

# Eating on the Go

Learning to make the best food choices with limited time is key to a healthy lifestyle. People are more likely to eat more when served larger portions. Because portion sizes have increased over time, it is harder to decide how much is enough. To eat your healthiest when eating out, pay attention to how food is prepared, served, and the portion size of the meal.

Portion Size 20 years ago		Portion Size Today	
			
330 Calories	210 Calories	590 Calories	610 Calories
<b>Total = 540 Calories</b>		<b>Total = 1200 Calories</b>	

While portion sizes have increased, our need for calories has not. Many menu items at restaurants are often high in fat. The **average** fast food meal may contain 50% of your daily allowance of fat and some fried items may contain up to two days worth of your daily allowance of fat. Make healthier choices by learning to identify lower fat menu items. As part of a healthy lifestyle, participate in at least 30 minutes of physical activity every day.

Know how. Know **now**.

## Eating Out...Know the Numbers

The average American on a 2,000 calorie diet should eat no more than 65 grams of fat and no more than 20 grams of saturated fat. Can you put together a fast food meal that falls within these guidelines, keeping in mind what you might eat for the rest of the day?

<u>Main Items</u>	<u>Calories</u>	<u>Fat (grams)</u>	<u>Saturated Fat (grams)</u>
Turkey Submarine	300	9g	2g
Grilled Chicken Sandwich	388	14g	3g
2 Beef Tacos (3 ounces each)	350	22g	8g
Small Cheeseburger	350	15g	8g
Fried Chicken (2 pieces leg, thigh)	380	26g	7g
Roast Beef Sandwich (6 ounces)	412	16g	5g
Large Hamburger (works)	745	45g	12g
Taco Salad (chips/shell, dressing)	750	44g	14g
Sausage & Pepperoni Pizza (3 slices of a large)	774	33g	12g
 <b><u>Side Items</u></b>			
Baked Beans (5 ounces)	190	3g	1g
Salad (large with vegetables, cheese, 2 Tablespoons low-fat dressing)	200	3g	0g
Vanilla Cone (medium-reduced fat)	250	8g	5g
Fruit Smoothie (20 ounce)	360	2g	0g
Café Latte (grande 16 ounce)	270	14g	9g
Chocolate Shake (14 ounce)	450	8g	5g
Baked Potato (broccoli/cheese)	500	20g	2g
French Fry (large- 6 ounce)	460	23g	5g
Cookies (3 small chocolate chip)	370	20g	12g
Ice Cream Cookie Dessert (large)	545	19g	11g

### Tips for Eating Healthy when Eating Out:

- Order items grilled or baked instead of breaded and fried.
- Order kids meals or a small order, instead of super sizing.
- Choose low fat/fat free dressings or dressing on the side.
- Add lettuce, tomato or other vegetables to sandwiches.
- Skip the mayonnaise and special sauces.
- Choose low fat milk, tea, water or diet soda instead of regular pop, which adds 250 calories in **one** 20-ounce serving. Skip refills of regular beverages.
- Share a meal with a friend.
- Have a piece of fruit, side salad, or healthy snack before going out to avoid overeating.



Sources: Fast Food Scoreboard from Yummy Design by Laurie Manahan and National Institutes of Health Portion Distortion Quiz <http://hin.nhlbi.nih.gov/portion>