

# NAKED



Food Network chef **Jamie Oliver** helps you ditch fast food for good with this plan for healthy school lunches sure to make the grade

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# LUNCH

Anglophiles know him as the British megastar who hit the scene in 2000 with his popular BBC2 series and corresponding cookbook, *The Naked Chef*. Food Network fans have since grown to love his fresh, simple, and savory flavor combinations—and don't mind his charming banter, either.

But Jamie Oliver, 33, is much more than an attractive media personality with an undeniable talent in the kitchen. This TV gourmand, magazine columnist, married father of two girls, and best-selling author of eight recipe-laden books—as well as *Jamie at Home*, to be released stateside in September—is also on a nutrition mission.



**Reviewed by** Kathleen Zelman, MPH, RD/LD  
WebMD DIRECTOR OF NUTRITION



Alarmed by the rising obesity rates and the amount of junk food being served to kids at school in his native U.K., Oliver requested and was given a meeting with then-prime minister Tony Blair back in 2005. The young chef issued a challenge to the powerful politico: Fix the dismal state of hot lunches. The School Food Trust was born, with its motto, “Eat better. Do better.” Three years on, this government initiative swaps fried fare for wholesome veggies, provides ongoing training to kitchen staffs, and is slowly transforming how British kids eat.

Oliver sees parallels to the United States, with its epidemic of childhood obesity, the increase of type 2 diabetes being diagnosed among young adults and even children, and the vending-machine mentality of many school lunchrooms in this country. “What we eat affects everything: our mood, behavior, health, growth, even our ability to concentrate,” says the chef. “A lunchtime school meal should provide a growing child with one-third their daily nutritional intake.”

Joy Bauer, MS, RD, CDN, best-selling author of *Joy Bauer’s Food Cures: Treat Common Health Concerns, Look Younger and Live Longer*, agrees. “Without a doubt, balanced nutrition is key for kids to maintain concentration academically. Every school lunch should offer both complex carbohydrates and lean proteins—a turkey-breast sandwich on whole wheat bread is a simple and perfect example of this—to boost brain and staying power, level moods, and keep blood sugars on an even keel. In other words, a plain bagel, with nothing else, can produce volatile spikes in blood sugars and can set up kids for a crash.”

And a healthy sandwich with low-fat mayo is just a start, says Bauer. “Fiber in produce is also extremely important because it slows the absorption of carbohydrates into the system, which also keeps blood sugars level. There should be at least one fruit or vegetable in every school lunch or lunchbox, and preferably both.”

With these guidelines in mind, WebMD caught up with Oliver to ask him how American parents who pack their kids’ school lunches can resist the fast-food approach to preparing meals.

**Q What inspired you to rid U.K. schools of chips, soda, and candy?**  
That was actually just part of the campaign. There was a lot more to it—making sure that catering staff could get training, that each school actually had a kitchen, because many didn’t, and essentially ensuring that kids were getting a hot, nutritious meal every school day, 190 days of the year. In a lot of places we visited, we had kids eating fries for lunch and then fries when they got home—every single day—and that wasn’t good!



## Pack a Punch in Your Kid’s Lunch

WebMD consulted nutritionist Joy Bauer for a week’s worth of healthy lunchbox ideas that taste great and give kids a smart start on the school day.

**Monday** Canned wild salmon, mixed with low-fat mayo, with whole-grain crackers

**Tuesday** Cold whole grain pasta salad with roasted or grilled veggies (try zucchini, mushrooms, and red peppers)

**Wednesday** Nonfat yogurt, berry fruit salad, with peanut butter in celery sticks

**Thursday** Grilled or roasted chicken breast tenders, sliced red peppers, and low-fat cheese on whole grain pita (try spinach pita too).

**Friday** Jamie Oliver’s own pumpkin rice laksa soup, with soy chips (find the recipe on page XX).

*Jamie Oliver article continues on page 81.*



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**Important Safety Information:** You should not take once-daily Enablex if you have certain types of stomach problems, glaucoma or have trouble emptying your bladder. Side effects of Enablex include blurred vision and more commonly dry mouth, constipation, indigestion and abdominal pain. Use caution when doing certain activities until you know how Enablex affects you.

