

EAT SMART WHEN DINING OUT: 20 TIPS

Eat at your favorite restaurants without losing your health goal

Navigate the Menu

Suddenly it seems that chain restaurants like Applebee's, T.G.I. Friday's, Olive Garden, and Bennigan's are almost as ubiquitous as the Golden Arches. No surprise. There are nearly 200,000 "table side" restaurants in the United States today, a number that continues to grow.

For many, they offer a reliable, pleasant alternative to cooking -- plentiful servings, service with a smile, relatively good value for the dollar. But like fast-food outlets, these dining establishments can be ticking time bombs when it comes to nutritional health. Government surveys find that the food you typically eat when you're not home is nutritionally worse in every way than the food you eat at home.

The good news is that's changing. For instance, 7 out of 10 adults surveyed by the National Restaurant Association in 2003 said there are more nutritious foods available to them in such restaurants than there were five years ago. Nearly all the chains have added healthier options to their menus -- if you know how to look for them. But whether you're dining out at a major national chain or a locally owned family restaurant, following a few of these tips can guarantee you a pleasant dinner (or lunch) out without busting your health goals.

FIRST things FIRST: If you are going to eat out, think about what you are eating the rest of the day so you can plan well and not blow your "calorie budget".

1. Above all else, be assertive. Dining out is no time to be a meek consumer, notes Michael F. Jacobson, Ph.D., executive director of the Center for Science in the Public Interest (CSPI) and coauthor of the book *Restaurant Confidential*. "You need to be an assertive consumer by asking for changes on the menu," he says. For instance, if an item is fried, ask for it grilled. If it comes with french fries, ask for a side of veggies instead. Ask for a smaller portion of the meat and a larger portion of the salad; for salad instead of coleslaw; baked potato instead of fried. "Just assume you can have the food prepared the way you want it," says Dr. Jacobson. "Very often, the restaurant will cooperate." Below, you'll find more specific requests.

2. Ask your waiter to "triple the vegetables, please." Often a side of vegetables in a restaurant is really like garnish -- a carrot and a forkful of squash. When ordering, ask for three or four times the normal serving of veggies, and offer to pay extra. "I've never been charged," says dietitian Jeff Novick, R.D., director of nutrition at the Pritikin Longevity Center and Spa in Aventura, Florida. "And I've never been disappointed. I get full, not fat."

3. Ask how the food was prepared; don't go by the menu. For instance, cholesterol-free does not mean fat-free; the dish could still be filled with calorie-dense oil. Neither does "lite" necessarily mean light in calories or fat.

4. Order from the "healthy, light, low fat" entrées on the menu. Most chains will even list the calories and nutritional content of such foods. Applebee's, for instance, offers approved Weight Watchers options, Bennigan's has its Health Club entrées (which it will serve in half portions), and Ruby Tuesday lists the nutritional information for its entire menu.

5. Beware of the low-carb options. Restaurant chains have jumped on the low-carb bandwagon, offering numerous low-carb options on their menu. But low-carb doesn't mean low-cal. For instance, at Ruby Tuesday the Low-Carb New Orleans Seafood packs 710 calories and 42 grams of fat -- ouch! A much better bet -- the Low Carb Veggie Platter -- leaves you with just 297 calories and 16 grams of fat.

Smart Salads

6. Ask the waiter to box half your entrée before it ever gets to the table. Or split an entrée with your dining partner. A CSPI survey found that restaurants often serve two to three times more than food labels list as a serving.

7. Try double appetizers. If there is a nice selection of seafood- and vegetable-based appetizers, consider skipping the entrée and having two appetizers for your meal. Often, that is more than enough food to fill you up.

8. Order a salad before ordering anything else on the menu. Scientists at Pennsylvania State University found that volunteers who ate a big veggie salad before the main course ate fewer calories overall than those who didn't have a first-course salad, notes Novick.

9. But remember: Salads shouldn't be fatty. This is a vegetable course -- keep it tasty but healthy. That means avoiding anything in a creamy sauce (coleslaw, pasta salads, and potato salads), and skipping the bacon bits and fried noodles. Instead, load up on the raw vegetables, treat yourself to a few well-drained marinated vegetables (artichoke hearts, red peppers, or mushrooms), and for a change, add in some fruit or nuts. Indeed, fruits such as mango, kiwi, cantaloupe, and pear are often the secret ingredient in four-star salads.

10. Watch the add-ons to vegetable salads. Even salads that are mostly raw vegetables are a problem if they're loaded with cheese and meats. Take the typical Caesar salad in most restaurants (the one topped with chicken or shrimp as well as plenty of cheese and mayo in the dressing). Add in the fried croutons and the calories add up to a whopping 560, with 36 grams of fat, 6 of them saturated. Italian antipasto salads also are a health challenge, with all their salami, spicy ham, and cheese. Get the salad, but ask for vegetables only.

