

Hi, it's me... Dr. Jo. Thanks for taking a look at some of the pages from my book, **Dining Lean**.

Praise for

Dining Lean

“Dr. Jo to the rescue....Dr. Jo’s book takes a more useful, more intelligent, and more insightful approach... Dining Lean is fun to read, well organized, and graphically clever.”

– *Brian Wansink, Ph.D, Author of Mindless Eating*

“*Dining Lean*...offers Lichten’s innovative ‘Calorimeters,’ easy-to-use charts that group foods by type and serving size to help readers estimate the total energy and fat grams in any food item.”

– *Journal of the American Dietetic Association*

“Eating Out? Watch the Fat...*Dining Lean* has useful diagrams and comparative drawings to help determine serving size...contains information that some may find surprising.”

– *Ramin Jaleshgari, Newsday*

“‘Rather than give up on restaurant dining, order more wisely’, suggests Joanne V. Lichten...‘Dining out healthfully is about choices – not deprivation’. That’s the word from...Lichten, who’s living proof that you can dine out and maintain a healthful eating style...‘[*Dining Lean*] has a different philosophy than diet books that say don’t eat this’. ...For Lichten, no food is off limits. It’s a matter of priorities.”

– *Karen Haram, San Antonio Express News*

Check out the cool things Dr. Wansink said about *Dining Lean*:

PREFACE

By Brian Wansink, Ph.D.
Director of the Cornell University Food and Brand Lab and
author of *Mindless Eating*

Restaurants are a Diet Danger Zone. In my book, *Mindless Eating: Why We Eat More Than We Think*, we found for the frequent travelers, urban professionals, and socially active singles and couples, it's the most frequently cited cause for weight gain. We refer to them as Restaurant Indulgers.

A huge part of the problem for us Restaurant Indulgers is we can very easily lose track of how much we've eaten. The fun and excitement of dining with others causes us to forget how many rolls we've had. An even bigger problem is that we don't know how many calories are in the food to begin with.

***Dining Lean* to the rescue.** Although restaurant "calorie counting" books have been around for a long time, that's not what this book is about. **Dr. Jo's book takes a more useful, more intelligent, and more insightful approach.** *Dining Lean* provides three nice gifts to those of us who are frequent diners.

First, while every book can tell you how many calories are in a broiled chicken breast, people don't go to restaurants to eat broiled chicken breasts. They go to eat chicken alfredo, or in Tandoori chicken. That's the way to eat. And that's the way Jo sets up her book. There's the basics, but then there's the real ways we eat. She even breaks this down for ethnic cuisines: Asian, Cajun, Indian, Italian, Mexican, and Middle Eastern. You'll be a lot smarter next time you head off to a Chinese or Indian buffet.

Second, there are lots of dining lean basics she provides which are not very basic. They are insightful and involve **lots of rules-of-thumb about how to estimate sizes** and how to turn your Restaurant Indulging into more enjoyable dining.

Third, she knows lots of the ins-and-outs of how restaurants are set up and what you can do, ask for, or preplan so that you have the great meal you want and not all the calories. You'll know your sauces, your oils, when to say yes, when to say no, and when to say "just a half portion."

***Dining Lean* is fun to read, well organized, and graphically clever.** The insights and graphics punch this up to where you can turn one Diet Danger Zone – restaurant indulging – into a place where you can mindlessly eat less and enjoy it more.

In *Mindless Eating*, we showed that slow music can lead you to eat 28% more because you eat longer and that dim lights can lead you to eat 36% more because you forget how much you've eaten. *Dining Lean* shows how you can mindfully reverse this mindless eating by combining a little bit of planning with a little bit of knowledge, to still have a whole lot of fun.

As you can see, *Dining Lean*, covers a LOT of restaurants. Keep on reading and you'll see sample pages from the highlighted restaurants:

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Burgers & Fast Food

In this Chapter:

- Burgers & Other Fast Food Sandwiches
- Other Fast Food Meals
- French Fries & Onion Rings
- What's in your Fast Food Meal?

Yes, you really can dine lean at a fast food restaurant – and grilled chicken sandwiches are not your only option. Other lean choices include veggie burgers, roast beef, turkey, chicken, and ham sandwiches. And, of course, most fast food restaurants offer a grilled chicken salad with low fat dressing. Stuffed baked potatoes with minimal toppings, low fat soups, and even chili are a nice break from a sandwich. You can even get a complete meal of roasted chicken or broiled fish, mashed potatoes or rice, and veggies. If you select wisely, it is ok to eat a hamburger every now and then.

Almost anything is acceptable when *Dining Lean*. If you order high fat, high calorie foods, simply balance it by choosing low fat foods throughout the rest of the day so as not to exceed your maximum fat intake as discussed in the *Get Set: Calories, Fat, & More* chapter. Here are some specific suggestions:

Burgers & Other Fast Food Sandwiches

- ✓ **Request the hamburger buns to be grilled without butter or oil.** While fast food restaurants may lightly spray the buns, many upscale burger restaurants liberally brush the buns with butter or oil before grilling them. You won't miss the taste if you ask them to grill it dry.

