

# 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:**

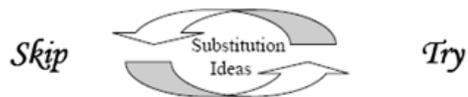
Entrees are often dripping with cheese and heavy with meat. A variety of pastas, breads and tomato-based and creamy sauces dominate the menu. Olive oil is used in many lighter Southern Italian dishes, while Northern Italian cooking often features more butter.

## **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 blanco (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 cal 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:**

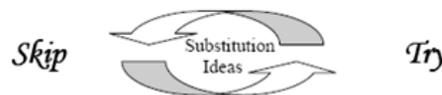
Mexican cuisine is loaded with potential calorie landmines, from cheese and sour cream to crispy tortilla shells and guacamole. Staples include great sources of complex carbohydrates and protein like rice and beans, along with tomatoes, fresh fish, corn, beef and poultry.

## **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 inside the salad are usually fine, but extra condiments, cheese, beef and 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 chilies)
- 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

# STEAKHOUSE

## ***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:***

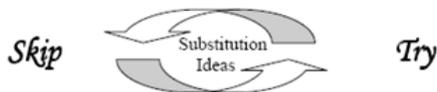
Menus are dominated by meat, pastas, various potatoes slathered with gravy or toppings, and deep-fried appetizers. Vegetables are few and far between, except for potatoes, which are often fried in some form. Most offer salads, but many have only starch and pasta-based side dishes. Many restaurants are 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

# HEALTHY MEAL CHOICES AT THE MALL

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

Source: <http://weightloss.about.com/od/diningout/a/foodcourt.htm>

## 35 SMART FAST FOOD CHOICES

Here are 35 suggestions for making smarter choices at some of the most popular fast food chains.

### McDonald's

- Chicken Nuggets Happy Meal (4 piece chicken nuggets, small fries, and 12 oz beverage) - 500 calories
- One regular hamburger - 280 calories
- Hamburger Happy Meal w/Apple Dippers instead of fries and reduced-fat milk - 460 calories
- McChicken sandwich - 370 calories
- Fruit 'N Yogurt Parfait - 380 calories

### Burger King

- BK Veggie Burger - 330 calories
- BK Veggie Burger w/no mayo and small fries - 530 calories
- 4-piece chicken tenders - 180 calories
- Whopper Junior Sandwich (no mayo) - 290 calories
- Garden salad w/Border Ranch dressing - 125 calories

### Arby's

- Martha's Vineyard Market Fresh Salad (no dressing) - 250 calories
- Martha's Vineyard Market Fresh Salad (w/Light Buttermilk Ranch dressing) - 360 calories
- Light roast turkey deluxe sandwich - 260 calories

### Wendy's

- Small chili and a baked potato (no sour cream) - 480 calories
- Grilled chicken sandwich - 300 calories
- Mandarin Chicken Salad and small soda - 300 calories
- Roasted Turkey and Basil Frescata - 420 calories
- Roasted Turkey and Basil Frescata w/o Pesto - 350 calories
- Small fries - 280 calories
- Jr. cheeseburger - 320 calories

### Subway Tip: Stick with 6-inch subs to keep portions in check

- Oven-roasted chicken-breast w/cheese and reduced-fat mayo - 415 calories
- Oven-roasted chicken-breast w/honey mustard - 360 calories
- Veggie Delight Sub (hold the cheese, oil, and mayo) - 230 calories
- Turkey Breast on Italian Bread w/veggies and olives (no oil or mayo) - 280 calories
- Turkey Breast on white, apple slices and reduced-fat milk - 505 calories
- Low-fat chicken salad sub - 250 calories
- Roast beef sub - 260 calories

**Taco Bell** Tip: You can order "regular" menu items "Fresco Style" and save a lot of calories and get some extra veggies, too (salsa is substituted for cheese and sauce).

- Two "Fresco Style" chicken soft tacos - 340 calories
- One regular chicken soft taco - 190 calories

**KFC** Tip: Avoid "crispy" recipe chicken as it is higher in fat. The Snacker sandwich line is good for portion control. There are some healthy vegetables sides here, too.

- One original recipe drumstick - 140 calories
- Honey Barbecue Snacker, corn on the cob, and reduced-fat milk - 490 calories
- Barbecue baked beans - 190 calories
- Tender Roast Chicken Sandwich (no sauce) - 270 calories
- Original Recipe Chicken Sandwich (no sauce) - 360 calories

If your favorite eatery is not included, or you want to learn the calorie content of other foods, be sure to check out **Calorie Count Plus**, where you can search almost any food's nutritional content!

Source: <http://weightloss.about.com/od/eatsmart/a/052207a.htm>