



# Eating out wisely

## 3 Steps to Turn this Message into ACTION

### 1. At a fast food restaurant, choose smaller serving sizes.

Choose:	Calories	Instead of:	Calories
Whopper Jr®	330	Double Whopper® w/Cheese	1,040
Smallest French fries	220	Large French fries	440
Smallest chocolate shake	300	Large chocolate shake	960
<b>Total Calories</b>	<b>850</b>	<b>Total Calories</b>	<b>2,440</b>

This savings could help lose almost a half a pound of body fat. Having 2,440 calories for one meal may be more than you should eat for a whole day. Even 850 calories may be too much for one meal.

### 2. Make healthier fast food choices.

Choose:	Calories	Instead of:	Calories
Grilled chicken sandwich	440	Whopper Jr®	330
Garden salad with light Italian dressing	160	Smallest French fries	220
Unsweetened iced tea	0	Smallest chocolate shake	300
<b>Total Calories</b>	<b>600</b>	<b>Total Calories</b>	<b>850</b>

To add more nutrients, have fruit and low-fat yogurt between lunch and dinner.

### 3. Choose restaurants that offer healthy choices:

- Smaller servings, such as half of a sandwich
- Meals with beans, lentils, tofu, or plant-based “meats.”
- Baked, broiled, grilled, and steamed items
- Veggies that are not creamed or smothered in cheese, such as:
  - Tossed salads
  - bean-based salads
  - Sandwiches that have tomatoes, peppers, and other veggies
- Be sure to ask your server about healthy substitutions, such as a vegetable instead of French fries.