Request the Buns to be Grilled without Butter:			
	Calories	Fat (g)	Carbs (g)
Large Bun w/butter	410	16	58
Large Bun w/o butter	310	5	58
Savings:	100	11	0

- ✓ **Order the smallest burger available.** At these calories, do you really need the large one?

Compare these Burgers:			
	Calories	Fat (g)	Carbs (g)
Half Pound Burger, plain	910	49	62
Third Pound Burger, plain	640	34	47
Quarter Pound Burger, plain	450	22	32

Avoid Double (or Triple) Meat Sandwiches:			
	Calories	Fat (g)	Carbs (g)
Burger King® Triple Whopper® Sandwich	1130	74	51
Burger King® Double Whopper® Sandwich	900	57	51
Burger King® Whopper® Sandwich	<u>670</u>	<u>39</u>	<u>51</u>
Savings:	230-460	17-35	0

- ✓ **Ask for the burger to be prepared well done.** The more you cook the burger, the less fat remains. And, cooked meat is safer than raw or rare meat, too.

Well Done = Less Fat:			
	Calories	Fat (g)	Carbs (g)
Third Pound Burger only, broiled medium	330	24	0
Third Pound Burger only, broiled well-done	<u>315</u>	<u>22</u>	<u>0</u>
Savings:	15	2	0

- ✓ **Eliminate the cheese.** Each ounce of cheese contains approximately 100 calories. Some sandwiches have more than one slice. Is the typical processed cheese really worth all those calories?

Say "No" to Cheese:			
	Calories	Fat (g)	Carbs (g)
Third Pound Cheese Burger, plain	755	43	47
Third Pound Burger, plain	<u>640</u>	<u>34</u>	<u>47</u>
Savings:	115	9	0

- ✓ **Use mustard instead of mayonnaise.** While some restaurants are offering low fat mayonnaise, very few restaurants have the fat-free version. Choose mustard instead of mayonnaise for a flavorful, low calorie option. Other low fat dressings include salsa, ketchup, barbecue sauce, and fat-free salad dressings.

Get Used to the Taste of Mustard:			
	Calories	Fat (g)	Carbs (g)
1T Mayonnaise	110	11	0
1T Mustard	<u>15</u>	<u>1</u>	<u>0</u>
Savings:	95	10	0

Get Your Grilled Chicken Sandwich Plain or with Low Fat Dressing:			
	Calories	Fat (g)	Carbs (g)
Large Grilled Chicken Sandwich w/mayo	510	19	49
With honey mustard instead of mayo	<u>450</u>	<u>10</u>	<u>53</u>
Savings:	60	9	0

Coffee & Other Hot Beverages

- ✓ **Make it simple.** Coffee, espresso, and tea have negligible calories. It is what you add to these drinks that can greatly impact your weight and waist!
- ✓ **Know what's in your beverage** so you'll know which substitutions to ask for.
 - **Espresso** – Strong coffee brewed under pressure
 - **Cappuccino** – Espresso and steamed milk
 - **Latte** – Espresso and steamed milk (but more milk than with cappuccino)
 - **Mocha** – Espresso, steamed milk, and chocolate syrup
- ✓ **Ask for your beverage to be prepared with skim or low fat milk.** Nearly every restaurant and coffee shop offers these lower fat alternatives for your coffee and espresso drinks. Remember, drinking just 10 calories more than your body needs will put on an extra pound of fat each year!

Whiten Your Coffee with Milk:			
	Calories	Fat (g)	Carbs (g)
Compare 2T: Coffee Cream	60	5	1
Non-Dairy Creamer, or	40	2	4
Whole Milk	20	1	1.5
With: 1oz Skim Milk	<u>10</u>	<u>0</u>	<u>1.5</u>
Savings:	10-50	1-5	0-2.5

Have Your Latte Prepared with Skim Milk:			
	Calories	Fat (g)	Carbs (g)
12oz Latte made w/whole milk	200	11	16
12oz Latte made w/skim milk	<u>120</u>	<u>0</u>	<u>18</u>
Savings:	80	11	0

- ✓ **Enjoy your beverage without whipping cream.** Some drinks, such as Caffe Mocha, are routinely made with the addition of whipping cream – be sure to ask! Depending on whether skim, 2% or whole milk is used in the preparation of the drink, the addition of whipping cream can nearly double the calories!

Skip the Whipped Cream:			
	Calories	Fat (g)	Carbs (g)
12oz Mocha (low fat milk) w/ whipping cream	285	14	33
12oz Mocha (low fat milk) w/o whipping cream	<u>205</u>	<u>6</u>	<u>32</u>
Savings:	80	8	1

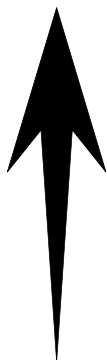
- ✓ **There are sixteen calories in a teaspoon of sugar.** That may not sound like a whole lot of calories, but consider this. If you add just a teaspoon of sugar in every cup you drink, and you drink three cups a day, that adds up to an extra 48 calories each day. Multiply that by 365 days in the year and you end up with an extra five pounds of fat each year. Can you afford the calories?

