

### Chapter 1 : How Eating at Home Can Save Your Life | HuffPost

*Easy to snap on lids ensure worry-free traveling. Always reliable and 100% recyclable, Cook-n-Carry is the best way to enjoy your meals away from home.*

Sometimes the available choices are only those higher in saturated fat, added sugars, added salt and kilojoules. A few simple tips can make it a whole lot easier to eat a variety from the five food groups and limit discretionary foods and extra kilojoules. Think about what food and drink might be available and plan what you will have. Consider taking some food and water with you. When travelling Consider taking some healthy food and water with you. Avoid pies, pastries and other discretionary food. Takeaway food Choose bread based options like wraps, kebabs, souvlaki, hamburgers. Avoid deep fried and pastry options. Include extra vegetables and salad. Choose smaller portions or share with someone else and add a green salad to reduce the kilojoules of the meal. Limit high fat, high salt sauces and toppings like cheese, fatty meats and mayonnaise ask for less. Drink plenty of water. With friends Offer to take a salad or fruit platter to dinner or lunch with friends. If you know you will be able to fill half your plate with salad, you can choose less of the other dishes are limit the kilojoules of the meal. Try to serve yourself, so that you can control your portion size. Plan meals around activities or outdoor settings. Taking the focus off the food helps limit the opportunities to overeat or to drink too much alcohol. At restaurants It can pay off to plan your eating strategy before arriving at a restaurant. This gives you more control and discipline in making good food choices from the menu: Think about asking for extra vegetables or salad with your meal. This is especially good for limiting kilojoules when eating out. Ask for dressings and sauces to come separately so you can add a smaller amount yourself and save on fat and kilojoules. Skip the chips and go easy on the bread. Avoid large serves of pasta and rice dishes with few vegetables and high fat sauces. Choose a lean piece of meat, skinless chicken or seafood Avoid fried, battered and crumbed choices; instead choose steamed, pan fried, braised, poached, baked, roasted or grilled. You can always try asking for a dish to be prepared as you would prefer. Most restaurants would like to please you where they can. Consider splitting a meal with a friend and asking for salad on the side if you are trying to limit your kilojoules. Finish with fruit or share a dessert if you want one. Sometimes you only need a taste of a delicious dessert to be satisfied. Remember that the food is only a small part of the overall cost of the meal and only eat what you need to be satisfied. Listen to your body, eat slowly, savouring every bite and monitor how hungry or full you feel. Drinks Satisfy your thirst with water before you go out Drink water with your meal Limit alcohol and alternate drinks with water Think about when you most enjoy an alcoholic drink, for example, before or during a meal, and limit your drink to that time.

**Chapter 2 : recipes - Away From Home Cooking**

*Many people enjoy meals away from home, whether it is snacks, breakfast and brunch, lunch, or dinner. Across all income groups, consumers spent the largest portion of their weekly expenditures for meals away from home on dinner.*