11. Do the fork dip. The best way to combine salad dressing with salad? Get your dressing on the side, in a small bowl. Dip your empty fork into the dressing, then skewer a forkful of salad. You'll be surprised at how this tastes just right, and how little dressing you'll use. Plus, your lettuce won't wilt and drown in a sea of oil.

12. Check the menu before you leave home. Most chains post their menus on their Web sites. You can decide before you ever hit the hostess stand what you're going to order. Conversely, if you don't see anything that's healthy, pick another restaurant.

Watch the Extras

13. Read between the lines. Any menu description that uses the words creamy, breaded, crisp, sauced, or stuffed is likely loaded with hidden fats -- much of it saturated or even trans fats. Other "beware of" words include: buttery, sautéed, pan-fried, au gratin, Thermidor, Newburg, Parmesan, cheese sauce, scalloped, and au lait, à la mode, or *au fromage* (with milk, ice cream, or cheese).

14. Ask the waiter to skip the bread basket. If you must have something to munch on while you wait for your order, ask for a plate of raw vegetables or some breadsticks.

15. Skip the fancy drinks. If you must order an alcoholic drink, forget the margaritas, piña coladas, and other exotic mixed drinks. They include sugary additions that only add calories. Opt instead for a glass of wine.

16. Top a baked potato with veggies from the salad bar. Or ask if they have salsa -- the ultimate potato topper, both in terms of flavor and health. Just avoid the butter and sour cream.

17. Order fish. Just make sure it's not fried. When the CSPI evaluated food served at seafood chains and independent restaurants, researchers found low-fat and low-sodium options abounded. Plus, you can order seafood so many different ways -- steamed, baked, broiled, sautéed, blackened, or grilled. Nix any sauces, or ask for them on the side.

18. Drink water. It will slow you down, let the message get to your brain that you're full sooner.

19. Always dress up to go out. Even if it's just a regular family restaurant. If you view eating out as an event or a treat, rather than a way to get an everyday dinner, you won't eat out as often. And that's good from both a health and a cost standpoint.

20. Skip the dessert. You can always have some sorbet or even a small piece of chocolate at home. That is much better healthwise than the Triple Chocolate Meltdown or a mountain of ice cream topped by a second mountain of whipped cream.

The new National Heart, Lung, and Blood Institute Obesity Guidelines say that whether or not you're trying to lose weight, you can eat healthy when dining out, if you know how.

So, if you're treating yourself to a meal out, here are some tips to help make it a dining experience that is both tasty and good for you.

ASK!

Will the restaurant:

- Serve margarine rather than butter with the meal?
- Serve fat free (skim) milk rather than whole milk or cream?
- Trim visible fat from poultry or meat?
- Leave all butter, gravy or sauces off a dish?
- Serve salad dressing on the side?
- Accommodate special requests?
- Use less cooking oil when cooking?



ACT!

Select foods which are:

- Steamed
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sauteed or stir-fried



Source: *The National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.*

ITALIAN RESTAURANTS

Characterized By:

Simple menu items, lots of flavor. Portions in the U.S. are often double those served overseas. Many dishes are very high in fat and calories, so diligence is a must.

Common Ingredients:

Entrees are often dripping with cheese and heavy with meat. A variety of pastas, breads and tomato-based and creamy sauces dominate the menu. Olive oil is used in many lighter Southern Italian dishes, while Northern Italian cooking often features more butter.

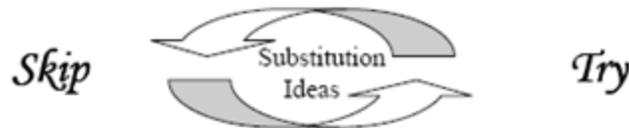
Hidden Dangers:

- Antipasto is generally a collection of cheeses, smoked meats like salami, olives and marinated veggies. Can be very fattening.
- Some “extra” pizza ingredients should be avoided, like extra anchovies, sausage, pepperoni or extra cheese.
- Pass up dishes with a lot of high-fat cheese, such as lasagna, veal parmigiana or cannelloni.
- Pesto and antipasto can be very oily
- Tortellini (20 pieces). 530 cal and 20g fat.
- Sauces should be used sparingly, as they can be high in sodium and potassium, which could cause problems for kidney, liver and heart patients.
- Olive oil, though lower in fat, may contain as many calories as butter
- Chicken Parmigiana. 1,000 calories.
- Bruschetta. May seem healthier if loaded with tomatoes, but 1 piece can carry 240 calories and 20g fat.
- Fried Calamari. 1,077 cal, 53g fat.
- Meat Lasagna. 625 cal, 37g fat.
- Pasta Carbonara. 1,200 cal, 60g fat.
- Stuffed Mushrooms. Sounds healthy, but usually contains cheese, sausage and cream

Healthy Finds:

- Scampi al vino bianco (shrimp sautéed in white wine).
- A hearty Italian soup, combined with crusty bread and a green salad make a nice meal by themselves.