Get Used to the Taste of Sweeteners:			
	Calories	Fat (g)	Carbs (g)
3t sugar	48	0	9
3t sugar/day X 365 days (one year)	17,520	0	3285

17,520 calories / 3500 calories in a pound = 5 pounds of fat!

- ✓ **For those of you concerned about the dangers of non-caloric sweeteners, consider this.** There *may* be risks associated with the excess consumption of non-caloric sweeteners – there’s no solid proof. But researchers do know of *definite risks* associated with carrying around too much weight such as increased risk of heart disease, high blood pressure, diabetes, and certain types of cancer. If you are still concerned about the safety of non-caloric sweeteners, cut out the sugar and sweeteners completely. The coffee or tea may taste different initially, but by the end of two weeks your taste buds will have adjusted to the difference.
- ✓ **Go smaller.** If you can’t break away from whole milk in your coffee drink, consider ordering a smaller cup than usual. By the way, none of these drinks include added whipped cream.

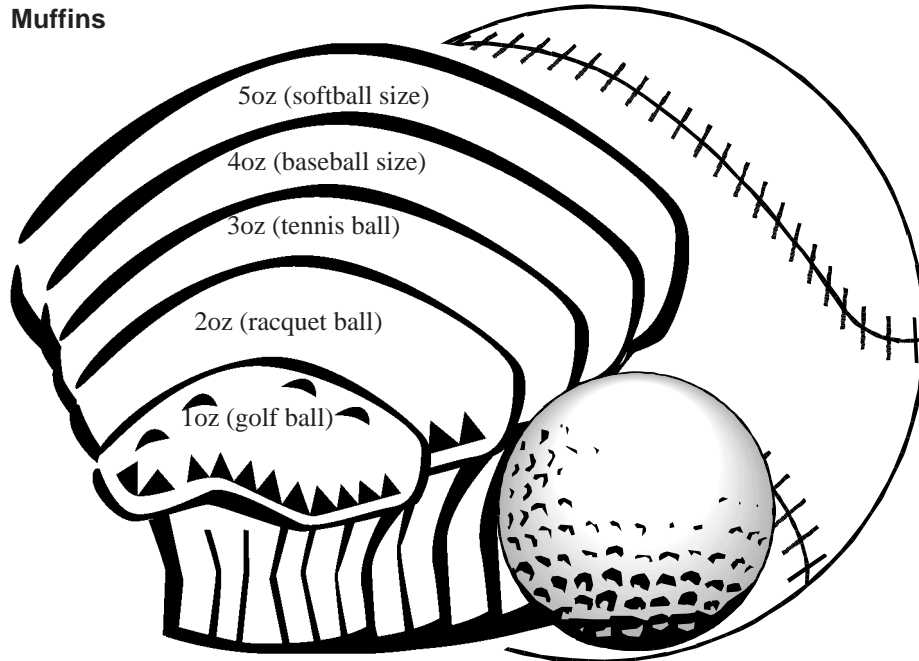
Hot Beverage Calorimeter: Calories & fat per serving



Hot Beverages:	8oz	12oz	16oz	20oz
Latte (whole milk)	145 6g	215 10g	290 12g	360 16g
Mocha (whole milk)	135 5g	205 8g	270 10g	340 14g
Latte or Mocha (low fat milk)	120	180	240	300
Hot Chocolate	4g	6g	7g	9g
Mocha (skim milk)	100 1g	145 2g	190 3g	240 4g
Flavored Coffees (sugar sweetened)	80 1g	120 1. ⁵ g	160 2g	200 2. ⁵ g
Latte (skim milk)	72 0g	110 0. ⁵ g	145 0. ⁶ g	180 0. ⁸ g
Cappuccino (whole milk)	55 3g	85 5g	110 6g	140 8g
Cappuccino (low fat milk)	50 2g	70 3g	100 4g	120 5g
Cappuccino (skim milk)	40 0g	60 0g	80 0g	100 0g
Coffee, Espresso, Tea (plain)	0 0g	0 0g	0 0g	0 0g

Don't you just hate it when books state the calories in an "average" whatever and you just don't have any idea of HOW big an average whatever is? *Dining Lean* makes it easy with pictures like these:

Muffins



Which is lower in calories, the oat bran muffin or the chocolate chip one? Surprisingly, they have approximately the same number of calories per ounce. So, the lower calorie choice doesn't depend so much on what *type* of muffin as much as the *size* of the muffin. (And keep in mind that the oat bran muffin is usually dense (weighing more than an equal size of the chocolate chip one). In other words, if both muffins were the same size, the bran muffin could easily have more calories than the chocolate chip one.

Now, if you're thinking – the oat bran muffin is at least healthier than all that chocolate – there *may* be some truth in that. But, keep in mind that many commercial bran muffins have very little fiber (the brown color is more likely to come from the brown sugar and molasses rather than healthy fiber).