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**Ask your doctor about Enablex. Visit [enablex.com](http://enablex.com).**

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PATIENT INFORMATION

ENABLEX® (ěn-ā-blěx)

(darifenacin)  
Extended-release tablets  
7.5 mg or 15 mg

Rx only

Read the Patient Information that comes with ENABLEX® before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking to your doctor or other healthcare professional about your medical condition or your treatment. Only your doctor or healthcare professional can determine if treatment with ENABLEX is right for you.

What is ENABLEX?

ENABLEX is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- having a strong need to go to the bathroom right away (also called “urgency”)
- leaking or wetting accidents (also called “urinary incontinence”)
- having to go to the bathroom too often (also called “urinary frequency”)

What is overactive bladder?

Overactive bladder happens when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you get symptoms of overactive bladder, which are urinary urgency, urinary incontinence (leakage) and urinary frequency.

Who should not take ENABLEX?

Do not take ENABLEX if you:

- are not able to empty your bladder (also called “urinary retention”)
- have delayed or slow emptying of your stomach (also called “gastric retention”)
- have an eye problem called “uncontrolled narrow-angle glaucoma”
- are allergic to ENABLEX or to any of its ingredients. See the end of this leaflet for a complete list of ingredients.

ENABLEX has not been studied in children.

What should I tell my doctor before starting ENABLEX?

Before starting ENABLEX, tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems, or problems with constipation
- have trouble emptying your bladder or if you have a weak urine stream
- have an eye problem called narrow-angle glaucoma
- have liver problems
- are pregnant or are planning to become pregnant. It is not known if ENABLEX can harm your unborn baby.
- are breast-feeding. It is not known if ENABLEX passes into breast milk and if it can harm your baby.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ENABLEX and certain other medicines can interact with each other, causing side effects. Especially tell your doctor if you take:

- ketoconazole (Nizoral®) or itraconazole (Sporonox®), antifungal medicines
- clarithromycin (Biaxin®), an antibiotic medicine
- ritonavir or nelfinavir (Viracept®), antiviral medicines
- nefazadone (Serzone®), a depression medicine
- flecainide (Tambocor™), an abnormal heartbeat (antiarrhythmia) medicine
- thioridazine (Mellaril®), a mental disorder (antipsychotic) medicine
- a medicine called a tricyclic antidepressant

Know all the medicines you take. Keep a list of them with you to show your doctor and pharmacist each time you get a new medicine.

How should I take ENABLEX?

Take ENABLEX exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver problems.

- You should take ENABLEX once daily with liquid.
- **ENABLEX should be swallowed whole and not chewed, divided or crushed.**
- ENABLEX may be taken with or without food.

- If you miss a dose of ENABLEX, begin taking ENABLEX again the next day. Do not take two doses of ENABLEX in the same day.
- If you take too much ENABLEX, call your local Poison Control Center or emergency room right away.

What are the possible side effects of ENABLEX?

The most common side effects with ENABLEX are:

- dry mouth
- constipation

ENABLEX may cause other less common side effects that include:

- blurred vision. Use caution while driving or doing dangerous activities until you know how ENABLEX affects you.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as ENABLEX are used in a hot environment.

These are not all the side effects with ENABLEX. For more information, ask your doctor, healthcare professional or pharmacist.

How do I store ENABLEX?

- **Keep ENABLEX and all medicines out of the reach of children.**
- Store ENABLEX at room temperature, 59 to 86°F (15 to 30°C). Protect from light.
- Safely dispose of ENABLEX that is out of date or no longer needed.

General information about ENABLEX

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not give ENABLEX to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about ENABLEX. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ENABLEX that is written for health professionals. You can also call the product information department at 1-888-44-ENABLEX (1-888-443-6225) or visit the website at [www.Enablex.com](http://www.Enablex.com).

What are the ingredients in ENABLEX?

Active Ingredient: darifenacin

Inactive Ingredients: dibasic calcium phosphate anhydrous, hydroxypropyl methylcellulose (hypromellose), lactose monohydrate, magnesium stearate, titanium dioxide and triacetin. The 15-mg tablet also contains FD&C Yellow No. 6 Aluminum Lake.

