

Week 3 Challenge: Stay on Course When Eating Out

On average, Americans eat out 4 to 5 times a week. And, did you know that when you eat out you consume more calories? In fact, the average restaurant meal can contain almost an entire day's worth of calories and fat! If you check the nutrition profiles of your favorite restaurant or fast food items, you might be surprised at the amount of calories, sodium and fat you're consuming.

Dining at home or packing your lunch allows you to control your portions, sodium and fat levels. It can also save you time and money. But we know eating at a restaurant is sometimes easier than cooking at home. Plus, a lot of social interactions take place while eating out.

You will probably eat out at some point during your I Can! Challenge. This section will teach you how to make the healthiest choices possible and will be helpful long after you complete the Challenge. Being armed with information about the nutritional value of restaurant menu items and tips on how to make good choices will let you eat out while keeping up with your new healthy lifestyle.

Use These Resources to Complete Your Action Items:

- *Dining Out*
- *Tips for Eating Out*
- *Fast Food*
- *How many calories are in fast food items?*
- *Food Myths vs. Facts*

Your Action Items This Week

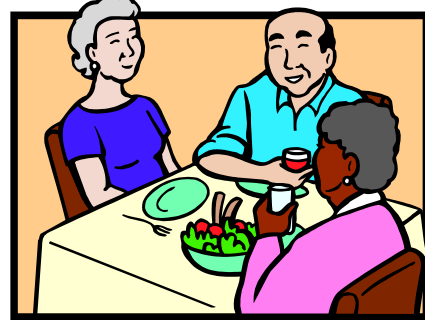
- Complete the Eating Out & About Worksheet (page 13 in workbook).
- Start using the helpful tips on how and what to order when you eat out.
- Make healthier choices if you find yourself at a fast food restaurant.
- Reduce how often you eat out.

In your workbook, use the Week 3 Challenge Tracker to track your progress.

Step up to the Challenge and say, "I Can!"

Dining Out

Almost 60 percent of individuals consume a commercially prepared lunch at least once a week. While dining out with friends and family is a time to catch up, socialize and have fun, it can take a toll on your wallet AND your diet if you're not careful. According to *Saving Money*, eating out can cost you up to \$2,000 a year!



By packing your lunch during the week, you are more likely to cut back on spending, AND your calories and fat. But, the reality is you have to eat out at some point! So, to help you stay on track and still eat healthy when eating out, we've provided a couple of tips for you!

Tips For Eating Out

Courtesy of Rosario Campisi, Executive Chef of WellSpan

Four General Things Must Be Focused On and Controlled:

1. Try to match healthy food items with healthy preparation methods (pay attention to menu description).
2. Control portion size.
3. Maximize the quality of calories consumed (want nutritionally dense calories; not just empty calories).
4. Balance the ration of protein to vegetable and starch (IDEAL is: 3 oz. lean protein, 4 oz. vegetable and 4 oz. low fat or whole grain starch).

Reading the Menu

When reading the menu at a restaurant, follow these guidelines for preparation methods or menu descriptions.

What you DON'T want:

- Deep Fried
- Flash Fried
- French Fried
- Batter Dipped
- Breaded
- Tempura Battered
- Au Gratin
- Scalloped
- En Casserole
- Basted
- Cheesy

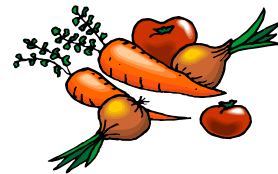
- Stuffed, Filled or Rolled (Except for vegetable, grains, or rice filled)
- Larded
- Marbled (Referring to red meats)
- Glazed (Implies high sugar)
- Salt Cured
- Pickled (High in salt)
- Bisque (Implies thick and creamy)
- King Sized/Super Size
- All-You-Can Eat/Drink
- Jumbo
- Monster Cut
- Hollendaise
- Butter Sauce/Buttery
- Alfredo
- Carbonara
- Cream Sauce or Creamy
- Wrapped With Puff Pastry (En Crote)
- Parmigiana

