Breakfast

English muffin with peanut butter

Orange juice

Coffee

### Snack

Small package of nuts

Banana

Tomato juice

### Lunch

Half sandwich (usually lean meat, cheese, tomato and lettuce)\*

Small bag of chips

Water

\*Wrap half the sandwich and save for later

### Snack

Other half of sandwich

Water

### Dinner

Small piece of beef or chicken

Baked potato (plain)

Salad

1/2 cup steamed vegetables

Sometimes a glass of wine

## Plan Ahead

Bonnie Modugno, MS, RD, makes it a priority to cook for her family three to five nights a week. She shops for several days ahead, so when she pulls in from the office, she can get right to work on dinner. The best thing about all that home cooking? Leftovers.

### Breakfast

2 hardboiled eggs

1 grapefruit

Decaf latte

### Snack

2 plums

### Lunch

Leftover carne asada tostada

Iced tea

1 peach

### Snack

Mozzarella cheese stick

20 baby carrots

### Dinner

Baked orange roughy with tomatoes, onions and green peppers

Corn on the cob

Sauteed squash medley

Mixed green salad with balsamic vinegar dressing

### Snack

1 tangerine

## Go Natural

As a sports nutritionist for the Northwestern Wildcats, Susan Kundrat, MS, RD, tries to take food along so she won't fall prey to the junk food in campus vending machines. She often stops at a natural foods store for take-out.

### Breakfast

Whole-grain cereal with nonfat milk

Slice of toast with peanut butter

Glass of orange juice with calcium

### Snack

Apple

Water

### Lunch

Hummus, turkey or tofu sandwich on whole wheat with veggies

Baby carrots or veggie salad

Water

### Snack

Fat-free yogurt

Red grapes

Water

### Dinner

Grilled chicken breast or salmon

Spinach salad with veggies and dressing

Pasta or rice

Nonfat milk

### Snack

Frozen yogurt or light ice cream

Strawberries