Adolescent Males 13 to 18 Years. Regardless of the numbers of meals consumed away from home, intake levels of food energy, fat, cholesterol, sodium, vitamin B6, and iron by adolescent males were not significantly different. Male adolescents who consumed seven or more meals away from home obtained significantly higher quantities of magnesium, whereas calcium intakes were significantly higher for those who ate three to four meals away from home. The percentage of calories obtained from fat ranged from The percentage of calories derived from refined carbohydrate consumption was highest for those who ate four to six meals away from home All groups had average cholesterol intakes in excess of the ESA range. All groups had lower than the recommended quantities of calcium, vitamin B6, iron, and magnesium. Adolescent Females 13 to 18 Years. Although there were no statistically significant differences in intake levels of magnesium, iron, and vitamin B6 among the five groups of female adolescents, all groups averaged lower than the recommended quantities of these three nutrients. Average calcium intakes were less than the RDA, but were highest for those who consumed seven or more meals away from home and lowest for those who consumed no meals away from home. Average fat, cholesterol, sodium, and total sugar intakes were highest for female adolescents who consumed seven or more meals away from home and lowest for those who consumed no meals away from home. All groups had average sodium intakes that were within the ESA range. Only one group seven or more away-from-home meals had an excessive average cholesterol intake. The females who ate no meals away from home obtained Total sugar accounted for Adult Males 25 to 44 Years. As indicated in Table 7 , away-from-home meal consumption did not have a significant impact on the average consumption levels of five dietary components for adult males. Sodium intakes were highest for men who consumed no meals away from home. All five groups had average sodium intakes within the ESA range discretionary salt not included. The percentage of total caloric intake obtained from fat ranged from All five groups of males had average cholesterol intakes higher than the recommended maximum level. Vitamin B6 and magnesium intakes were lower than the respective RDAs. Only the men who consumed no meals away from home had average calcium intakes equal to the RDA. Adult Females 25 to 44 Years. Adult females who consumed five to six meals away from home had highest average intakes of fat, cholesterol, sodium, and iron and the highest percentage of caloric intake from fat consumption There were no significant differences among the five groups for average levels of cholesterol, sodium, total sugar, calcium, and iron intake. All groups had lower than recommended amounts of calcium, vitamin B6, iron, and magnesium in their diets. Elderly Males 65 Years and Older. There were no statistically significant differences among the five groups of elderly males for average intakes of the investigated dietary components. In general, average intake levels of cholesterol were more than adequate; average sodium intakes were within the ESA range; average iron intakes were adequate; and average calcium, vitamin B6, and magnesium intakes were inadequate for all five groups. Percentages of caloric intake obtained from fat and from total sugar were lowest Elderly Females 65 Years and Older. The only significant differences in intake levels among the five groups of elderly females were for food energy and fat; those consuming five to six meals away from home had higher intake levels than those consuming seven or more meals away from home. In general, average cholesterol intakes were appropriate, average sodium intakes were within the ESA range, and iron intakes were adequate; however, all groups of elderly females had average intakes of calcium, vitamin B6, and magnesium that were lower than the recommended amounts. Table 8 shows the average percentages of dietary components obtained from meals consumed away from home. If it is assumed that 1 meals consumed away from home should provide a 1: For example, increased away-from-home meal consumption by children was related to increased intakes of sodium, calcium, and magnesium as well as to increased cholesterol consumption. For adolescent males, increased away-from-home meal consumption was related to increased consumption of sodium, calcium, and magnesium and somewhat related to increased consumption of cholesterol and iron. For adolescent females,

