

Active Image-Extra



Building the Foundation for a Healthier You!



LIFE IN THE FAST (FOOD) LANE

Eating out does not have to be a guilt ridden experience when you are trying to lose weight or just eat healthy. With a bit of planning you can make fast food eating part of a healthy meal plan.

Here are some suggestions how:

- Don't wait until the last minute to decide to eat out. Also, try to decide what you are going to eat before you get to the restaurant.
- Avoid busy times when you know you'll have to wait to be served. Long waits when you're hungry may lead you to overeat or make poor choices.
- Always ask for sauces, gravies, or dressings on the side.
- Fast food does not mean that you have to eat fast, so take your time and stop eating when you are full.
- Always order in place fried.
- Always carry a piece of fresh fruit with you to include with your meal.
- Choose a baked potato instead of french fries
- Many fast food restaurants now carry a Heart-smart menu. Ask your server.
- Try a hamburger or hot dog without the bun

Here are some better choices at some of the more popular restaurants:

			Original Recipe Wing	140	10
			Potato Wedges	192	9
Wendy's	Calories	Fat	McDonald's		
Grilled Chicken Sandwich	290	7	Hamburger	249	9
Chili	190	6	McWaps	n/a	
Wendy's Jr. hamburger	270	9	Subway		
Wendy's Pita (without sauce)	n/a		6' turkey breast	322	10
Burger King			6' Ham and Cheese	322	9
BK Broiler Chicken Sandwich	280	10	6' Veggie and Cheese	268	9
Chicken Tenders-6 piece	236	13	* there are 7 subs under 6 grams of fat		
Hamburger	260	10	Swiss Chalet		
Garden Salad	95	5	¼ Dark without skin (no fries)	232	10
Harvey's			Baked Potato	272	0
Charbroiled Chicken Sandwich	264	4.7	Taco Bell		
Light Burger	311	10.8	Taco	180	11
Chicken fingers	234	11.6	Soft Taco- chicken	190	7
KFC			Soft Taco-beef	210	10
Original Recipe Drumstick		130			

For a complete list of all Fast food restaurant menus go to www.calorie-coouners.net/links.html. Remember, don't think that you've blown it because you went off your plan. You can occasionally indulge at McDonald's and not feel guilty about it !

Do you have any restaurant eating tips that work for you ? We would love to hear them and share them with others.

For more information on the **Active Image** and **Active Image Commitments Program™** or other questions, please email us at activeimage@sympatico.ca or call (416)410-8517. Remember, to always consult with your doctor before beginning any exercise program.

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