Muffin Calorimeter: Calories & fat grams per muffin

Muffin	Calories & Fat (g)				
	1oz	2oz	3oz	4oz	5oz
Chocolate Chip, Lemon Poppy Seed	110 6g	220 11g	330 17g	440 22g	550 28g
Fruit or Grain	110 4g	220 8g	330 13g	440 17g	550 21g
Fat Free Muffins	80 0. ³ g	160 0. ⁶ g	180 0. ⁹ g	240 1. ² g	300 1. ⁵ g

As shown in the above drawing, the one-ounce muffin is very small, almost bite size (picture the size of a golf ball). The three-ounce muffin is about the size of a tennis ball, four-ounce muffin is around baseball size, and the five-ounce muffin is as large as a softball.

Asian Restaurants

In this Chapter:

- General Recommendations
- Estimating the Calories & Fat in your Stir Fry
- Nutritional Information for Asian Foods

Traditional East and Southeast Asian cooking (including Chinese, Japanese, Thai, and Vietnamese) is considered healthy because small portions of meat are often combined with large amounts of low fat vegetables and rice or noodles. Unfortunately, many Asian restaurants in North America use larger portions of meat than in traditional recipes. In addition, more oil is added than absolutely necessary when stir-frying. Fortunately, most dishes are made-to-order so you can ask the cook to prepare your dish according to your dietary specifications.

The following are some recommendations for dining lean in any Asian restaurant:

- ✓ **Skip the buffet.** Foods featured on the buffet table are prepared with more oil to prevent sticking and drying out in their pans. Have you ever noticed how buffet food literally “shines”? That’s from all the extra oil. If you can afford the extra time, order from the menu. No time? Consider calling in your order ahead of time so it is ready when you arrive.
- ✓ **Order steamed dumplings or fresh spring rolls.** Most restaurants offer a fried egg roll (sometimes called a spring roll). For a lower calorie appetizer or accompaniment, ask for steamed vegetable dumplings or a non-fried Thai spring roll (veggies and possibly shrimp or crab meat wrapped in rice paper). Not available? Fill up on steamed rice (brown rice is healthier than white).

Fresh, Not Fried:

	Calories	Fat (g)	Carbs (g)
Fried Egg Roll w/pork	250	15	22
Fresh Thai Spring Roll w/shrimp (not fried)	105	0	22
Savings:	145	15	0

- ✓ **Use chopsticks.** It’s difficult to eat quickly with chopsticks, especially if you are inexperienced. This will allow time for your stomach to signal when you’re full.

- ✓ **Limit the fried foods.** These are often described on the menu as “crispy.” The frying process alone may double (or more) the calories of any meat or vegetable. For example, one piece of Japanese vegetable tempura contains 50 calories and 3g fat! Use caution at Dim Sum lunches since most of the items are fried.
- ✓ **Ask that your stir-fry to be prepared with as “little oil as possible.”** This is the most important request you should make at *any* Asian restaurant. Usually one or two tablespoons of oil (and sometimes lard) is used to stir-fry an entree. That’s 120-240 calories worth of fat. Some restaurants use even more!
- ✓ **Fill up on soup.** Most soups, although very high in sodium, are low in fat and calories. Select the Won Ton, Egg Drop (higher in cholesterol because of the egg), Hot & Sour, or Velvet Corn. Another option is the Japanese Miso Hot Pot. Often served family-style, this large bowl of broth-based soup contains udon (white) or soba (whole wheat) noodles, vegetables, and possibly shrimp or chicken.
- ✓ **Request steamed rice or plain noodles rather than fried rice or fried noodles.** Even though steamed rice may not be listed on the menu or offered on the buffet, it’s almost always available for the asking. Better yet, ask if they have the more nutritious brown rice. The boiled noodles are nutritionally similar to American wheat noodles. The fried noodles have much more oil added.
- ✓ **Avoid restaurants that serve their food *too fast*.** For speed in serving, some restaurants will cut up the meat and poultry in advance and deep-fry them (yes, deep-fry!) until the inside is cooked but the meat is not browned on the outside. When you order your meal, the individual orders are then stir-fried in the wok with even *more* oil. It is often difficult to determine whether the meat has been fried prior to being stir-fried because the color of the meat is the same. Be sure to ask how the meat is prepared.
- ✓ **Order dishes that contain more vegetables than meat.** Beef, poultry, and seafood contain in the range of 120-520 calories per cup (more if they’re fried). On the other hand, most vegetables have only 50 or less! Since most dishes are made to order, you can always request more vegetables than meat. Or ask them to add vegetables to a typical meat-only dish which helps to lower the calorie and fat density of the dish.

Check Out the Difference:			
Per 2c serving	Calories	Fat (g)	Carbs (g)
Kung Pao Chicken (fried chicken & nuts)	1040	90	50
Sweet & Sour Chicken (fried w/sweet sauce)	650	30	100
Moo Goo Gai Pan (chicken & vegetables)	300	16	19

- ✓ **Avoid sweet and sour entrees.** While sweet and sour sauce is high in sugar, that is not the biggest problem with this preparation style. In these “sweet ‘n sour” dishes, the chicken, beef, and shrimp are typically deep fat fried before the sugar-laden sauce is added. The same goes for Lemon Chicken and other fried and smothered dishes.
- ✓ **Caution with “House Specialties.”** These higher priced items usually consist of large portions of meat and little or no vegetables – which means that they are higher in both fat and calories than mixed dishes. Of course, you can special order as you like.