there was a relationship between increased away-from-home meal consumption and proportionate increases in sodium, calcium, vitamin B6, iron, and magnesium and a weaker association with cholesterol. Table 8 shows that for adult males there was a strong, positive association between away-from-home meal consumption and proportionate increases in sodium, vitamin B6, and iron intakes, whereas there was a weaker positive association with increased cholesterol intake. Results indicate a positive relationship between increased numbers of meals consumed away from home and proportionate increases in fat and iron for both adult and elderly females and in sodium for adult females. A weaker positive relationship was determined for cholesterol in both groups of women, for sodium in elderly females, and for calcium, vitamin B6, and magnesium in adult females. Only fat and iron showed proportionate increases in dietary component intake with increased numbers of meals consumed away from home for elderly males. In summary, away-from-home meal consumption had somewhat different effects on diet quality for different age groups. Although increased away-from-home meal consumption by children generally provided easily observable increased intakes of food energy, fat, sodium, and total sugar, these intake patterns also provided proportionate increases in relation to food energy intake increases in cholesterol, sodium, calcium, and magnesium. For adolescent males, magnesium was the only dietary component that increased significantly with increased away-from-home meal consumption; however, proportionate increases were observed for cholesterol, sodium, calcium, iron, and magnesium. In contrast, increased away-from-home meal consumption by adolescent females resulted in increases in food energy, fat, cholesterol, sodium, calcium, vitamin B6, iron, and magnesium. For adult males, increased away-from-home meal consumption provided significantly lower intakes of vitamin B6 and calcium. When related to changes in food energy intake, however, away-from-home meals provided proportionately more cholesterol, sodium, vitamin B6, and iron. Generally, adult females who consumed increasing numbers of meals away from home had a significantly lower intake of vitamin B6 and significantly higher intakes of fat and magnesium. For these same females, fat, cholesterol, sodium, calcium, vitamin B6, iron, and magnesium intakes increased to a greater extent than food energy intake with increasing numbers of meals consumed away from home. Although there were no easily observable changes in dietary component intake levels with increasing numbers of meals consumed away from home by elderly males and females, proportionate increases were observed for fat and iron for both elderly males and females and for cholesterol and sodium among the elderly females. Comparison of results in Table 1 with results in Table 9 shows that most of the beta coefficients remained the same in sign and significance. The important finding in Table 9 is that when the percentage of calories obtained from consumed snacks increased, away-from-home meal consumption significantly decreased. This significant relationship between snack consumption and away-from-home meal consumption prompted the specification of two additional regressions. The total sample was partitioned into at-home meal consumers and away-from-home meal consumers. As indicated in Table 9, the persons who consumed none or very few meals away from home tended to obtain significantly more calories from snacks with increased per capita income; this relationship was not significant for persons who consumed several of their meals away from home. However, beta coefficients were the same in sign and significance for the two partitioned samples with regard to household size, age, sex, and degree of urbanization. Whereas away-from-home meal consumers obtained a significantly lower percentage of total calories from consumed snacks in the fall and winter seasons than in the spring, at-home meal consumers obtained a significantly greater percentage of total calories from consumed snacks in the summer than in the spring. In addition, the away-from-home consumers obtained more calories from snacks on weekend days; for at-home meal consumers, there was no significant difference in snack consumption for day of the week. These results most likely indicate that the sample of away-from-home meal consumers was composed primarily of school-aged children who consumed school lunch regularly and who, during the week, had fewer hours to consume snacks. Other significant differences between snack consumption patterns for the two groups included the following: Therefore, knowing who in the population exhibits these eating patterns and how these two eating patterns influence nutritional well-being is of importance to government policymakers, educators, and health-related professionals. In general, the results of this study suggest that where and when persons eat do not strongly influence their nutritional well-being. Good nutrition requires that people learn to eat in a

rational way, whether snacking, eating at home, or eating away from home. Regardless of where or when persons eat, they need to consume a variety of foods and eat them in the right proportions. These analyses indicate possible differences in food consumption patterns of snackers versus nonsnackers and of away-from-home meal consumers versus at-home meal consumers. With our data, however, the differences are small. Perhaps future research should concentrate on population groups that are nutritionally at risk e. For the population studied here, most evidence indicated that persons consumed foods in a rational way and that where and when foods were consumed had very limited impact on their nutritional status. Determining consumer demand and marketing opportunities for nutritional products. American Heart Association committee report: Diet and coronary heart disease. Nutrition and Physical Fitness, 9th ed. Factors Affecting Nutrient Consumption. Agricultural Economic Research Report No. Cornell University, Ithaca, N. Nutritional adequacy of snacks and sources of total sugar intake among U. Dietary Intake Source Data: Vital and Health Statistics, series 11, no. Government Printing Office, Washington, D. Cholesterol, saturated fatty acids, polyunsaturated fatty acids, sodium and potassium intakes of the U. Nutrients in foods at home and away. Department of Agriculture, Washington, D. Away from home food consumption practices and nutrient intakes of young adults. Food away from home expenditures by source of household income. Regional differences in risk factor distributions, food habits and coronary heart disease mortality and morbidity in Belgium. Family expenditures for meals away from home and prepared foodsâ€”new evidence. The relationship of dietary cholesterol to serum cholesterol concentration and to atherosclerosis in man. Hegsted, editor; , C. Chichester, editor; , W. Darby, editor; , K. McNutt, editor; , R. Stalvey, editor; , and E. Present Knowledge in Nutrition, 4th ed. The Nutrition Foundation, Inc. Michigan State University, E. Recommended Dietary Allowances, 9th ed. National Academy of Sciences, Washington, D.