Appearance

The 7.5-mg tablet is round and white-colored with “DF” on one side and “7.5” on the other side.

The 15-mg tablet is round and peach-colored with “DF” on one side and “15” on the other side.

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 You proved then that nutritious and delicious fare could be produced for roughly the same amount of money the government was spending on less substantial—and even unhealthy—lunchroom options, such as potato chips. Are your plans still in action, and can schools really meet their budgets and still serve healthy meals?

I always said this would be a 10-year plan. . . . Some of the things that were promised have been done, and some haven’t. But I think things are slowly moving in the right direction. Many individual schools are making great progress.


 Studies have shown that the poorest economically often eat the poorest nutritionally. If junk food is cheap and vegetables are pricey, how can we turn the tide on the obesity epidemic?


I don’t really fall for that argument. I’ve spent time in Italy and seen the poorest of people eating the most delicious—but really inexpensive—food because they know how to use ingredients. I’ve been to South Africa and seen women in shantytowns preparing meals for school kids that cost a few cents but had huge nutritional value. How much are a few vegetables? How much is a bag of dried

[whole-wheat] pasta? I could easily feed a family of four for under \$10—which is less than any junk food.

 You’re the father of two daughters, so you know how tricky it can be with kids and vegetables. How do you inspire healthy eating for the youngest children?

I’m lucky because the kids have always eaten well—they got used to trying loads of new things when they were younger, so they got a taste for different flavors and textures. It’s harder as kids get older, but if you persevere and don’t get upset if they won’t try new things the first time, eventually most kids will get into new tastes.

 You spent your own childhood in the kitchen of your parents’ restaurant/pub in Essex. Did they cook with healthy “naked” ingredients, or have you taught them a thing or two as your own culinary star has risen?

My dad always used the best food he could find. He visited local farms to source meat and poultry, and he grew his own vegetables as much as he could. He is a big inspiration to me. 

## Jamie Oliver’s Pumpkin Rice Laksa Soup

Make this hearty fall soup for dinner, then pack a thermos in your child’s school lunchbox the next morning.

### Serves 6–8

- 1 lb 6 oz pumpkin, butternut squash, onion squash, or acorn squash, halved, peeled, and deseeded
- Small handful of lime leaves
- 2–3 chillies, deseeded and finely sliced
- 2 cloves garlic, peeled and finely sliced
- 2 thumb-sized pieces fresh ginger, peeled
- 3 sticks lemongrass, outer leaves removed
- Large handful fresh coriander, leaves picked, stalks chopped
- 1 heaping tsp five-spice
- 1 tsp ground cumin
- Olive oil
- 1 white onion, peeled and finely sliced
- 1 pint chicken or vegetable stock
- 7 oz basmati rice
- 2 14-oz cans coconut milk
- Sea salt and freshly ground black pepper
- Juice of 1 or 2 limes
- Optional: 1 fresh red chili, sliced
- Optional: fresh coconut, grated



Chop the pumpkin flesh into 2-inch pieces. To make your fragrant soup base, first chop, then whizz or bash up the following in your food processor or pestle and mortar until you have a pulpy mix: the lime leaves, chillies, garlic, ginger, lemongrass, coriander stalks, five-spice, and cumin. Remove any stringy bits that may remain in the pulp. Put this fragrant mixture into a high-sided pan with a little oil and your finely sliced onion and cook gently for about 10 minutes to release the flavors. Add the pumpkin and the stock to the pan. Stir around, scraping all the goodness off the bottom of the pan. Bring to the boil, then

reduce the heat and simmer with the lid on for about 15 minutes until the pumpkin is soft.

Add the rice and give it a really good stir. Some of the pumpkin will begin to mush up, but you’ll also have some chunks. Continue to simmer with the lid on until the rice is cooked, then off comes the lid. Add the coconut milk, stir again, taste and season carefully with salt and pepper. To give it a bit of sharpness add the lime juice—the amount will depend on how juicy your limes are, but the idea is to give the soup a little twang.

 Nutrition is elementary. Find more healthy school lunchbox–packing ideas at [www.WebMD.com](http://www.WebMD.com).