- Dishes with tomato-based sauces
- Veal or chicken piccata
- Chicken Cacciatore. Just 370 calories.
- Chicken Risotto. 275 cals and 7g fat.
- Primavera dishes. Prepared with fresh veggies, herbs and a touch of olive oil.
- Insalata. Fresh garden salad tossed with a variety of fresh veggies.
- Minestrone Soup. A tomato-based hearty option that's filled with beans, veggies and pasta. 206 calories, 5g fat.
- It's very easy to add extra vegetables of your choice to just about any Italian dish.
- Beans are a complex carbohydrate that can be found in many dishes.
- Pasta e fagioli (pasta, beans and tomatoes in broth). 300 calories, 8g fat.
- Veal cutlet with peppers and tomato sauce. 488 calories.
- Spinach Gnocchi. 300 calories, 18g fat.
- Chicken Marsala, if made with wine and broth rather than butter or cream.



Cappuccino	Plain Espresso
Alfredo(or white cream sauces)	Marinara (or tomato sauces)
Garlic Bread	Bread Sticks
Cannoli	Italian Ice
Creamy Italian Dressing	Traditional Italian Dressing
Sausage	Hamburger
Olives	Green Peppers
Anchovies	Onions

MEXICAN RESTAURANTS

Characterized By:

Huge portions, at least in the United States. If you're not careful, you can easily consume a full day's worth of calories in a single meal. Dishes are often fried with lard and topped with cheese. Most dishes are combined with several other items to create large platters.

Common Ingredients:

Mexican cuisine is loaded with potential calorie landmines, from cheese and sour cream to crispy tortilla shells and guacamole. Staples include great sources of complex carbohydrates and protein like rice and beans, along with tomatoes, fresh fish, corn, beef and poultry.

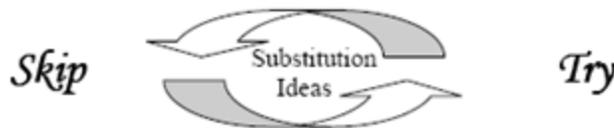
Hidden Dangers:

- Many restaurants still fix their refried beans with lard.
- Guacamole is usually very high in calories.
- Taco salads can carry more than 1,000 calories. Most of the ingredients in the salad are usually fine, but extra condiments, cheese, beef, a calorie-laden tortilla shell can sabotage your meal.
- Avoid deep-fried entrees like Chile Rellenos, Chimichangas, and Flautas.
- Cheese Quesadilla. 900 calories
- The fish in Fish Tacos is usually breaded and fried. Try to get grilled instead.
- Paella a la Valenciana. 900 calories, 42g fat
- Refried Beans (Frijoles). 640 calories per cup
- Nachos. 800 calories and as much as 65g fat
- Cheese Enchiladas. 980 calories
- Chicken Tostada. 935 calories

Healthy Finds:

- Fajitas (stir-fried meat and lots of veggies, with steamed tortillas). Chicken Fajitas bring just 200 cals and 7g fat.

- Look for baked dishes, like enchiladas, burritos and tamales. Make sure to order with light or no cheese.
- Gazpacho is a cold tomato soup with green peppers and cucumber, full of vitamin C and beta-carotene. 60 calories, 0g fat
- Tortilla Soup, 240 calories
- Ceviche (fish or shrimp cocktail marinated in citrus, sometimes with tomato and avocado)
- Black Bean Soup, 180 calories, 5g fat
- Chile Verde (pork simmered with veggies and green chiles)
- Serviche, 150 calories, 5g fat
- Shrimp Taco, 320 calories, 19g fat
- Mole Sauce
- Clams Marinera, 330 calories, 16g fat
- Arroz Con Polo (chicken with rice)
- Arroz Abanda (fish with rice), 340 calories, 8g fat
- Salsa. Packed with vitamins A and C, fat-free and low in calories.



