

Nutrifit Consulting, Inc.

Joanne "Dr. Jo" Lichten, President

Thank you for downloading this FREE consumer nutrition education handout. We hope you will find it a practical and effective teaching tool. Additional consumer handouts are available for sale at www.drjo.com. The handouts are available individually or as the complete Defensive Dining Reproducible Handout kit (\$89.95):

- Fittest Fast Food
- Best Breakfast Bites
- Defensive Dining (2pgs)
- Slimming Soups & Salads
- Lean, Mean Mexican Cuisine
- Amazingly Lean Asian Cuisine
- Healthier Italian Cuisine
- Healthy Snacking Away from Home
- Kids Options (2pgs)
- Desserts without Destruction
- Slim Sippings
- Eat Out & Lose Weight Plan (1200 calories)
- Eat Out & Lose Weight Plan (1800 calories)
- Breads within Bounds
- Carb Counting (3pgs)
- Savvy Suppers (American-Style)
- Pizza without Pennance

You have permission to make copies of the Fittest Fast Food copier-ready pages (from here on referred to as the HANDOUT) provided you comply with the terms that follow.

PLEASE READ THE FOLLOWING TERMS CAREFULLY BEFORE MAKING COPIES:

1. You may make copies of the HANDOUT for the purposes for the general public, ie your patients, clients, employees, or participants of your health education or other professional programs.
2. Unless special permission has been granted, you are prohibited from reproducing the HANDOUT for commercial marketing purposes such as in a newsletters or flyers. Permission for these uses may be granted by contacting Nutrifit Consulting, Inc. directly.
3. Reproduction and distribution of the HANDOUT is permitted as long as the copies made are used as a teaching tool - and not for sale.
4. Electronic transmission of the HANDOUT is strictly prohibited unless special reproduction rights have been purchased from Nutrifit Consulting, Inc.
5. For clarification of these terms or to discuss other arrangements, please contact Nutrifit Consulting, Inc.

Please note: Nutrifit Consulting, Inc. makes this HANDOUT available for your use and assumes no responsibility for that use.

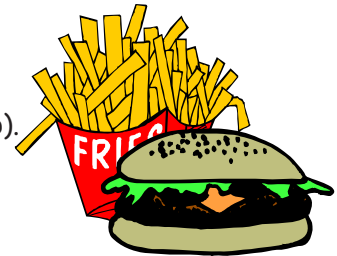
For info on books, educational materials, or speaking availability, please contact:

Joanne Lichten, PhD RD
PO Box 669144, Marietta, GA 30066
770-973-6242
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