What You DO want:

- Broiled
- Flame Broiled
- Poached
- Pan Seared
- Grilled
- Steamed
- Stir-Fried
- Vegetarian
- Lite
- Healthy
- Garden Fresh
- Tomato Based
- Broth Based
- Skinless
- Lean
- Multi-Grain or Whole Grain
- Reduced:
Sodium/Fat/Calories/Portion
- Oven Baked/Oven Fried
- Sautéed
- Vinaigrette

Customizing Your Order:

- Feel empowered to make special requests and healthy substitutions with staff/manager/kitchen.
- Ask that olive oil/canola oil be substituted for butter in your preparation.
- Instead of fries, get a baked potato with salsa and guacamole.
- Order a high quality lean protein then double your vegetable.
- Use healthy condiments for your food like: salsa, pico di gallo, guacamole, vinaigrette, mustards, fresh squeezed lemon or lime juice.



Other Helpful Hints and Tips:

- Drink plenty of water before and during your meal.
- Add a salad with low-fat dressing on the side.
- Stop eating when you are full.
- Slow down while eating (feeling of fullness takes about 20 minutes).
- Order 1 dessert and split it by the number of guests.
- Split a full meal with a friend or take half of it home.
- Get salad dressings/gravies/glazes/sauces on the side.
- Trim visible fats on meats and order skinless poultry/fish.



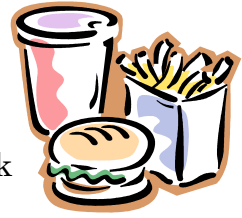
- Order an appetizer as your entrée and add a salad or broth based soup.
- Choose Whole-grain/multi-grain breads/pastas.
- Choose lean poultry, turkey and seafood over red meats.

Visit <http://www.yourgfm.com/debt-calculators/brown-bag-calculator.shtml> to see how much money you could be saving by packing your lunch!

Fast Food

Some Fast Food Tips

- If you want a fast food burger – keeping it simple is best. Limit fats like cheese, bacon, and mayonnaise, and go for mustard instead. Load your burger up with vegetables such as tomato, onion, and lettuce. Also, instead of soda, get low-fat milk to drink. It's a great way to sneak some calcium into your day.



- If you're craving Mexican food – try a soft tortilla. Avoid deep fried taco shells and edible salad bowls because these contain a lot of fat. And while they may sound like a big no-no, often refried beans are just mashed up beans with little or no added fat and loads of healthy fiber.



- If you must have pizza – go for a thin crust with veggie toppings instead of thick crust with meat toppings. Don't eat more than one to two slices of a 10-12-inch pizza. To kick the nutrients in your meal up a notch, add a salad that has greens and veggies with a drizzle of oil and vinegar over the top.

General Fast Food Guidelines

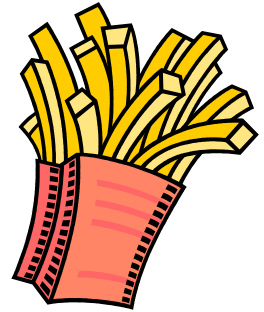
If you are ordering more than just a hamburger from your favorite fast food restaurant, share the meal with a friend or order a small or children's size if you're eating alone. Many fast food places offer a variety of salads. Choose one with grilled chicken (not fried) with light or no salad dressing.

How many calories are in fast food items?

Going through the fast food line is an easy way to rack up calories quickly. Take a look and see how many calories are in the “favorite” fast food items. To see other fast food locations and food comparisons, visit www.acaloriecounter.com.

