



CONDIMENTS: Friend or Foe?

Fun, Food & Fitness

Vol. 1 Issue #3

We all love the delicious taste of our favorite foods. The smell when you walk in your favorite restaurant gets your taste buds tingling. You can hardly wait to be seated so you can order that mouth-watering dish you have been craving since you decided to go there.

Finally you are seated and ready to order. Of course the appetizers are first. Here comes a sizzling plate of potato skins... the waiter sets it down... but wait, where is your sour cream? Surely every restaurant serves their potato skins with sour cream! You look across and your friend's appetizer salad has been delivered but appears to be void of any dressing whatsoever. How can they expect you to eat your food without **CONDIMENTS**?

Society's eating habits are so attuned to condiments, you probably have not realized how we expect that everything we order or make is going to have some type of sauce to dip, smother and cover our food in. You might be wondering what the big deal is. Restaurants and drive-thrus and moms all over the world serve their foods with flavorful seasonings, sauces and dressings, right? Well yes, you are right about that. Look at your neighbor's potbelly and you will see what we sacrifice for our delicious dips. A waistline!

I can not single handedly solve America's waistline issue with one newsletter about condiments, so I will place the microscope on what is important here. The issue at hand is whether or not we are knowledgeable about what we are doing to



our food when we douse it with condiments.

Condiments: "Friend"

Salad dressings make all that lettuce and the pile of vegetables bearable to begin with. French fries just do not taste the same unless you can dip them in ketchup.

Chicken nuggets are not complete without a package or two of BBQ sauce. Crust is unbearable if not for garlic sauce on the side. These are some of the thoughts that cause us to find an excess of condiments completely normal. Condiments must be our friend because they are vital to the delectable taste of the foods we eat. Without them, what would these foods actually taste like? Does anyone even know?

Getting the facts straight

There are thousands of restaurants, drive-thrus, and other various places to find condiments galore. I am going to take you through some of the most commonly consumed condiments and give you merely the facts. This way, next time you order your food, you are aware not only of the actual item that you ordered, but what hidden calories are coming along with it.

Fast-Food Fatties

Chick-Fil-A is fast food locale commonly considered the mecca of healthy menu options for those on the go. Salads, grilled chicken, wraps, fruit cups... who could go



wrong? I will tell you who, ME! I am on the bandwagon for their grilled chicken sandwich with a fruit cup as my side and a diet lemonade as my drink. I will choose Chick-Fil-A over McDonalds, Burger King, Wendys, Taco Bell, etc. any day of the week. The problem that I was unaware of was my condiment choice of Honey Roasted BBQ sauce (which automatically comes on the side with their grilled chicken sandwich). Little did I know that I was adding 60 calories and 5 grams of fat to my sandwich with one packet alone. WHAT?!?!? I thought that with a healthy sandwich they would give me a healthy sauce, but boy was I wrong. This was eye opening for me and I decided to give each of you a chance to find out a few things

you may not know either.



Salad Dressings

We are all knowledgeable enough to figure out that salads are considered a healthy

option when deciding your meal. The various veggies give you tons of vitamins and minerals that your body needs to function properly. No one is at fault for wanting their salad to be appetizing and therefore wanting to add flavor with a dressing. The caloric catastrophe of a salad can occur when the salad eater is unaware of the fatty ingredients in their dressing of choice. I believe that each of the following dressings have ample flavor to create a mouth-watering salad, but I will let you decide for yourselves after you see what you are eating versus what you could be eating. In other words, after the dressing is on, is your salad 400 calories or is it 800 calories? We will go with Kraft since it is such a power selling brand.

	Calories/ (from fat)	Fat (g)	Sat. Fat (g)	Sugar (g)	Sodium (mg)
Chick-Fil-A sauces					
*1 package					
BBQ	45			9	
Chick-Fil-A sauce	140	13	2	6	170
Honey Roasted BBQ	60	5	1	2	
Polynesian	40	6		13	210
McDonalds dressings					
*1.5-2 oz.					
Creamy Southwest Dressing	100 (50)	6	1	3	340
Creamy Caesar Dressing	190 (170)	18	3.5	2	500
Low-Fat Balsamic Vinagrette	40 (25)	3		3	730
Low-Fat Italian	60 (20)	2.5		1	730
Ranch	170 (130)	15	2.5	4	530
Taco Bell sides					
*1 serving					
Guacamole	70 (50)	5	1	1	180
Salsa	15			2	160
Sour Cream	60 (35)	4	2.5	2	40

Condiments: "Foe"

If you have yet to deduct that condiments can be extremely dangerous, let me break this down for you. A safe daily allowance is 20-35% of your calories coming from fat. Seeing some of these sauces and dressings in red that have 75-90% of their calories from fat, you can conclude that this is



way out of a safe range. The recommended daily allowance of sodium is between 2300-2500 mg (depending on who you ask). With as much as 500-700 mg in a 1.5-2 ounce serving of dressing, I doubt that with everything else you will eat that day, you are gonna stay much below 4000 mg! Finally, the fat. 10-18 grams of fat in TWO tablespoons of dressing? Really people, do I need to say more? **Just BE CONSCIOUS of what you are dipping in and pouring over your food!**

'Til next time, happy exercising and healthy eating!

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	Calories/ (from fat)	Fat (g)	Sat. Fat (g)	Sugar (g)	Sodium (mg)
Kraft dressings					
*2 tbsp.					
Ranch	120 (110)	12	2	2	370
Thousand Island	110 (90)	10	1.5	5	330
Zesty Italian	70 (50)	6		2	370
Balsamic Vinagrette	90 (70)	8	1	4	310
Classic Caesar	130 (110)	12	2.5	1	380
Light Caesar	60 (40)	4.5	1	1	320
Fat-Free Italian	20			2	380
Honey Dijon	100 (80)	9	1.5	5	250
Italian Vinagrette	60 (35)	4		2	430