**How Can You Eat Healthy When You Eat Out?**

Most chain restaurants offer nutrition information on their websites. Some also post the information in the restaurant lobby. By using this information, you can make a healthy choice. Use the websites on the next sheetand/or search for your favorite place to eat. Find three meals that you would eat that contain:

* less than 600 calories
* less than 20 grams of fat
* more than 5 grams of fiber
* a serving of fruit or vegetables

Here is a sample meal:

Restaurant name: Wendy’s

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal #1** | **Menu item** | **Calories** | **Fat** | **Fiber** |
| Menu item #1 | Ultimate Chicken Grill | 320 | 7 | 2 |
| Menu item #2 | Mandarin Oranges | 80 | 0 | 1 |
| Menu item #3 | Side Salad w/ Light Ranch | 130 | 8 | 3 |
| **Totals** |  | 530 | 15 | 5 |

Your turn!

Restaurant name:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal #1** | **Menu item** | **Calories** | **Fat** | **Fiber** |
| Menu item #1 |  |  |  |  |
| Menu item #2 |  |  |  |  |
| Menu item #3 |  |  |  |  |
| **Totals** |  |  |  |  |

Restaurant name:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal #2** | **Menu item** | **Calories** | **Fat** | **Fiber** |
| Menu item #1 |  |  |  |  |
| Menu item #2 |  |  |  |  |
| Menu item #3 |  |  |  |  |
| **Totals** |  |  |  |  |

Restaurant name:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal #2** | **Menu item** | **Calories** | **Fat** | **Fiber** |
| Menu item #1 |  |  |  |  |
| Menu item #2 |  |  |  |  |
| Menu item #3 |  |  |  |  |
| **Totals** |  |  |  |  |

How would you rate this activity? (circle one)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very hard | Kind of hard | Just right | A little easy | Too easy |

**Thinking Ahead**

The next time I go to a fast food restaurant, I might think about doing the following things differently:

I may run into the following obstacles:

To move past these obstacles, I could:

**Nutrition Websites**

**Burgers, fries, and chicken sandwiches**

Wendy’s—<http://www.wendys.com/food/Nutrition.jsp>

McDonald’s—<http://www.mcdonalds.com/usa/eat.html>

Sonic—<http://www.sonicdrivein.com/home.jsp#/menu>

Burger King—<http://www.bk.com/en/us/menu-nutrition/index.html>

Arby’s—<http://www.arbys.com/nutrition/>

Carl Jr.—<http://www.carlsjr.com/menu/>

Checkers—<http://www.checkers.com/pdfs/nutrition.pdf>

**Chicken**

KFC—<http://www.kfc.com/nutrition/>

Popeye’s—<http://www.popeyes.com/>

Chick-Fil-A—<http://www.chickfila.com/#nutrition>

**Mexican**

Taco Bell—<http://www.tacobell.com/nutrition/>

Baja Fresh—<http://www.bajafresh.com/menu.php>

**Pizza**

Papa John’s—<http://www.papajohns.com/menu/nutritional_info.shtm>

Domino’s Pizza—<http://www.dominos.com/home/menu/nutrition.jsp>

Pizza Hut—<http://www.pizzahut.com/Nutrition.aspx>

**Subs**

Subway—<http://www.subway.com/applications/Menu/index.aspx>

Potbelly—<http://www.potbelly.com/Food/Nutrition.aspx>

Quizno’s—<http://www.quiznos.com/subsandwiches/Products.aspx>

**Have It Your Way!**

**Watch the sauces!**  Sauces like mayonnaise, tartar sauce, and “secret sauce” are almost always chock full of fat and calories. Instead of the heavier sauces, opt for ketchup, mustard, or BBQ sauce. You could save over 100 calories this way.

**Grilled is good.** Look for grilled or flame broiled chicken. Fried or “crispy” chicken is usually dripping with artery clogging fat.

**Salad doesn’t always equal healthy.** This is one of the oldest tricks in the book! Salads contain a lot of good stuff—vegetables, fruit, and lean protein. Too often salads are loaded with ingredients that make them a fat nightmare. Regular salad dressing, cheese, bacon, croutons, and fried chicken all add a lot of flavor and a lot of fat. To keep your salad healthy, order it with a low fat dressing and go easy on the fattening toppings. Some places offer starchy “salads” like potato salad. If you’re watching your calories and fat, beware of these. Potato salad contains more fat and calories ounce for ounce than any other food!

**Kick the soda habit!** You’ve probably heard this before. Soda is made up of empty calories. This means that soda is full of calories but doesn’t provide any nutrition value, e.g., vitamins, minerals. Plus, the calories you consume from drinking a soda don’t fill you up nearly as much as those you consume eating food. Most fast food places have water as an option now. If you feel like you need a soda, consider diet.

**Be mindful of your sides.** Traditionally, fast food meals come with fries. Now, restaurants are offering a lot of healthier choices. Many offer sides of mandarin oranges, apple slices, side salads or baked potatoes (light on the sour cream and butter, please.) If you really have a craving for French fries, opt for the smaller sizes. If you order the small instead of a large, you can save up to 400 calories.

**Customize it.** Most places allow you to add and remove condiments. To cut down on calories ask for no cheese, bacon, or mayonnaise.

**Back to basics.** Ordering a hamburger is almost always one of your better menu choices. You start to get in trouble when you move into the big specialty sandwiches.