

## Healthier fast food choices

### Burger King

*Lunch and Dinner:*

- WHOPPER JR.® (No mayo)
- Hamburger
- TENDERGRILL® Chicken Sandwich (No mayo)
- BK VEGGIE® Burger
- TENDERGRILL® Chicken Salads (with Light Italian or Fat Free Ranch dressing)

*Side Items:*

- Side Garden Salad (with Light Italian or Fat Free Ranch dressing)
- Applesauce

### KFC

*Lunch and Dinner:*

- Tender Roast® Sandwich (No mayo)
- Honey BBQ Sandwich

*Side Items:*

- Corn on the Cob
- Green Beans
- Baked Beans
- House Side Salad (with Light Italian or Fat Free Ranch dressing)
- Caesar Side Salad

*Desserts:*

- Lil' Bucket™ Parfait Strawberry Shortcake

### McDonald's

*Breakfast:*

- Egg McMuffin®
- English Muffin
- Hotcakes (No Butter)
- Fruit 'n Yogurt Parfait

*Lunch and Dinner:*

- Hamburger
- Premium Grilled Chicken Classic Sandwich
- Premium Grilled Chicken Ranch BLT Sandwich
- Asian Salad with Grilled Chicken
- Bacon Ranch Salad with Grilled Chicken
- Caesar Salad with Grilled Chicken
- Salad Dressings:
  - Low-fat Balsamic vinaigrette
  - Low-fat Italian dressing
  - Low-fat Sesame Ginger
  - Fruit & Walnut Salad

*Side Items:*

- Side Salad
- Snack Size Fruit & Walnut Salad

*Desserts:*

- Fruit 'n Yogurt Parfait
- Apple Dippers
- Small Vanilla Ice Cream Cone

### Wendy's

*Lunch and Dinner:*

- Jr. Hamburger
- Ultimate Chicken Grill Sandwich
- Black Forest Ham & Swiss Frescata™ Sandwich (No Cheese)
- Roasted Turkey & Swiss Frescata™ Sandwich (No cheese, no mayo)
- Frescata™ Club Sandwich (no mayo)

### Wendy's (continued)

- Roasted Turkey & Basil Pesto Frescata™ Sandwich (Basil Pesto spread on side)
- Frescata™ Italiana Sandwich (no cheese)
- Chili
- Baked Potato (plain)
- Mandarin Chicken® Salad
- Caesar Chicken Salad
- Salad Dressings:
  - Fat-Free French
  - Reduced-Fat Creamy Ranch
  - Low-Fat Honey Mustard

*Side Items:*

- Side Salad (with Fat-Free French, Reduced-Fat Creamy Ranch or Low-Fat Honey Mustard)
- Caesar Side Salad
- Mandarin Orange Cup
- Low-Fat Strawberry Yogurt
- Baked Lays

*Desserts:*

- Low-Fat Strawberry Yogurt
- Junior Frosty™ (Chocolate or Vanilla)

### Subway

*Breakfast:*

- Honey Mustard Egg & Ham on Deli Roll

*Lunch and Dinner:*

- 6 Grams of Fat or Less 6" Subs (no cheese, no mayo):
  - Ham
  - Roast Beef
  - Roasted Chicken Breast
  - Subway Club®
  - Turkey Breast
  - Turkey Breast & Ham
  - Veggie Delite®
- Deli Roll Sandwiches (no cheese, no mayo):
  - Turkey Breast
  - Ham
  - Roast Beef
- Turkey Breast Wrap
- 6 Grams of Fat or Less Salads (with Fat-Free Italian dressing)

*Side Items:*

- Baked Chips
- Pretzels

*Soups:*

- Roasted Chicken Noodle
- Spanish Style Chicken with Rice
- Chicken and Dumpling
- Tomato Garden Vegetable with Rotini
- Vegetable Beef

### Taco Bell

*Lunch and Dinner:*

- Chicken Soft Taco
- Bean Burrito
- Fiesta Burrito (Chicken or Steak)
- Zesty Chicken Border Bowl (No dressing)
- "Fresco Style" Items



# Health Education

Starting your exercise program.

It’s important to check with your doctor before beginning any type of exercise program to see if they have any recommendations or restrictions.

1. Warming Up

Start exercising slowly. Perform light activity such as walking or slow biking for 5 to 10 minutes. Gradually increase speed but keep the intensity lower than during your cardiovascular workout.

2. Cardiovascular exercise

Your cardiovascular workout should consist of continuous activity using the large muscles in your body. Examples include walking, jogging, biking, rowing, swimming and group aerobic classes. This type of exercise improves your endurance, heart health and circulation. It may also reduce blood pressure, decrease body fat, reduce the risk of some forms of cancer and help improve your blood lipids.

