



Tips For Healthy Eating Out

1. Ask for water, unsweetened tea, or other drinks without added sugars
2. Ask for whole-wheat bread for sandwiches
3. In a restaurant, start your meal with a salad packed with vegetables, to help control hunger and feel satisfied sooner.
4. Ask for salad dressing to be served on the side, then uses sparingly
5. Choose main dishes that include vegetables, such as stir-fries, kebobs.
6. Order Steamed, grilled, or broiled dishes instead of fried or sautéed
7. Choose a small or medium portion for everything ordered: main dishes, side dishes, and beverages
 - a. If main portions at a restaurant are larger than you want, try one of these strategies:
 - b. Order and appetizer sized portion instead of an entrée
 - c. Share a main dish with a friend
 - d. When your food is delivered, set aside or pack half of it to take home immediately
 - e. Resign from the “clean your plate club”
8. Order an item from the menu rather than heading for the buffet
9. To keep your meal moderate in calories, fat and sugars:
 - a. Order foods that do not have creamy sauces or gravies
 - b. Add little or no butter to your food
 - c. Choose fruits for dessert most often
 - d. Ask for a salad on the side rather than French fries or chip.

McDonalds	Wendy's	KFC	Taco Bell
-----------	---------	-----	-----------

	Popular Option	Healthier Option	Popular Option	Healthier Option	Popular Option	Healthier Option	Popular Option	Healthier Option
Nutrient Content	-Big Mac -M Fries -L Coca-Cola	-Artisan Grilled Chicken Sandwich -Side Salad -Water	-Baconator -M Fries -M Frosty	-Full Size Asian Cashew Chicken Salad -S Frosty	-6 piece Original Recipe Bucket -L Dr. Pepper	-2 piece Grilled Chicken Breast -Corn on the Cob -M Diet Pepsi	-Crunch-wrap Supreme -L Mountain Dew Baja Blast	-Cantina Power Bowl -Water
Calories	1140	370	1810	720	1780	550	920	490
g Fat	43	6	89	22	90	14.5	21	20
g Sugar	85	12	73	64	109	11	77	3
mg Sodium	1150	940	2500	1120	4950	1830	1210	1920

Burger King	Little Caesar's Pizza	Subway	Chipotle
-------------	-----------------------	--------	----------

	Popular Option	Healthier Option	Popular Option	Healthier Option	Popular Option	Healthier Option	Popular Option	Healthier Option
Nutrient Content	-Whopper -M Fries -L Coca-Cola	-Tendergrill Chicken Sandwich -M Satisfries -Water	-3 slices of Deep Dish Pepperoni Pizza -L Pepsi	-2 slices of Regular Cheese Pizza -Water	-6" Chicken & Bacon Ranch Melt -Potato Chips -L Coca-Cola	-6" Turkey Sandwich -Pretzels -Water	-Steak Burrito (white rice, black beans, sour cream, cheese, salsa, guacamole) -L Coca-Cola	-Chicken Sala Bowl (brown rice, fajita veggies, salsa guacamole) -Water
Calories	1280	730	1470	500	1140	495	1635	655
g Fat	49	30	54	18	48	5	62	36.5
g Sugar	79	6	82	6	74	8	75.5	6
mg Sodium	1320	1206	2010	880	1390	789	2795	1275