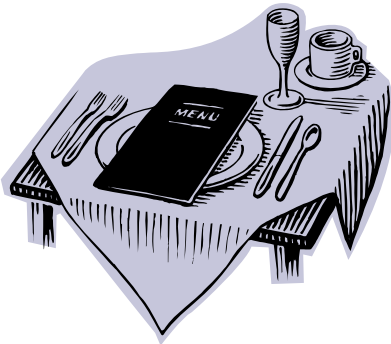


# Food Fact Sheet

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## WATCHING THE WAISTLINE WHEN EATING OUT



Americans love to eat out. In fact, 46 cents of every food dollar is spent on food that is prepared by someone else. Unfortunately, eating out is a habit that may come at a cost to our nutritional health. While it may be easier to drive to the window of a fast food restaurant or have pizza delivered to our door instead of preparing a meal at home, foods eaten away from home

tend to be higher in calories and fat. This creates a challenge for people who are watching their weight. The following tips can help avoid waistline expansion when dining out.

- 1. Free foods offered at restaurants are not really “free”.** In fact, a basket of bread sticks or fried corn chips can cost up to 1,000 calories. **The solution?** Ask for plain corn tortillas instead of fried chips or request that bread be served without added butter. Better yet, decline the free food altogether.
- 2. A baked potato is usually better than one that is fried unless butter, sour cream, bacon and cheese are added.** You may get a little more flavor with these toppings but you could also add on an extra 40 grams of fat to an otherwise fat-free baked potato. **The solution?** If you must top your potato with a little extra “something,” get the toppings on the side and use them sparingly.
- 3. Bigger portions may be cheaper but what kind of value are you really getting?** A regular order of French fries has about 350 calories and 17 grams of fat. Upgrading to a larger size for a few cents means nearly 600 calories and 29 grams of fat. Is that

really a value? **The solution?** If you eat at a fast food restaurant, just say **NO!** To value-sized portions. If usual restaurant portions are too large for your needs, ask for a child-size portion or ask for another plate and split the entree with a friend.

**4. Read menus carefully – don't be afraid to ask for substitutions.**

Instead of:	Ask for:	And you could save as much as:
Pasta with Alfredo sauce	Pasta with Marinara Sauce	80 grams of fat & 720 calories
Sauteed vegetables (1 cup)	Steamed vegetables (1 cup)	12 grams of fat & 108 calories
Mayonnaise (1 Tablespoon)	Mustard or ketchup (1 Tablespoon)	10 grams of fat and 85 calories
Buttered hamburger bun	Plain hamburger bun	12 grams of fat & 108 calories
Cheesecake (1 slice)	Sherbet (½ cup)	17 grams of fat & 180 calories

**EATING HEALTHY IN THE FAST FOOD LANE**



Fast food restaurants can provide good tasting meals for people who are in a hurry. Unfortunately, research has shown that people who dine on fast food tend to eat more calories and fat and less fiber, calcium, and vitamins A and C compared to individuals who don't. Is eating nutritiously at a fast food

restaurant impossible? Not if you follow the advice below:

- 1. Read the nutrition information that is available.** Many fast food restaurants have the nutritional analysis of their menu items available at the restaurant or on the Internet. This information can help you make nutritious choices.
- 2. Think small.** Bigger is not always better, especially when it comes to burgers and french fries. For many people, regular or kid-sized portions are plenty.
- 3. Watch out for fried foods.** French fries, fish sandwiches and fried chicken may taste great but they are often higher in fat and calories compared to other choices. Instead, choose grilled chicken sandwiches, roast beef or turkey sandwiches instead of hamburgers. A baked potato is usually a healthier choice than fries, if you go easy on the butter, cheese, sour cream and other toppings.
- 4. Go Green.** Many restaurants offer fresh vegetable salads. Salads can be a great source of dietary fiber plus health-promoting antioxidants and phyto-chemicals. Choose

salads with dark green lettuce or spinach, and lots of red, green, and orange vegetables. Use low-fat or fat-free dressings and stay clear of added ingredients like bacon, eggs and cheese.

**5. Pick your beverage wisely.** Low-fat milk or water are excellent choices. If you drink soda, order the diet version.

**6. Be choosy.** Choose restaurants where food is made to order so you can control the ingredients. Don't be afraid to ask for substitutions. Remember you are the one paying! For example:

- choose mustard over mayonnaise or special sauces;
- choose a small hamburger and salad instead of fries or chips;
- request extra vegetables on sandwiches;
- request hamburger buns without added butter.