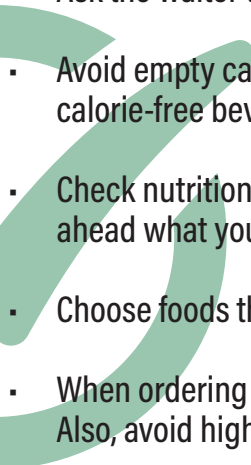


Tips for Eating Out

LOW CALORIE

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- Ask the waiter to not bring a bread or chip basket to avoid additional temptations
 - Avoid empty calories in sweetened and alcoholic beverages and choose water or calorie-free beverages
 - Check nutrition information on the restaurant's website prior to eating out. Plan ahead what you will order depending on calorie amounts
 - Choose foods that are baked, boiled, steamed, grilled, or roasted
 - When ordering a salad, choose a vinaigrette dressing instead of a creamy dressing. Also, avoid high-calorie toppings like bacon and croutons
 - Avoid foods that have a cream sauce, have been buttered, or fried

INSTEAD OF...

CHOOSE...

Chick-Fil-A Chicken Sandwich

440 calories, 18 grams of fat

McDonald's Quarter Pounder w/ Cheese

540 calories, 28 grams of fat

Subway 6" Turkey Italiano Melt

510 calories, 25 grams of fat

Wendy's BBQ Ranch Chicken Salad

600 calories, 30 grams of fat

Medium Cola

170 calories, 46 grams of sugar

Medium Sweet Iced Tea

130 calories, 32 grams of sugar



Chick-Fil-A Grilled Chicken Sandwich

320 calories, 5 grams of fat

McDonald's Artisan Grilled Chicken Sandwich

360 calories, 6 grams of fat

Subway 6" Subway Club

310 calories, 4.5 grams of fat

Wendy's Asian Cashew Chicken Salad

380 calories, 14 grams of fat

Medium Diet Cola

0 calories, 0 grams of sugar

Medium UnSweet Iced Tea

0 calories, 0 grams of sugar