



## **Your Best Bets When Eating Out**

When you pull up to that fast food restaurant, be prepared to order a healthy meal by remembering your goals (optimal performance and optimal health). Think about what meal or snack this is for you. Think about what you have already eaten throughout the day. Fast food restaurants are a roadblock to maintaining your nutrition goals; however, with a little planning and some specific requests, you can turn any fast food restaurant's meals into one that is healthier. If you are having problems maintaining your weight, do not sacrifice quality for quantity. Follow the same guidelines; just eat more of the healthier items. If you can remember these 6 steps to choosing healthy fast food fare, you will be properly fueled, have more energy, and maintain your body comp!

1. Stay away from the fryer! (Fried chicken, French fries, etc) Choose a side salad or baked potato as your side.
2. GO GRILLED!
3. The less legs the better! Grilled chicken is a healthier option than a burger.
4. Remove the skin. If there is skin on your chicken or turkey, TAKE IT OFF.
5. Hold the mayo please.
6. Skip the soda and go for water.

### **Wendy's**

- Wendy's Garden Sensation Salads with a low-fat dressing
- Grilled Chicken Sandwich and a Side Salad with a low-fat dressing
- Large Chili with a Side Salad with low-fat dressing
- Small Chili and a Baked Potato with Steamed Broccoli
- If you must eat a cheeseburger, choose a single with cheese – NO MAYO!

### **Baja Fresh: (hold the sour cream; light on the cheese and guacamole)**

- "Side by Side"
- Baja Ensalada with salsa verde dressing
- Bare burrito with half the rice
- Mahi Mahi Ensalada
- Bean and Cheese Burrito (add Grilled Chicken)
- 2 Chicken Taco Chilitos

### **Arby's**

- Regular Roast Beef and a side salad with low-fat dressing
- Grilled Chicken Deluxe with no Mayo and a side salad with low-fat dressing
- Market Fresh Roast Beef, Turkey, or Ham with NO MAYO and a side salad with a low-fat dressing
- Turkey Club Salad with NO BACON and a low-fat dressing
- Grilled Chicken Salad with a low fat dressing
- BREAKFAST: Sourdough w/ham and egg

### **Domino's/Papa John's/Pizza Hut/Any Pizza Place**

- Choose a thin crust Veggie pizza
- Thin crust Hawaiian pizza
- Thin crust cheese
- Stay away from ordering breadsticks. Order a salad with low-fat dressing instead!

### **Boston Market**

- Honey Glazed Ham with Steamed Vegetable Medley and Fresh Fruit

- Marinated Grilled Chicken with Steamed Vegetable Medley and Fresh Fruit
- Rotisserie Turkey with Green Beans and Fresh Fruit
- Rotisserie Chicken (without the skin) with Garlic New Potatoes and Fresh Fruit
- Oriental Grilled Chicken Salad with ½ the dressing and no noodles
- Chicken Carver with no sauce and Fresh Fruit
- Overall hints: Rotisserie Turkey, Chicken, or Ham (all without the skin)  
Turkey or Chicken Carver with no Sauce  
Steamed Veggies, Garlic New Potatoes, Fruit

**Taco Bell: (hold the sour cream; light on the cheese and guacamole)**

- Chicken Soft Tacos
- Bean Burrito, Chicken Burrito
- Fiesta Chicken Burrito
- Taco salad with salsa and NO TACO SHELL
- Order any burrito or taco “Fresco Style” to decrease calorie and fat content by 25%

**Mc Donald’s**

- Chicken McGrill sandwich with BBQ instead of Mayo and a side salad with low-fat vinaigrette dressing
- Grilled Chicken Caesar with ½ packet Low-fat balsamic vinaigrette instead of Caesar Dressing
- Grilled Chicken California Cobb Salad with ½ packet Low-Fat Balsamic Vinaigrette
- Cheeseburger (if you must) with a side salad topped with ½ packet of Low-Fat Balsamic Vinaigrette
- Egg McMuffin
- 2 Scrambled Eggs with an English Muffin
- Fruit and yogurt parfait
- Hotcakes (lite on the syrup and butter)

**Eating Out at Sit Down Restaurants**

- Choose grilled chicken or fish
- If choosing a steak, trip off the fat and choose cuts with less “marbling”
- Start with a salad with a low fat dressing
- Choose steamed vegetables as sides
- Eat rolls and potato dishes in moderation

**Subway**

- Choose whole wheat
- Light on the mayo and oil
- Load up on the veggies
- Choose a lean meat (turkey, ham, roast beef)
- Go for baked chips as a side item

**The Gas Station**

- Water
- Fruit and Nuts
- Granola Bars: Nature Valley, Balance Bars, Protein Bar of Choice, Cliff Bar, EAS Bar
- Beef Jerky, Pretzels
- Peanut Butter