Refried Beans	Mexican Rice
Fried "hard" shells	Steamed "soft" shells
Sour Cream	Salsa
Chimichanga	Enchilada
Chips and Salsa	Jicama and Salsa
Refried Beans	Pinto or Black Beans
Flour Tortillas Corn	Whole-wheat Tortillas
Fried Tortilla Chips	Baked Tortilla Chips
Cheese Sauce	Picante Sauce
Quesadilla	Fajita
Fried Ice Cream	Mixed guava, papaya, and mango

There are a few trade-offs you can make to your burrito to shave off considerable fat and calories, without scrimping too much on taste.

- By cutting out the cheese, you'll save 100 calories and 9 grams of fat.
- By saying "no" to sour cream, you'll say no to 120 calories and 10 grams of fat.
- If your burrito contains both rice and beans, ditch the rice - you'll get more than enough carbs from the beans and the shell. That will shave off another 240 calories and 9 grams of fat. Now we're making headway!
- Keep the beans - they're full of protein and fiber without much fat (definitely choose whole pinto or black beans over refried). Also keep the avocado for its healthy fats, and go for tomato salsa over corn salsa to save 75 calories.
- If you're really carb conscious, cutting out the tortilla shell (is it still a burrito at that point?) will reduce your meal by up to 340 calories and 9 fat grams. Lastly, if the burrito is as big as your head, cut it in half and share with a friend or save it for another spicy day.

STEAK HOUSE

Characterized By:

Extra large portions. Hearty, filling heartland food without much spice or variety. Plain side dishes and a smaller number of sauces and toppings make it easier to control calories with smart choices and special preparation requests.

Common Ingredients:

Menus are dominated by meat, pastas, various potatoes slathered with gravy or toppings, and deep-fried appetizers. Vegetables are few and far between, except for potatoes, which are often fried in

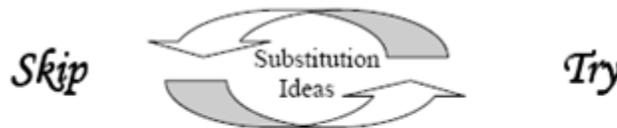
some form. Most offer salads, but many have only starch and pasta-based side dishes. Many restaurants are offering healthier chicken and fish alternatives.

Hidden Dangers:

- Steakhouse cheeseburgers can pack nearly 1,000 calories
- 2 Potato Skins can have almost 500 – before adding sour cream.
- 2 Jalapeno Poppers carry 660 calories, 36g fat
- 6 Buffalo Wings with blue cheese dressing have over 1,000 calories, 68g fat
- A 16 oz Porterhouse has 1,300 calories and a whopping 104g fat.
- Shrimp Scampi is often drowning in butter and packs nearly 1,000 calories.
- Fried Chicken, 910 calories, 54g fat. To make it healthier, choose breast meat and remove the skin.
- Au Gratin Potatoes, 400 calories, 22g fat
- BBQ Ribs, 1,680 calories
- Nachos, 800 calories
- 2 Crab Cakes, 240 calories, 15g fat

Healthy Finds:

- Baked Potatoes are generally healthy – it’s the bacon, cheese, sour cream and butter that add most of the calories and fat. A plain spud has only 68 calories and NO fat.
- 6 Oysters on the half shell carry less than 150 calories.
- 5 peel and eat Shrimp add just 114 calories and 1g fat
- Most steakhouses offer steamed vegetables as a side dish. 1 cup can have less than 50 calories if it’s not soaked in butter.
- BBQ Pork Chops, just 400 calories, 25g fat
- Broiled Salmon, 353 calories, 21g fat
- Filet Mignon, 385 calories, 20g fat
- Steamed Broccoli, 50 calories, 0g fat
- Corn on the Cob with butter, 120 calories, 5g fat



New England Clam Chowder	Manhattan Clam Chowder
Fried Shrimp	Peal & Eat Shrimp
Creamed Spinach	Spinach Salad
Mashed Potatoes	Baked Potato
Crab Cakes	Steamed Lobster Tail
Fish 'n Chips	Poached Fish
Bacon Cheeseburger	Veggie Burger
T-bone or Ribeye	Sirloin or Tenderloin
French Fries	Rice
Caesar Salad	Garden Salad, dressing on side
Pie	Angel Food Cake

ASIAN RESTAURANTS

Many types of Asian foods are healthy when served authentically -- cooked with very little or no oil, heavy on veggies and light on fried meats.

Unfortunately, most traditional Asian recipes available at restaurants are "Americanized" for our palates, upping the fat and calories considerably. But that doesn't make these tasty cuisines off-limits for those of us watching our weight.

By keeping a close eye on what you order, it is entirely possible to remain on your diet and dine out at Chinese and Japanese restaurants every now and then.

Chinese

Broth-based soup is a great low-calorie appetizer and will help you keep your appetite in control. Egg drop, wonton or hot and sour soups are ideal alternatives to egg rolls or spare ribs.

