



Summer Day Camps

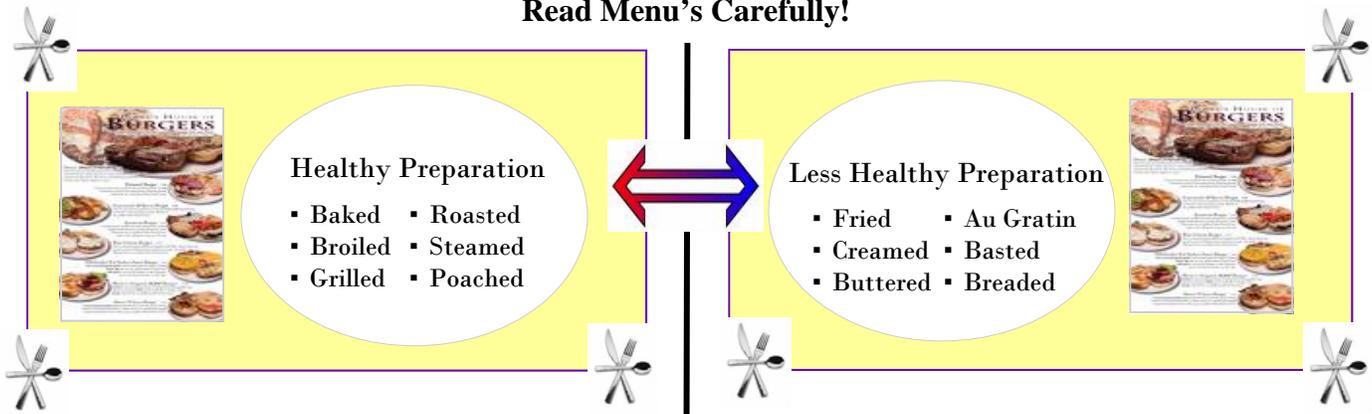
Fit & Active Facts

Week 6: Dining Out



For many families, dining out is a great way to take away the strain of meal planning for the night. When kids are in tote, a quick meal is sometimes a “life saver”. Whether a fast food or a sit down restaurant, it is important to be aware of healthy menu selections and make informed decisions.

Read Menu's Carefully!

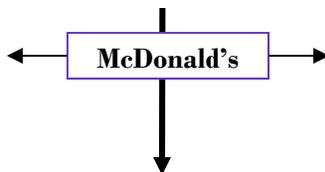


Tips for Healthy Eating

- ✓ Don't be afraid to special order
- ✓ Order **sauces** and **dressings** on the side
- ✓ Be attentive to portion sizes and think about sharing entrees, appetizers, or desserts (most restaurant portions are several servings)
- ✓ Choose thin crusts, entrees with veggies, and brown rice over fried
- ✗ Avoid buffets
- ✗ Go easy on sour cream, guacamole, and cheese
- ✗ Avoid pastas with cream or butter-based sauce
- ✗ Stay clear of anything deep fried
- ✗ Avoid adding mayo and “special” sauces

Curb Some Calories!

Hamburger	250 cal
Small Fry	250 cal
Iced Tea	0 cal
Vanilla Cone	<u>150 cal</u>
= 650 cal	



Quarter Pounder w/ cheese	510 cal
Large Fry	570 cal
Large Coke (32oz)	310 cal
Small Chocolate Shake	<u>440 cal</u>
= 1830 cal	

The average American spends half of their food budget on meals “out”. This includes frequent visits to “Fast Food” restaurants. The name “Fast Food” implies that the food can be obtained quickly. “Fast Food” also racks up calories and fat grams in a “fast” manner! Be aware that the average meal from these restaurants can contain 1800 calories or more. This is close to the total daily need for an average size woman.

With the current focus on fitness and nutrition, there are now several options at Fast Food restaurants that have reduced calories and fat. Avoid breaded and deep fried patties such as fish or chicken burgers.

Cut calories by enjoying the small size portions rather than super-sizing your meal. Ask for the nutrition brochure for their menu. Brochures are available at many restaurants as well as on-line.



Fast Food Guide on Back →





Summer Day Camps

Fit & Active Facts

Week 6: Fast Food Guide

“Lighter” Menu Options

Burger King

- » Tendergrill Chicken Garden Salad
240cal/ 9g fat (w/o dressing)
- » Flame Broiled Hamburger
290cal/ 12g fat
- » BK Veggie Burger
340cal/ 8g fat (w/o cheese & mayo)

Chipolte

- » Crispy Taco Shells (3)
180cal/ 7g fat
- » Chicken Steak
200cal/ 7g fat **190cal/ 7g fat**
- » Black Beans
130cal/ 1g fat
- » Tomato Salsa **20cal/ 0g fat**

Jamba Juice

- » Berry Fulfilling (16oz)
150cal/ .5g fat/ 23g sugar
- » Strawberry Nirvana (16oz)
150cal/ 0g fat/ 27g sugar
- » Mango Mantra (16 oz)
160cal/ 0g fat/ 30g sugar

McDonald's

- » Fruit 'n Yogurt Parfait
160cal/ 2g fat/ 21g sugar
- » Hamburger
250cal/ 9g fat
- » Grilled Honey Mustard Snack Wrap
260cal/ 9g fat

Panda Express

- » Veggie Spring Roll
80cal/ 3.5g fat
- » Hot & Sour Soup
110cal/ 3.5g fat
- » Broccoli Beef
150cal/ 7g fat

Quiznos

- » Chili (cup)
140cal/ 7g fat
- » Alpine Chicken Flatbread Sammie
200cal/ 6g fat (w/o cheese & w/ reduced fat ranch)
- » Oven roasted Turkey & Cheddar (small)
240cal/ 3.5g fat (w/o cheese)

Pizza Hut

- » Fit & Delicious Pizzas (12")
- » Green Pepper, Red Onion, & Diced Red Tomato (1 slice) **150cal/ 4g fat**
- » Ham, Pineapple, & Diced Red Tomato (1 slice) **160cal/ 4.5g fat**
- » Diced Chicken, Red Onion, & Green Pepper (1 slice) **170cal/ 4.5g fat**

Starbucks

- » Tall Tazo Black Shaken Iced Tea Lemonade **100cal/ 0g fat**
- » Caramel Frappucino Light Blended Coffee (no whip) **130cal/ 1g fat**
- » Tall Nonfat Mocha (no whip) **170cal/ 2g fat**

Subway

- » 6" Oven Roasted Chicken Salad (w/o dressing) **140 cal/2.5g fat**
- » 6" Veggie Delight on Italian or Wheat (w/o cheese or mayo) **230cal/3g fat**
- » 6" Turkey Breast on Italian or Wheat (w/o cheese or mayo) **280cal/4.5g fat**

Taco Bell

- » Spicy Chicken Soft Taco
170cal/ 6g fat
- » Mexican Rice
180cal/ 7g fat
- » Soft Taco - Beef
200cal/ 9g fat

Taco Time

- » Mexi Rice
159cal/ 2g fat
- » Crisp Ground Beef Taco
225cal/ 12g fat (w/o sour cream)
- » Crisp Chicken Burrito
336cal/ 10g fat

Wendy's

- » Small Chili
220cal/ 6g fat
- » Grilled Chicken Go Wrap
220cal/ 8g fat (w/o cheese)
- » Jr. Hamburger
230cal/ 8g fat

General RDA's (Recommended Dietary Allowances) are based on an average 2000 calorie diet



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing** can be provided through the 711 Telecommunications Relay Service.