Regular French Fries (Large)

	<u>Calories</u>
McDonald's	570
Burger King	500
Wendy's	540
Arby's	566



Regular Hamburger

McDonald's	250
Burger King	290
Wendy's	230

Chicken

McDonald's (6 pc) McNuggets	250
Burger King (6 pc) Chicken Tenders	250
Wendy's (5 pc) Nuggets	230
Arby's (5 pc) Chicken Tenders	630

Grilled Chicken Sandwich

McDonald's Premium Grilled Chicken Classic	420
Burger King Tendergrill with mayo	510
Wendy's Ultimate Chicken Grill	320
Arby's Grilled Fillet	414
Chick-Fil-A Chargrilled Chicken Sandwich	270

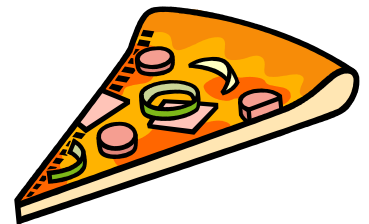


Breakfast Sandwiches

McDonald's bacon, egg, cheese biscuit	450
Burger King croissan'wich bacon, egg, cheese	340
Arby's bacon, egg, cheese croissant	461
Subway double bacon, cheese, wrap	480
Chick-Fil-A bacon, egg, cheese biscuit	470

Pizza – 14 Inch Large Cheese Pizza (1 slice, no toppings)

Pizza Hut 14" large pan pizza	390
Domino's 14" classic hand tossed	290
Papa John's 14' original crust pizza	300
Little Caesars 14" round hot 'n ready	200



Food Myths vs. Facts

MYTH: High-protein/low-carbohydrate diets are a healthy way to lose weight.

FACT: The long-term health effects of a high-protein/low-carbohydrate diet are unknown. However, eating a lot of high-protein foods (meat, eggs, and cheese) is not a balanced diet. The key is balance and moderation of carbohydrates, proteins, and fats.

MYTH: Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and make you lose weight.

FACT: No foods burn fat. Some with caffeine can speed up your metabolism (the way your body uses calories) for a short time, but they do not cause weight loss. Too much caffeine can lead to irregular heart rhythms, blood pressure and gastrointestinal problems, and trouble sleeping.

MYTH: Low-fat or nonfat means no calories.

FACT: Low-fat or nonfat food is usually lower in fat than a full-fat product. However, many processed low-fat or nonfat foods have just as many calories as the full-fat version of the same food or even more calories. They can contain added sugar, flour, or starch thickeners. These ingredients add calories.

MYTH: Fast foods are always an unhealthy choice and you should not eat them when dieting.

FACT: Fast foods can be part of a healthy weight loss program if you go about it the right way. Limit supersize combo meals or split one with a friend. Sip on water or nonfat milk instead of soda. Choose salads and grilled foods. Skip items like regular mayonnaise, salad dressings, bacon, and cheese.

MYTH: Eating after 8 p.m. causes weight gain.

FACT: What matters is what and how much you eat, and how much physical activity you do during the whole day. This determines whether you gain, lose, or maintain your weight. It is best to eat throughout the day with 3 moderate meals and 2 to 3 small healthy snacks in between your meals.

MYTH: Nuts are fattening and you should not eat them if you want to lose weight.

FACT: In small amounts, nuts can be part of a healthy weight loss program. Most nuts contain healthy unsaturated fats that can help reduce bad cholesterol and may lower risk of heart disease.

MYTH: Eating red meat is bad for your health and makes it harder to lose weight.

FACT: Eating lean meat in small amounts can be part of a healthy weight-loss plan. Red meat, pork, chicken, and fish contain some cholesterol and saturated

fat (the least healthy kind of fat). They also contain healthy nutrients like protein, iron, and zinc.

MYTH: Dairy products are fattening and unhealthy.

FACT: Low-fat and nonfat milk, yogurt, and cheese have a good amount of calcium and vitamins added to them. These make them as nutritious as whole milk dairy products, but they are lower in fat and calories.

MYTH: “Going vegetarian” means you are sure to lose weight and be healthier.

FACT: Choosing a vegetarian diet with a low-fat content may be helpful for weight loss, but vegetarians—like non-vegetarians—can make poor food choices as well. Eating large amounts of high-fat, high-calorie foods or foods with little or no nutritional value can keep vegetarians from losing weight.