Shrimp chow mein, moo goo gai pan, and chop suey are all excellent entree choices. When in doubt, your best bet at any Chinese restaurant is to order a dish that comes with vegetables and is not deep-fried.

Look for entrees that are steamed, roasted or broiled. Stir-fried and steamed dishes are ideal as well. Stir-fries are cooked in only a small amount of oil and are usually chock-full of vegetables. Steamed dishes are prepared with water, not fat, so they are naturally lower in fat and calories than dishes that use oil and are deep-fried.

A downside to Chinese dining is the prevalence of large portions of noodles, white rice and fried rice. Noodles and rice are not favorable because they are refined carbs. They can be enjoyed in moderation, so just watch your portions or share with someone else.

Fried rice is to be avoided. Not only is it also made of refined carbs, but due to its preparation method, it is high in calories, fat, and cholesterol (if made with eggs). Some Chinese restaurants offer brown rice in lieu of fried rice, so be sure to ask.

Dishes to avoid are those prepared with heavy sauces, battered or floured and deep-fried (Think General Tso's chicken, sweet and sour pork, etc.). Sweet and sour sauce is comparable to adding a sugar cube to each bite.

Be careful of dishes described with words like "crispy" or "battered," as well as the presence of chow mein noodles and marinades, which up your sugar and calorie intake considerably.

Japanese

Japanese food offers seafood, vegetables, and noodle-based dishes. It is more healthy -- and acceptable -- that you ask for your food to be cooked in wine or broth instead of oil.

Miso soup is an excellent choice as an appetizer. Miso is made from soybeans, making it a good protein source. It is naturally low in fat and highly flavorful. Udon (noodle soup) is also a good choice.

Other good starter choices include edamame, cucumber salad and mixed veggies. You can also order a tossed salad with miso dressing at many Japanese restaurants.

As with Chinese food, looking out for dishes with vegetables is a smart move, and there are usually plenty to choose among. Seafood *sunomono* and *mizutaki* (chicken) both come with plenty of veggies.

One vegetable dish to avoid, however, is fried veggie dumplings (sometimes referred to as pot stickers). If in doubt, looked for an entree that is described as steamed, grilled or roasted. It is also possible to request brown rice at Japanese restaurants.

If you like sushi, you're in luck because maki sushi, salmon, and tuna sashimi are all excellent choices.

An interesting and smart choice at a Japanese restaurant is to share *shabu-shabu*. This is a dish that multiple diners share by dipping meats and vegetables into a simmering broth. It's similar to eating fondue, but a lot less fattening since the broth takes the place of cheese.

Japanese food can be flavorful without adding extra fat with the use of diet-friendly sauces such as *ponzu*, soy sauce, rice-wine vinegar, *wasabi*, ginger, and *mirin*.

The dish to avoid at any Japanese restaurant would be tempura. Tempura is a battered, deep-fried dish consisting of vegetables or a seafood and a variety of dipping sauces. (Unfortunately, the veggies are no longer a healthy choice once they're deep-fried.)

If you're interested in the true Asian dining experience, why not try chopsticks? Each time you take a bite, you'll be eating less because you can't grasp as much food with them. You will automatically eat more slowly (which will help you eat less and enjoy your food more). You will also be more likely to realize when you are full and stop eating due to the slower pace.

Tips for Making Healthy Choices at Fast Food Restaurants

More and more people are turning to fast food restaurants for not only their breakfast, but their lunch and supper as well. Eating at fast food restaurants three times a day may seem like a heart attack waiting to happen, but it really does depend on what you choose to eat. Many fast food restaurants are now offering healthy choices. This means Americans can get their instant satisfaction without receiving a side order of thunder thighs. But, how do you make healthy choices at fast food restaurants?

Tips for Making Healthy Choices at Fast Food Restaurants: Do the Research

If many of your meals come from fast food restaurants, you will need to do some research. Go online and visit the websites of the fast food restaurants in your area. Many fast food restaurants have nutrition guides that will tell you the fat and calories of their menu items. Take time to view each nutrition guide and study the foods that you usually pick. Many times you may think you're making healthy choices, but you're not. Once you do your research, you will have a better understanding of which items are healthy choices.

Tips for Making Healthy Choices at Fast Food Restaurants: Always Know Your Options

Once you have done your research, you can either write down the foods that are healthy choices or you can also print out the nutrition guides and keep them in your car. The next time you visit your favorite fast food restaurant, you'll be able to make healthy choices.

Tips for Making Healthy Choices at Fast Food Restaurants: Avoid Calorie Filled Salads

Many people visiting fast food restaurants choose salads thinking they are making a healthy choice. Unfortunately, they usually aren't making a healthy choice. Many salads are now covering in pieces of fried chicken, cheese, bacon, and high calorie dressing. The next time you order a salad, choose grilled chicken with a low-fat dressing.

