

Dr. Jo, Inc.

Joanne "Dr. Jo" Lichten, President

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- Fittest Fast Food
- Best Breakfast Bites
- Defensive Dining (2pgs)
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- Lean, Mean Mexican Cuisine
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- Healthier Italian Cuisine
- Healthy Snacking Away from Home
- Kids Options (2pgs)
- Desserts without Destruction
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- Eat Out & Lose Weight Plan (1200 calories)
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- Breads within Bounds
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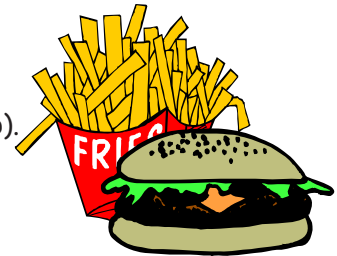
For info on books, educational materials, or speaking availability, please contact:

Joanne Lichten, PhD RD
407-852-9171 (Orlando)
drjo@drjo.com
www.drjo.com

Fittest Fast Food

Burgers & Other Hot Sandwiches:

- ▶ Order a small burger, grilled chicken, roast beef, or Gardenburger®.
- ▶ Ask for a "dry bun" (some restaurants butter and grill the buns).
- ▶ Use mustard, picante sauce, or BBQ sauce instead of mayo (110 calories/Tbsp).
- ▶ Limit the extras: cheese (100 calories/slice), bacon (45 calories/slice), avocado (85 calories/¼ slice), and sautéed mushrooms (110 calories/¼ cup).



Deli & Other Cold Sandwiches:

- ▶ Choose bread, rolls, pita bread, or bagels instead of biscuits or croissants. And, keep it small.
- ▶ The leaner meats include roast chicken, turkey, ham, and lean roast beef. Limit meat portions to 3oz (size of a deck of cards). Remember, cheese has as much fat and calories as fried chicken!
- ▶ Add flavor with lettuce, tomatoes, onions, sprouts, cucumbers, salsa, and peppers instead of cheese.
- ▶ Use mustard (15 calories/tablespoon) instead of mayo or oil (100-125 calories/Tbsp).
- ▶ Request wraps with grilled chicken, limited cheese, and sauces "on the side" (keep to 1 Tbsp or less).

Fried & Roasted Chicken:

- ▶ Choose roasted chicken (white meat is leaner). Removing the skin saves 80-100 calories - all from fat!
- ▶ If *only* fried chicken is available, choose the breast and remove both the skin and wing.
- ▶ Instead of French fries, choose: steamed vegetables, corn on the cob, greens (without cream), green beans, mashed potatoes, BBQ baked beans, or red beans & rice.

Salads:

- ▶ Lettuce is very low calorie. But, with the addition of meat, toppings, and dressing, most salads have more fat and calories than a burger. Select grilled (not fried) chicken with limited toppings and cheese.
- ▶ Choose the lower fat dressings and do the "dip 'n stab" - dip your fork into the dressing, then into the salad, for a taste with every bite.

Fries & Onion Rings:

- ▶ 20 skinny fries (ie. McDonalds) or 10 regular fries have 100 calories and 5g fat. Each onion ring has 80 calories and 6g fat. Can you "afford" the extra calories?
- ▶ Instead of fries, order apple slices, fruit cup, or applesauce. If you must, take a few fries or rings, then trash the rest so they don't tempt you! Remember, it's either "waste" or "waist"!



Best Bets:

	Calories	Fat (g)	Sat Fat (g)
Arby's® Regular Roast Beef Sandwich	320	14	5
Burger King® BK Veggie®, no mayo	340	8	1
Whopper Jr.®, no mayo	290	13	5
Tendergrill™ Salad w/fat-free dressing	300	9	3.5
Chick-Fil-A® Spicy Chicken Wrap, no dressing	385	6	3
Fazoli's® small pasta w/marinara sauce	450	2.5	0
Jack in the Box® Chicken Fajita Pita w/salsa	290	9	4
KFC® Honey BBQ or Tender Roast Sandwich, no sauce	300	4.5	1.5
McDonald's® Grilled Snack Wrap w/dressing	270	10	4
Fruit 'n Yogurt Parfait w/granola	160	2	1
Asian Salad w/sesame ginger dressing	540	20	1.5
Subway® 6" Turkey, Ham or Roast Beef Sub, dry, no cheese	290	5	2
Taco Bell® Bean Burrito	370	10	3.5
Ranchero Chicken Soft Taco "Fresco Style"	170	5	1.5
Wendy's® Plain Baked Potato	270	0	0
Large Bowl Chili, no cheese	330	9	3.5
Ultimate Chicken Grill Sandwich	370	8	1.5