Part 5

Favorite Restaurants



How to Use Part 5:

While the first four parts of *Dining Lean* covered restaurant food in general, Part 5 contains nutritional information of about 5,000 specific menu items at nearly 70 of the most frequently visited restaurants (representing almost 200,000 restaurants). Please note:

- ✓ Restaurants are listed alphabetically.
- ✓ If your restaurant is not listed, search for a similar item at another restaurant.
- ✓ Food, within each section of the menu, is often listed from lowest calorie to highest calorie. This should help you find the lowest calorie items at a quick glance.
- ✓ While specialty beverages are included in Part 5, generic beverages including coffee, tea, juice, milk, soda, and alcoholic beverages can be found in the *Beverages* chapter.
- ✓ So *Dining Lean* could list as many restaurant menu items as possible, menu items with very similar nutritional information were combined. The averaged nutritional information, in most cases, will differ only by the actual information by 10 or 20 calories, 1-2g fat, etc. However, sodium values may differ by more than 100 mg.
- ✓ For brevity, abbreviations have been used. Some of the most commonly used abbreviations include:

Commonly Used Abbreviations

~	About	Pkt	Packet
avg	Average	RedFat	Reduced Fat
Cals	Calories	Reg	Regular
Carbs	Carbohydrates	Strawb	Strawberry
Ch	Cheese	sl	Slice
Choc	Chocolate	sm	small
Chol	Cholesterol	SW	Sandwich or
Cr	Cream	Sat Fat	Saturated Fat
Ital	Italian	t	Teaspoon
lg	Large	T	Tablespoon
Mayo	Mayonnaise	Veggie	Vegetable
Med	Medium	w/	With
P/A	Pineapple	w/o	With Out
Pc	Piece	Wh	Wheat

- ✓ When making menu selections, compare the nutritional information provided in these charts with your specific nutritional recommendations as discussed earlier:

		Keep Intake Under:						At Least:	
		Calories	30% Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)
WOMEN	Wt Loss	1200	40	9	1	300	2300	135	17
	Sedentary	1500	50	12	1.5	300	2300	190	21
	Active	1800	60	14	2	300	2300	250	25
	Athlete	2400	80	19	2.5	300	2300	360	34
MEN	Wt Loss	1800	60	14	2	300	2300	225	25
	Sedentary	2400	80	19	2.5	300	2300	330	34
	Active	3000	100	23	3.5	300	2300	450	42
	Athlete	4000	133	31	4.5	300	2300	650	50

CHILI'S®

	Cal- ories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)
Guiltless Grill®, as served:								
Guiltless Salmon	480	14	3	na	na	1080	31	10
Guiltless Chicken Sandwich	490	8	2	na	na	2720	63	11
Guiltless Chicken Platter	580	9	3	na	na	2780	85	5
Black Bean Burger	650	12	2	na	na	1940	96	26
Starters:								
Tostada Chips, 1 basket, no sauce	400	36	6	na	na	1540	18	3
hot sauce	80	0	0	na	na	1040	8	1
Spinach & Artichoke Dip, no chips	510	17	3	na	na	1560	39	18
tostada chips	395	19	2	na	na	1540	35	3
Skillet Queso, no chips	670	53	30	na	na	2380	12	3
tostada chips	300	36	7	na	na	1540	18	2
Southwestern Eggrolls w/dressing	810	51	10	na	na	1250	59	10
Boneless Buffalo Wings (9) w/dressing	1170	85	15	na	na	4130	50	4
Fried Cheese (9) w/Marinara Sauce	1210	89	28	na	na	2470	82	3
Boneless Shanghai Wings w/dressing	1260	71	12	na	na	3030	97	5
Wings Over Buffalo® (10) w/dressing	1340	117	26	na	na	2890	4	0
Classic Nachos w/sour cream, pico	1440	107	56	na	na	2710	53	10
Awesome Blossom® w/sauce	2710	203	36	na	na	6360	194	15
Salads (w/o crackers, garlic toast, or dressing unless indicated):								
Dinner House Salad	140	7	3	na	na	190	12	2
Grilled Caribbean Salad	440	10	2	na	na	1410	51	6
honey lime dressing	270	22	3	na	na	340	17	0
Dinner Caesar Salad w/dressing	520	43	8	na	na	1060	27	5
Caesar dressing	350	37	6	na	na	530	3	0
Lettuce Wraps w/Dipping Sauces	580	35	5	na	na	2330	55	5
peanut dipping sauce	190	13	2	na	na	430	15	1
sesame-ginger dipping sauce	70	0	0	na	na	1030	11	1
Southwestern Cobb	650	32	10	na	na	2090	49	8
avocado ranch dressing	150	15	2	na	na	240	3	1
Mesquite Chicken Salad w/dressing	810	44	16	na	na	2600	53	11
ranch dressing	240	25	4	na	na	370	3	0
low fat ranch dressing	110	6	1	na	na	480	12	0
Boneless Buffalo Chicken w/drizzle	870	55	13	na	na	2320	50	7
chipotle ranch dressing	170	18	3	na	na	280	2	0
Quesadilla Explosion w/ranch drizzle	980	48	22	na	na	2410	81	11
citrus balsamic vinaigrette	340	33	5	na	na	300	7	0
Shrimp Caesar Salad w/dressing	980	77	13	na	na	1900	39	6
Chicken Caesar Salad w/dressing	1010	76	13	na	na	1910	39	7
Soups (per cup, DOUBLE for bowl):								
Chicken Noodle	50	1	0	na	na	540	7	1
Southwestern Vegetable Soup	110	5	2	na	na	620	13	2
Chicken Tortilla	140	7	3	na	na	840	19	2
Broccoli Cheese	160	9	5	na	na	760	12	2
Chili, Terlingua Red w/toppings	180	8	4	na	na	720	15	3
Chicken Enchilada	220	14	5	na	na	650	11	2
Baked Potato	220	16	10	na	na	630	12	1
Chili, Chicken Blanco w/toppings	260	18	8	na	na	890	10	2
New England Clam Chowder	470	33	17	na	na	970	27	3