### Chapter 3 : Away From Home Cooking: Hotel Recipes & Travel Meal Ideas

*Travel expenses are the ordinary and necessary expenses of traveling away from home for your business, profession, or job. Generally, employees deduct these expenses by using Form pdf, Employee Business Expenses, or Form www.nxgvision.com, Unreimbursed Employee Business Expenses, and Form , Schedule www.nxgvision.com, Itemized Deductions.*

In September of , the senior program was forced out of the building due to vandalism and repairs, and left moving around to multiple locations until a permanent option could be found. Last July, the building was purchased by Percy Owens and the work completed in time for the seniors to move back into the facility in August. Gilbert Owens, Roseboro Nutrition Site manager, said attendance has increased since the building reopened, and he, along with the seniors involved in the program, are enjoying having somewhere to meet and fellowship. The town, which previously owned the building, was renting the property out to town residents for different events such as parties. Following an incident, the building was closed for repair. Those repairs, Owens shared, have been done and are now fixed. Once the building was closed, the senior program had to find other options for housing and began meeting at C. Perry School, but that contract was proposed to end at the close of the school year. On Sundays, we use it for our church. For those seniors who are unable to get out and travel, meals are delivered. During the time the building was closed, and the meeting location moved around, Owens said attendance numbers dropped, but have been back up since the reopening in August. There are approximately 24 members of the senior program that come out to the center, with 18 of those attending on a regular basis. The center delivers meals to 21 seniors. The Nutrition Site also participates as a community service option for the Department of Corrections. The program is available five days a week, four hours each day. While at the center, they receive a hot meal and Owens and the volunteers provide various programs and games to keep the seniors busy. Every morning, the seniors hold a devotion time, taking turns leading each time. Speakers often come in and provide the seniors with valuable information about their health and lifestyle. Once a month, Owens said the group takes a trip and they hold monthly birthday celebrations. It is a proven fact that staying active keeps our seniors healthy and living longer. After months of being closed, the Roseboro Community Center building was purchased and now serves as the permanent home for the Roseboro Senior Center.

**Chapter 4 : Home away from home | Sampson Independent**

*James and I recently got to try out the PeachDish service with a complimentary stay at Homewood Suites. A week before your stay (at least the Sunday before), you have to log onto a special webpage to review the menu and place your order.*

A balanced diet must be composed of a variety of different foods from different food groups so that it contains all the many macronutrients and micronutrients the person needs see Topic 1. In Figure 5 page 34 , the size of the various food group circles indicates the approximate, recommended or tolerable, as in the case of sugars amounts of each of these food groups in a healthy diet. Topic 1 listed the main groups of foods. Topic 3 shows how to combine foods to make healthy, balanced diets. It discusses how to share meals so all of the family members get enough to cover their dietary needs. A healthy, balanced diet contains a variety of foods The meals and snacks a family eats during the day should provide: Figure 5 on page 34 shows the wide variety of foods needed to provide all the many different nutrients we require; enough of each nutrient to satisfy the energy and nutrient needs of each family member. A good meal should contain: Look at the list of staple foods in Topic 1, page 19, and see if it contains the local staple foods. Add them if necessary; other foods that may be made into a sauce, stew or relish. Most of the fat or oil should be from foods containing unsaturated fatty acids see Box 4 in Topic 1. It is good to eat fruits with a meal or as a snack and to drink plenty of water during the day. Avoid drinking tea or coffee until hours after a meal when food will have left the stomach as these reduce the absorption of iron from food. Use a variety of foods to make healthy meals How to increase variety Eat a variety of vegetables and fruits to get plenty of micronutrients and fibre Encourage families to use: Snacks Snacks are foods eaten between meals. Below are examples of foods that make good snacks, particularly when more than one food is eaten. Circle the ones available in your area and add other local nutritious snacks to the list. However, people should also know that eating often throughout the day increases the risk of tooth decay, particularly where oral hygiene is poor. This is particularly true for sweet sugary foods that stick to the teeth. Eating away from home Many people buy meals and snacks from vendors or eat in bars, restaurants or hotels; some students receive snacks or a meal at school. While eating out can be a special treat, eating outside the home too often can mean getting too many calories, fat and salt and not enough fruits, vegetables and essential nutrients. The nutrient composition of food eaten away is often not of the same quality as food prepared at home. Encourage people to choose meals and snacks that provide a mixture of nutrients, especially if they regularly eat away from home. Warn them not to eat too many fried street foods as these may contain unhealthy fats and increase the risk of overweight. Encourage people who make and sell meals and snacks to prepare good-quality foods in a hygienic way see Topic 4. Sharing meals Share family meals according to energy and nutrient needs Look at Appendix 2, Table 4. It compares the energy and nutrient needs of children, women and men of average size. If we change these nutrient needs into food needs, we find that families should: Children aged years need about a third of the amount needed by men. Note that energy needs increase greatly during puberty and adolescence, especially for boys, and during pregnancy and breastfeeding; share vegetables and fruits almost equally among all family members but make sure pregnant and breastfeeding women have bigger shares; give bigger shares of iron-rich foods meat, offal, poultry and fish to older girls and women, especially when they are pregnant. Young children are often anaemic and need a fair share of these foods too; make sure young children get plenty of fat-rich foods, such as milk, groundnuts, oils and fats that give them enough energy even though they eat smaller amounts of foods. Sugar, jaggery and honey are also ways to increase the energy content, and they can be added to porridge and other foods in small quantities. This allows them to get their share of the food if the rest of the family members are all eating from the same bowl. Women need more iron-rich foods than men The food needs of different family members are discussed in more detail in Topics Sharing meals according to need Preparing and cooking good meals Cook vegetables quickly to preserve nutrients The way we store, prepare and cook our food affects the nutrients in it. For example, some vitamin C and folate are lost during cooking. Ways to reduce nutrient losses are: We absorb the vitamin A in plant foods better when the food is cooked but not overcooked and eaten with