Tips for Making Healthy Choices at Fast Food Restaurants: Choose Health Conscious Restaurants

There are fast food restaurants that are built around the principle of serving healthy meals. One of those places is Subway. At Subway you can find subs that are low in fat and calories. You can also find baked potato chips and whole grain chips.

Tips for Making Healthy Choices at Fast Food Restaurants: Avoid Soft Drinks

Even when you choose diet soft drinks, it may be hard to find decaffeinated drinks. When you go to a fast food restaurant, it's best to choose water. You can make healthy choices when it comes to food and then ruin your calorie intake by choosing the wrong soft drinks.

Tips for Making Healthy Choices at Fast Food Restaurants: Substitute High Calorie Condiments

You may think you're making a healthy choice by choosing a grilled chicken sandwich, but many of these sandwiches have mayonnaise which makes them high in calories and fat. When you order sandwiches ask them to leave off the mayonnaise. You can then request packs of honey mustard for a grilled chicken sandwich or ketchup and mustard for hamburgers.

Tips for Making Healthy Choices at Fast Food Restaurants: Choose Grilled Rather than Fried Foods

You may think that any meal with chicken is a healthy choice, but you'd be wrong. When you choose chicken nuggets, you're actually consuming more calories than if you had chosen a hamburger. The best thing to do is choose grilled chicken rather than fried, and avoid fatty condiments.

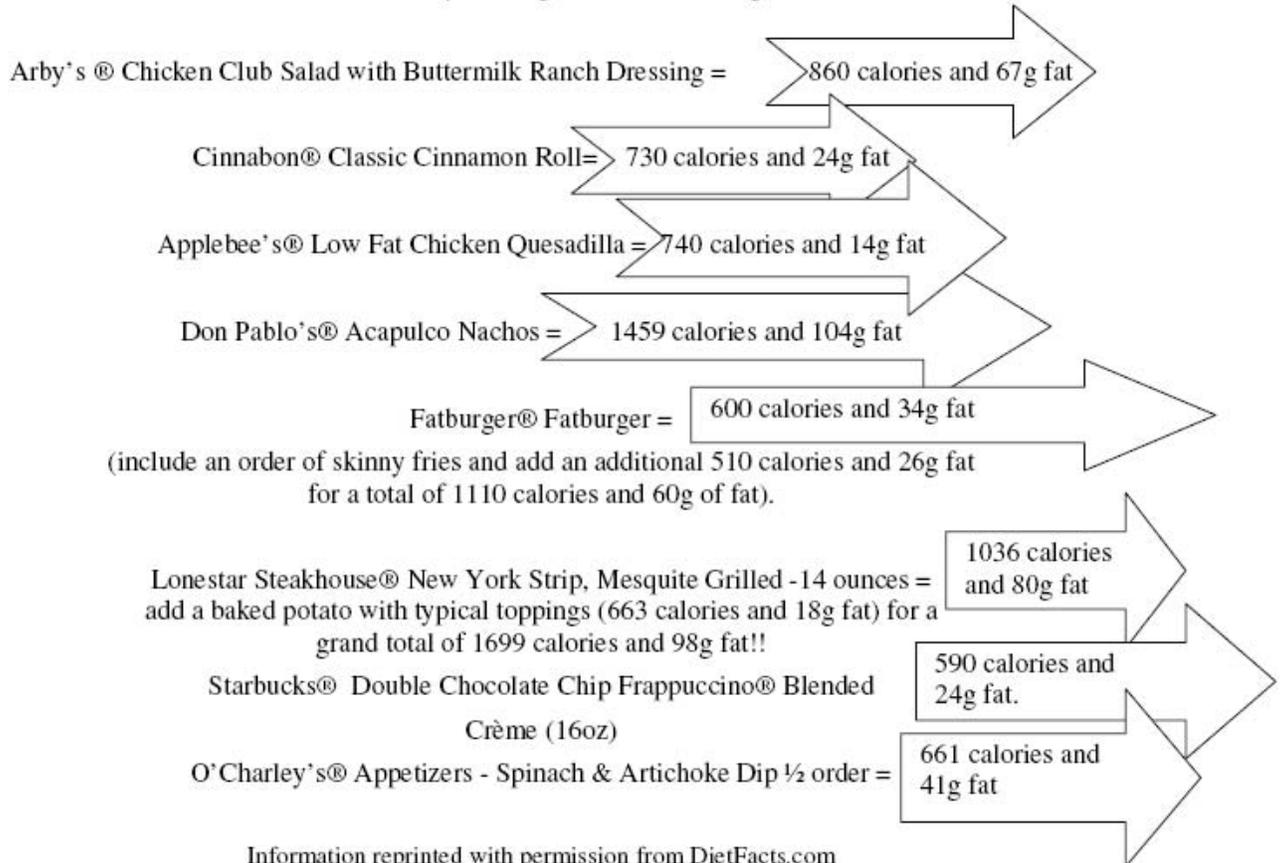
Tips for Making Healthy Choices at Fast Food Restaurants: Choose Healthier Sides

