



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
Total Calories	850	Total Calories	2,440

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
Total Calories	600	Total Calories	850

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.