fat. Families may cook and eat less often if fuel is scarce or expensive. Ways to save fuel include: Enjoying meals We all enjoy our meals if they are tasty and we eat them in a comfortable happy environment. Mealtime can be a time when families talk together, entertain guests and teach young children good habits and customs. It is a time when parents can give children loving attention as they encourage them to eat. What foods are eaten at different meals. What types of snacks are eaten. Which foods need promoting. What the different foods eaten by different family members are. How food is shared. What foods are eaten away from home. What the cooking facilities are. Whether people have enough different foods to make healthy meals. If not, why not. What local recipes are used. Decide which information is most important to share with groups or individual families. Decide whom to reach. Examples of questions to start a discussion choose only a few questions that deal with the information families need most Which combinations of local foods make good meals? How many of us make these sorts of meals regularly? If not, why not? What can we do to improve our family meals? Which foods should we add or use more often? Could we use more meat, offal, poultry or fish? Could we use more different kinds of fruits and vegetables? How do we share meals among the family? Do young children and women get their fair share? Demonstrate how a local meal should be shared. Do we share meals like this?

**Chapter 5 : Eating away from home | Eat For Health**

*Real food meals away from home consider creating an eating ritual to truly enjoy meals or snacks. Whether at work, at a family event, or even on a hiking trail, there's an opportunity to.*

