

Just when you thought it was safe to bring your waistline to the WI State Fair...

August 1, 2011 issue
Sensia Healthcare
www.sensiahealthcare.com
(414) 359-0800

Think again! This year's State Fair offers more deep fried foods than ever before like chicken fried bacon on a stick, deep fried butter, and French fries topped with cheese and gravy. Luckily, there are also some nutritious foods available for anyone trying to manage their weight or keep their arteries open, but you may need to look a little harder to find them. Eating a healthy meal before you go to the fair will also help you to limit your grazing once you're there.



Ways to Get your Fruits or Vegetables in:

- Corn on the cob (skip the butter)
- Baked white or sweet potatoes
- Greek or Italian salads with chicken
- Fresh Apples or fruit kabobs
- Char grilled veggie bowl
- Buffalo chicken dip with carrot and celery sticks

Main Entrees or Lean Meat Sandwiches:

- Pulled pork or butterfly loin pork chop sandwich
- Tenderloin steak sandwich
- Buffalo burrito
- Turkey burger or grilled chicken sandwich
- Roast pork tenderloin
- Omelet made-to-order with veggies, whole wheat toast and fruit cup (breakfast only)

Consider splitting a dessert with a friend (that's why a cream puff has 2 halves!) Don't forget to include a glass of Herb Kohl's flavored milk to get your calcium in. Remember to drink plenty of water to stay hydrated, wear sunscreen and limit your time outside if the extremely hot temperatures come back again. There are a number of air-conditioned buildings you can take refuge in to minimize your exposure to the outdoors and prevent your body from getting overheated. Limiting alcohol and caffeine consumption can also help you to stay hydrated so you can enjoy your day at the fair!