Many fast food restaurants will now allow you to choose healthier sides. This means you can choose chili or a baked potato instead of fries. This is a much healthier choice than French fries. If you don't have the option to choose, you may want to purchase a sandwich and a small salad instead of a combo.

Eating Out—What's Really Being Served?

More Calories & Increasing Waist Lines!

Using 1500 calories and 50g fat per day or 500 calories and 17g fat at each meal as a guide, just look at how far you can go over while eating out.



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Ignorance is NOT Bliss!

One restaurant worker stated that they used to put the nutritional information on the placemats until customers said they'd just rather not know. We need to know so we will make healthy choices!



Pack your Lunch! And save eating out for special occasions.



Healthy Meal Choices at the Mall – Healthy Fast Food

You're on your way to the sixth mall store you've stopped at today. Your credit card is close to maxing out, but what's bugging you even more? That grumbling in your tummy! Don't let shopping-inspired hunger cause your diet to fall by the wayside. Check out these ideas for smart meal choices at common food court eateries:

Arby's

- Junior roast beef - 273 calories
- Martha's Vineyard Salad (no dressing) - 276 calories

Atlanta Bread Company

- Greek salad - 200 calories
- Garden vegetable soup - 100 calories
- Black bean and ham soup - 250 calories

Au Bon Pain

- Tomato Florentine low fat soup - 80 calories
- Mediterranean chicken salad - 350 calories
- Thai chicken salad 140 calories

Baja Fresh Mexican Grill

- Baja Ensalada with chicken - 310 calories
- Side salad with Salsa Verde - 85 calories

Boston Market

- Asian grilled chicken salad (no dressing/hold the noodles) - 300 calories
- Tortilla soup (no toppings) - 80 calories

Burger King

- Fire-grilled chicken garden salad (no dressing or toast) - 310 calories
- Whopper Jr. - 370 calories

Chik-fil-A

- Hearty Breast of Chicken Soup - 140 calories
- Chargrilled chicken garden salad (no dressing) - 180 calories
- Chargrilled chicken sandwich (no sauce) - 270 calories

Dairy Queen

- Grilled chicken salad (no dressing) - 240 calories
- Grilled chicken sandwich - 340 calories
- DQ Homestyle burger - 290 calories

El Pollo Loco

- Chicken soft taco - 237 calories
- Corn cobbettee - 90 calories
- Pinto beans - 138

Panda Express

- Beef with broccoli - 150 calories
- Black pepper chicken - 200 calories
- Mandarin chicken - 250 calories

Panera Bread

- Low-fat vegetarian black bean soup - 160 calories
- Low-fat vegetarian garden vegetable soup - 90 calories
- Smoked turkey breast sandwich on sour dough - 230 calories
- Classic Café Salad - 170 calories

Subway

- Turkey breast 6" sandwich - 280 calories
- Veggie Delite salad - 60 calories
- Grilled chicken breast strips salad - 140 calories
- Sweet onion chicken Teriyaki 6" sandwich - 370 calories

Taco Bell

- Soft taco, Fresco style - 190 calories
- Ranchero chicken soft taco, Fresco style - 140 calories
- Pintos 'n Cheese - 180 calories

Fast Food Facts

Here are some websites you can visit to find up to date accurate nutrition information for fast food.

<http://www.boston-market.com> - This site has extensive nutrition information for all foods and best of all, they have a page dedicated to lowfat entrees and side dishes. Click on Food then Nutrition on the left hand side.

<http://www.mcdonalds.com./countries/usa/index.html> - Click on Food then Nutrition facts. You will see that it pays to decide what you want before entering and ordering here.

<http://www.burgerking.com/nutrition/ntables.htm> - This is the page to visit for Burger King nutrition information.

<http://www.arbysrestaurant.com/nutrition%20chart.html> - Arbys offers nutrition information on all of their products. It is interesting to see how many calories and grams of fat seemingly healthy sounding things contain. For example, at press time, we checked out the Roast Chicken Caesar Sandwich (under market fresh sandwiches) and it contained 660 calories and 24 grams of fat - and the Roast Turkey and Swiss Cheese sandwich contains 630 calories and 30 grams of fat.