In , 2 percent of meals were eaten outside the home. Most family meals happen about three times a week, last less than 20 minutes and are spent watching television or texting while each family member eats a different microwaved "food. Research shows that children who have regular meals with their parents do better in every way, from better grades, to healthier relationships, to staying out of trouble. They are 42 percent less likely to drink, 50 percent less likely to smoke and 66 percent less like to smoke marijuana. Regular family dinners protect girls from bulimia, anorexia, and diet pills. Family dinners also reduce the incidence of childhood obesity. In a study on household routines and obesity in U. We complain of not having enough time to cook, but Americans spend more time watching cooking on the Food Network than actually preparing their own meals. The family dinner has been hijacked by the food industry. The transformations of the American home and meal outlined above did not happen by accident. As a result, the processed-food industry and industrial agriculture has changed our diet, decade by decade, not by accident but by intention. That we need nutritionists and doctors to teach us how to eat is a sad reflection of the state of society. These are things our grandparents knew without thinking twice about them. What foods to eat, how to prepare them, and an understanding of why you should share them in family and community have been embedded in cultural traditions since the dawn of human society. One hundred years ago all we ate was local, organic food; grass-fed, real, whole food. There were no fast-food restaurants, there was no junk food, there was no frozen food -- there was just what your mother or grandmother made. Most meals were eaten at home. In the modern age that tradition, that knowledge, is being lost. The sustainability of our planet, our health, and our food supply are inextricably linked. The ecology of eating -- the importance of what you put on your fork -- has never been more critical to our survival as a nation or as a species. The earth will survive our self-destruction. But we may not. Common sense and scientific research lead us to the conclusion that if we want healthy bodies we must put the right raw materials in them: There is no role for foreign molecules such as trans fats and high-fructose corn syrup, or for industrially developed and processed food that interferes with our biology at every level. That is why I believe the most important and the most powerful tool you have to change your health and the world is your fork. We call upon the people of the world to join together and celebrate food for one week. For one week or even one day, we all eat breakfast and dinner at home with our families or friends. For one week we all eat only real, whole, fresh food. Imagine for a moment the power of the fork to change the world. The extraordinary thing is that we have the ability to move large corporations and create social change by our collective choices. We can reclaim the family dinner, reviving and renewing it. Doing so will help us learn how to find and prepare real food quickly and simply, teach our children by example how to connect, build security, safety and social skills, meal after meal, day after day, year after year. Here are some tips that will help you take back the family dinner in your home starting today. Reclaim Your Kitchen Throw away any foods with high fructose corn syrup, hydrogenated fats or sugar or fat as the first or second ingredient on the label. Fill your shelves with real fresh, whole, local foods when possible. And join a community support agriculture network to get a cheaper supply of fresh vegetables weekly or frequent farmers markets. She suggests the following guidelines: Make a set dinnertime, no phones or texting during dinner, everyone eats the same meal, no television, only filtered or tap water, invite friends and family, everyone clean up together. Eat Together No matter how modest the meal, create a special place to sit down together, and set the table with care and respect. Savor the ritual of the table. Mealtime is a time for empathy and generosity, a time to nourish and communicate. Learn How to Cook and Shop You can make this a family activity, and it does not need to take a ton of time. Keep meals quick and simple. Plant a Garden This is the most nutritious, tastiest, environmentally friendly food you will ever eat. Conserve, Compost and Recycle Bring your own shopping bags to the market, recycle your paper, cans, bottles and plastic and start a compost bucket and find where in your community you can share you goodies. Invest in Food As Alice Waters says, food is precious.

We should treat it that way. We will be more nourished by good food than by more stuff. And we will save ourselves much money and costs over our lifetime. To learn more tips for taking back the family dinner and using your fork to effect change in our world visit [www](http://www). Do you think the health of our planet and the health of our diet are linked? Which of the steps outlined above have you taken in your own life and how have they worked for you? What ideas do you have that will help us reclaim the family dinner and revive the tradition of eating real, whole foods? Please share your thoughts by leaving a comment below. You can follow him on Twitter , connect with him on LinkedIn , watch his videos on YouTube , become a fan on Facebook , and subscribe to his newsletter.

### Chapter 6 : Snacking and Eating Away from Home - What Is America Eating? - NCBI Bookshelf

*Each meal with an EatWith chef is an invitation into their home, where guests will get to know the family hosting, their culture, food, and local customs, and come away with a true understanding of the city they are visiting.*

### Chapter 7 : Deducting Meal Expenses for Business Travel | [www.nxgvision.com](http://www.nxgvision.com)

*the ability to enjoy food both at home and away from home. Whether you regularly prepare home-cooked meals or order take-out a few times a week, food is a major part of daily life.*

### Chapter 8 : Quick Meal Away from Home - Review of Maria's Taqueria, Shepherdstown, WV - TripAdvisor

*The kitchen has all the essential amenities and more room than you can imagine to make your meals away from home. Or choose any of the multitudes of restaurants that are within a couple of miles.*

### Chapter 9 : USDA ERS - Food-Away-from-Home

*Think about ways to make healthier choices when eating food away from home. Consider your drink Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.*