COLD STONE CREAMERY

* Stick with the smallest "Like It" size

* Start with the Sinless Sans Fat Sweet Cream, non-fat, no sugar added base

* For fewest calories, add fruit instead of candy

	Cal- ories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)
Ice Cream, Yogurt & Sorbet (to estimate "Gotta Have It", multiply "Like It" X 2.3):								
Sinless Sans Fat, like it	180	0	0	0	<5	190	43	<1
love it	290	0	0	0	5	320	71	1
Sorbet, like it (average)	190	0	0	0	0	20	50	0
love it (average)	325	0	0	0	0	32	83	0
Non-Fat, LF Frozen Yogurt (average)	225	0.4	0.3	na	<5	150	47	0.8
love it (average)	375	1	0.5	na	10	250	77	1.3
Peanut Butter Ice Cream, like it	440	29	15	nq	85	150	39	<1
love it	740	48	25	na	145	250	66	1
Cake Batter, Candy Cane, Egg Nog, French Vanilla, Cheesecake, or Mint, like it (avg)	405	23	14	na	95	115	46	0
love it (average)	675	38	24	na	155	190	76	0
All Other Flavors of Ice Cream, like it	370-400	22-24	14-15	na	85-95	85-115	39-41	0
love it (average)	645	38	24	na	150	155	67	0

Mix-Ins for "Love It" & "Gotta Have It" sizes (½ am't used for "Kids" & "Like It" excluding brownie, cookiedough, & fruit where full amounts used):**Candy**

Whoppers	100	3.5	3	na	0	70	16	0
Kit Kat or Chocolate Shavings	100	5.5	4	na	0	10	12	0
Gummi Bears or Gumballs	120	0	0	na	0	10	32	0
Red Hots or York Peppermint	125	3	1	na	0	20	24	0
Heath	110	7	0	na	0	75	12	0
Ch Chips, Krackel or Nestle Crunch	130	7	4.5	na	<5	45	15	0.6
Twix or Butterfinger	145	6.5	3	na	0	60	20	0.5
M&M or Peanut M&M	160	7.5	4	na	<5	25	22	0.9
Almond Joy or White Chocolate	160	9	7	na	<5	50	19	1
Reese's Pieces	170	7	6	na	0	50	21	1
Snickers	170	9	3	na	<5	95	21	0.9
Reese's PB Cup	190	11	4	na	0	110	19	1

Nuts

Walnuts or Pecans	135	13	1	na	0	0	4	1
Roasted Almonds or Cashews	180	16	2	na	0	210	7	2
Macadamia	180	19	3	na	0	65	3	2
Peanuts	200	17	2.5	na	0	150	7	3
Pecan Pralines	210	21	1.5	na	0	230	5	2
Pistachio or Sliced Almonds	210	19	2.3	na	0	0	8	4

Toppings

Cinnamon, 1/8 t	15	0	0	na	0	0	4	3
Rainbow or Chocolate Sprinkles	25	0	0	na	0	0	6	0
Rich's Whip Topping	50	4	3.5	na	0	0	4	0
FatFree Fudge/Caramel/Butterscotch	80	0	0	na	0	65	20	0
Honey or Marshmallow Crème	95	0	0	na	0	10	25	0
Smuckers Caramel	100	0	0	na	0	85	24	0
Smuckers Fudge	110	3	0	na	0	45	18	0

McDONALD'S® (continued)