<http://www.tacobell.com> - Click on Nutrition Guide. Generally speaking the soft tacos are your best bet here. It pays to check out your choices because some, such as the Mucho Grande Nachos are very high in calories and fat. At press time they were 1320 calories and 84 grams of fat.

<http://www.wendys.com/index0.html> - Use the drop down box at the bottom to click on Nutrition Information and then Go. Wendy's has good choices mixed in with some that are high in calories and fat... know before you go!

<http://www.subway.com/> - They have a whole section on nutrition information for their items. http://www.subway.com/our_food/nguide/usa/index.html lists their lowfat menu choices

<http://www.dominos.com/> - It is difficult to find the nutrition information here. Click on pizza and then down at the bottom you will find a link to <http://www.dominos.com/Menu/nutrition.cfm?type=yes>

<http://www.hardees.com> - Click on Menu and then on the Categories. The nutrition information is given for each menu item.

<http://www.kfc.com/> - Site for KFC - click on Food then Nutrition Information. This is an excellent site to use to show your clients how fried food really tips the scales. Also, if you click on Twister, a wrap style sandwich which looks/sounds pretty healthy, you will see that it is 600 calories and 34 grams of fat per portion.

<http://www.pizzahut.com> - Click on More Info On Pizza Hut then Our Menu then Nutrition Information and you are taken to <http://www.pizzahut.com/Menu/Nutrition/default.asp>. The Big New Yorker pizza slices contain 393-459 calories and 16-22 g of fat per slice.

<http://www.whitecastle.com/> - Click on Feed the Crave then Crave Nutrition. PDF files from various regions offer nutrition facts on all menu items.

<http://www.olen.com/food/> - A one stop site that lists numerous fast food restaurants.

Creating a Healthy Vacation

A vacation doesn't have to mean a vacation from your commitment. Studies show that fitness can decline as fast as 10 % in one week of complete bed rest, so a week of lounging on the beach might produce the same results.

Plan, plan, plan, and plan. Before you begin, plan how you can incorporate exercise and a healthy diet at the same time. Below are hints in regard to food and exercise that you may want to include in your plan.

- Avoid vacations where food is the main focus, such as a cruise. It would not be impossible to take a cruise, but fresh fruits and vegetables should be the main attraction, and the fitness class instructor should become your best friend.
- Plan an active vacation. How about one that includes biking, hiking, skiing, canoeing, swimming, just to name a few. How about sightseeing on foot or paddle boating on a pretty lake. Bring out the child in yourself.
- Be sure to pack the equipment that will be needed: shoes, goggles, swimsuit.
- If traveling for business, plan to stay in hotels that have facilities for exercising or find out about local walking trails. Pack a jump rope if you are room bound.
- If traveling by air, wear tennis shoes and comfortable clothing so that you can take advantage of layovers.
- Create a routine for meals. Skipping meals can result in overeating at the next meal.
- Choose a balance between high calorie and low calorie foods. Start your meal with the more filling, lower calorie foods.
- Arrange your schedule so that meals are not rushed. Often meals eaten in a hurry become the highest in calories and least satisfying.
- Ask the people at the front desk about local restaurants and what types of food they serve. When planning, keep the whole day in perspective. If you enjoy a certain high fat entrée, choose lower fat the rest of the day. Read menus and try to include items that say baked, broiled, grilled poached, roasted, steamed or stir-fried.
- Many restaurants serve very large portions so try to decrease portions by splitting an entree', getting a child's portion, or taking half of your meal back to your room.
- Try not to eat all of your meals out. If you are staying in a place that has kitchen facilities, make your first stop in the grocery store. Select lots of fruits and vegetables, low calorie snacks, calorie free drinks, and simple foods that can be eaten for at least two meals per day.
- Fruit yogurt
- Cut up vegetables: Carrot and Celery sticks
- Apples, bananas, melon, strawberries
- Nuts
- Low fat popcorn
- Water and green tea
- Cereal and skim milk
- Vegetables requiring a small amount of preparation
- Fresh lettuce and tomato
- Pasta that can be mixed with vegetables
- Baked whole chicken
- Bring your own healthy snacks for the airport, plane and in hotel room.
- Don't allow yourself to get too hungry. The combination of prolonged hunger and frayed nerves can be a setup for a binge.
- Limit alcohol. Remember these are empty calories. Frozen drinks can provide lots of empty calories. A daiquiri has about 500 calories / serving.
- Keep food records. During your vacation you may not create deficits, but try to avoid a string of days with surpluses. You may have a few really high calorie days, but try to follow a high calorie day with extra exercise.