	<i>Cal- ories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Chol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>
Sandwiches (continued):								
Quarter Pounder®	410	19	7	1	65	730	37	3
w/cheese	510	26	12	1.5	90	1190	40	3
Premium Grilled Chicken Classic	420	10	2	0	70	1190	51	3
w/o mayo	370	4.5	1	0	65	1110	50	3
Double Cheeseburger	440	23	11	1.5	80	1150	34	2
Big N' Tasty®	460	24	8	1.5	70	720	37	3
w/cheese	510	28	11	1.5	85	960	38	3
Premium Crispy Chicken Classic	500	17	3	1.5	50	1330	61	3
w/o mayo	450	12	2.5	1.5	45	1250	60	3
Premium Grilled Ranch BLT	520	16	4	0	90	1760	53	3
Big Mac®	540	29	10	1.5	75	1040	45	3
Premium Grilled Chicken Club	570	21	7	0	100	1720	52	4
Crispy Chicken Ranch BLT	600	23	5	1.5	70	1900	64	3
Crispy Chicken Club	660	28	8	1.5	80	1860	63	4
Double Quarter Pounder® w/cheese	740	42	19	2.5	155	1380	40	3
Fries:								
French Fries, small	250	13	2.5	3.5	0	140	30	3
medium	380	20	4	5	0	220	47	5
McNuggets and Chicken:								
Chicken McNuggets®, 4 piece	170	10	2	1	25	450	10	0
6 piece	250	15	3	1.5	35	670	15	0
10 piece	420	24	5	2.5	60	1120	26	0
Honey, 1pkg	50	0	0	0	0	0	12	0
Sweet 'N Sour Sauce, 1pkg	50	0	0	0	0	150	12	0
Barbeque Sauce, 1pkg	50	0	0	0	0	260	12	0
Hot Mustard Sauce, 1pkg	60	2.5	0	0	5	250	9	2
Chicken Selects® Strips, 3 pc	380	20	3.5	2.5	55	930	28	0
5 pc	630	33	6	4.5	90	1550	46	0
SW Chipotle Barbeque Sauce, 1.5 oz	70	0	0	0	0	260	16	1
Tangy Honey Mustard Sauce, 1.5 oz	70	2.5	0	0	5	170	13	1
Spicy Buffalo Sauce, 1.5 oz	70	7	1	0	0	960	1	2
Creamy Ranch Sauce, 1.5 oz	200	22	3.5	0	10	320	2	0
Salads:								
Side Salad	20	0	0	0	0	10	4	1
Snack Size Fruit & Walnut Salad	210	8	1.5	0	5	60	31	2
Asian Salad, no chicken	150	7	0.5	0	0	35	15	5
w/grilled chicken	300	10	1	0	65	890	23	5
w/crispy chicken	380	17	2.5	1.5	45	1030	33	5
Bacon Ranch Salad, no chicken	140	7	3.5	0	25	300	10	3
w/grilled chicken	260	9	4	0	90	1010	12	3
w/crispy chicken	350	16	5	1.5	70	1150	23	3
Caesar Salad, no chicken	90	4	2.5	0	10	180	9	3
w/grilled chicken	220	6	3	0	75	890	12	3
w/crispy chicken	300	13	4	1.5	55	1020	22	3
Southwest Salad, no chicken	140	4.5	2	0	10	150	20	6
w/grilled chicken	320	9	3	0	70	970	30	7
w/crispy chicken	400	16	4	1.5	50	1110	41	7
Butter Garlic Croutons, 0.5 oz	60	1.5	0	0	0	140	10	1

P.F. CHANG'S CHINA BISTRO (continued)

	<i>Cal- ories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Chol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>
Noodles, Meins, & Rice:								
Brown Rice	350	2.5	0.5	na	na	na	73	na
White Rice	410	1	0	na	na	na	88	na
Chow Mein Vegetable	470	4.5	1	na	na	na	87	na
Singapore Street Noodle	570	16	1.5	na	na	na	91	na
Garlic Noodles	610	11	1.5	na	na	na	111	na
Chow Mein Shrimp	620	13	1.5	na	na	na	84	na
Chow Mein Chicken	690	16	2.5	na	na	na	84	na
Chow Mein Beef	790	26	7	na	na	na	84	na
Vegetable Chow Fun	880	8	0	na	na	na	182	na
Chow Mein Pork or Combo	905	35	9	na	na	na	85	na
Double Pan-Fried Noodles, veg	910	37	5	na	na	na	116	na
Cantonese Chow Fun Chicken	1050	23	2.5	na	na	na	146	na
Dble PanFr'd Noodles, shrimp or chicken	1060	47	7	na	na	na	115	na
PF Chang's Fried Rice, vegetables	1080	37	6	na	na	na	154	na
Dan Dan Noodle	1090	30	5	na	na	na	145	na
PF Chang's Fried Rice, shrimp	1170	41	7	na	na	na	149	na
Double Pan-Fried Noodles, beef	1200	57	11	na	na	na	112	na
Cantonese Chow Fun Beef	1210	39	10	na	na	na	142	na
PF Chang's Fr'd Rice, chicken or beef	1230	43	9	na	na	na	151	na
Double Pan-Fried Noodles, pork	1220	59	12	na	na	na	114	na
PF Chang's Fried Rice, pork	1370	57	13	na	na	na	150	na
Double Pan-Fried Noodles, combo	1400	69	12	na	na	na	118	na
PF Chang's Fried Rice, combo	1550	69	13	na	na	na	154	na
Tam's Noodles w/Beef & Shrimp	1700	94	15	na	na	na	144	na
Desserts:								
Flourless Chocolate Dome	570	26	8	na	na	na	84	na
Banana Spring Rolls	814	37	18	na	na	na	130	na
The Lucky 8	940	48	26	na	na	na	105	na
NY Style Cheesecake	950	55	34	na	na	na	88	na
Great Wall of Chocolate	2240	89	21	na	na	na	376	na

PANDA EXPRESS

	<i>Cal- ories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Chol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>
Chicken (5.5 oz):								
Mushroom Chicken	130	6	1.5	0	45	520	8	3
String Bean Chicken Breast	160	8	1.5	0	25	550	10	4
Mongolian Chicken	170	7	1	0	35	600	13	2
Chicken Breast with Sacha Sauce	170	9	1.5	0	30	510	9	2
Kung Pao Cashew Chicken Breast	200	9	1.5	0	40	490	12	3
Chicken with Potato	200	10	2	0	55	990	21	2
Black Pepper Chicken	200	12	2.5	0	80	820	11	2
Cousin Thai's Spicy Chicken Breast	230	13	2	0	35	560	13	2
Kung Pao Chicken	240	15	3	0	65	540	12	5
Mandarin Chicken	250	10	3	0	145	1150	8	0
Orange Chicken	500	27	5.5	1	100	810	42	3

ROMANO'S MACARONI GRILL® (continued)

	<i>Cal- ories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Chol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>
Pasta (Dinner):								
Sausage & Pepper Classico	910	50	26	na	na	2590	82	9
Pasta Milano	1130	57	22	na	na	2120	108	13
Fettuccine Alfredo	1130	81	53	na	na	1200	68	4
Seafood Linguini	1140	71	23	na	na	1970	79	6
Shrimp Diavolo, lunch <i>or</i> dinner	1150	73	11	na	na	2480	83	8
Carmela's Chicken Rigatoni	1320	87	34	na	na	1550	84	6
Penne w/Oven Roasted Chicken	1330	80	21	na	na	2700	83	8
Fettuccine Alfredo w/shrimp	1330	96	56	na	na	1340	70	4
Fetuccine Alfredo w/chicken	1370	97	56	na	na	1300	68	4
Spaghetti & Meatballs w/tomato sauce	1430	81	41	na	na	4540	119	11
Penne Rustica	1540	80	39	na	na	3370	101	9
Spaghetti & Meatballs w/meat sauce	2430	128	57	na	na	5290	207	14
Stuffed Pasta (Dinner):								
Traditional Lasagna, lunch <i>or</i> dinner	1040	54	30	na	na	2800	65	4
Chicken Cannelloni	1080	58	36	na	na	3050	62	4
Lobster Ravioli, lunch <i>or</i> dinner	1090	78	54	na	na	1910	55	4
Twice Baked Lasagna w/Meatballs	1470	83	41	na	na	4420	81	6
Lunch Sandwiches (includes sides):								
Grilled Chicken Calzonetto	1540	88	23	na	na	3740	124	8
Roasted Chicken & Cheese Sandwich	1630	91	23	na	na	2520	128	8
Brick Oven Meatball Sandwich	1890	115	38	na	na	4660	149	10
Desserts:								
New York Cheesecake	980	69	41	na	na	620	75	0
w/caramel fudge sauce	1610	96	54	na	na	960	169	1
Tiramisu	1000	64	36	na	na	160	89	1
Lemon Passion	1150	56	29	na	na	910	149	0
Smothered Chocolate Cake	1180	68	30	na	na	930	140	6
Amaretto Apple Crispetti w/van ice cr	1310	45	28	na	na	570	218	3
Dessert Ravioli	1630	74	33	na	na	1150	223	3

RUBY TUESDAY

	<i>Cal- ories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Chol (mg)</i>	<i>Sodium (mg)</i>	<i>*Net Carbs (g)</i>	<i>Fiber (g)</i>
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* NOTE "Net Carbs" (defined by Ruby Tuesday) are derived from taking the total carbohydrates then subtracting the grams of fiber and sugar alcohols

APPETIZERS (1/4 order, dipping sauces not included):

Jumbo Lump Crabcake	69	4	na	na	na	na	3	1
Asian Spiced Dumplings	130	6	na	na	na	na	13	1
Tuesday Tenders, Classic	122	6	na	na	na	na	7	1
Spicy Buffalo	180	12	na	na	na	na	9	1
Southwestern Spring Rolls	177	10	na	na	na	na	14	2
Thai Phoon Shrimp	194	13	na	na	na	na	11	1
Spicy Buffalo Wings	219	16	na	na	na	na	2	1
Chicken Quesadilla	226	14	na	na	na	na	11	1
Bacon Cheese Fries	302	17	na	na	na	na	25	2
The Sampler	324	19	na	na	na	na	17	2
Queso <i>or</i> Spinach Artichoke Dip	327	20	na	na	na	na	25	2
Classic Sampler	414	20	na	na	na	na	39	3