Gauge your intensity by paying attention to how you’re feeling. You should notice some sweating and heavier breathing but still be able to talk during exercise. If you’re exercising too hard, you will be very short of breath.

If possible, begin with 20 minutes of continuous, cardiovascular exercise and aim for a goal of 30 or more. The Surgeon General recommends that people exercise most days of the week.

3. Cool Down

Do not stop exercising suddenly. Continue decreasing to a slower pace of your cardiovascular exercise for an additional 5 –15 minutes. This will gradually decrease your heart rate and blood pressure. *Note: If strength training is incorporated, it can be done at this time. Lifting weights or resistance exercises helps strengthen your muscles. This type of exercise should only be performed every other day or 2 to 3 times per week (48 hours rest per muscle group).*

4. Stretching

End your workout by stretching to help increase flexibility, reduce muscle tension and decrease muscle soreness.

Healthy eating tips

Healthy ways to prepare food and select red meat.

Grill, bake, roast, broil, steam and stir-fry. When selecting red meat, choose cuts that are 95% lean or leaner like: sirloin, tenderloin, flank or filet mignon.

Secrets for Cutting Calories:

- Substitute egg whites for eggs when cooking (two egg whites equal one whole egg).
- When making baked goods, substitute applesauce for oil (in equal parts).
- Use 1% or skim milk. Some stores carry a fat-free plus milk. This milk tastes like 2% milk, but is fat and cholesterol free.
- When making a dish with ground meat, rinse cooked meat in a colander with warm water. This will remove the excess fat from the meat.
- Cut back on butter, margarine and mayo. Choose a light margarine in a soft tub instead of regular butter or margarine. When eating out, ask for mayo on the side.
- Always eat from a plate, instead of a bag or box. This allows you to see how much you are eating.
- Remove skin from poultry.
- Control meat/poultry portions to 3 oz. (about the size of a deck of cards).
- Don’t drink your calories. Instead, choose calorie-free beverages and save calories for food. You’ll feel more full and satisfied getting calories from food.
- Keep a journal of your food intake. Studies have shown that this will help you to lose weight.
- Order half-portions at restaurants, share a full portion or take half of your order home.
- Add variety to your diet by trying new foods at least once a week. This will prevent you from getting bored with what you’re eating.
- Eat breakfast.
- Drink plenty of water. Aim to drink 64 oz. per day.
- Measure your foods with measuring cups so that you are aware of how much you’re eating.

Healthier food selections

| Food Group                                      | Choose  | Decrease   |
|---|---|--|
| Lean Meat, Poultry and Fish<br><5-6 oz. per day | <ul style="list-style-type: none"><li>• Beef, pork, lamb- well trimmed before cooking sirloin, tenderloin, flank, round</li><li>• Poultry without skin</li><li>• Laura’s Lean Beef products</li><li>• Fish, shellfish</li><li>• Processed meat- prepared with lean meats (ham,turkey bacon, frankfurters, soy products)</li></ul>   | <ul style="list-style-type: none"><li>• Ground beef, corned beef, porterhouse, Prime rib, spare ribs, organ meats</li><li>• Poultry with skin, fried chicken</li><li>• Fried fish, fried shellfish</li><li>• Regular luncheon meat (bologna, salami, frankfurters) pepperoni, sausage, bacon</li></ul>   |
| Eggs<br>2-4 yolks/week                          | <ul style="list-style-type: none"><li>• Egg whites, cholesterol-free egg substitute</li><li>• Milk- skim, ½% or 1% fat</li><li>• Yogurt or yogurt beverages- non-fat or low-fat</li><li>• Cheese-natural or processed Low-fat cheese</li><li>• Alpine Lace cheeses</li><li>• Low-fat or non-fat cottage cheese</li><li>• Frozen dairy dessert</li><li>• Low-fat or non-fat frozen yogurt, ice milk</li><li>• Low-fat coffee creamer</li><li>• Low-fat or non-fat sour cream</li></ul> | <ul style="list-style-type: none"><li>• Eggs yolks (no more than 4 yolks/week), include those used in baking, cooking</li><li>• Whole milk, 2% milk</li><li>• Regular cheeses (American, bleu, cheddar, Colby, Swiss, (Monterey Jack) cream cheese</li><li>• Ice cream</li><li>• Creamer, half &amp; half, whipping cream, whipped topping, sour cream</li></ul> |
| Fat and oils<br><6-8 teaspoons/day              | <ul style="list-style-type: none"><li>• Olive oil, canola oil, peanut oil</li><li>• Nuts: peanuts, almonds, walnuts, olives</li><li>• Unsaturated oils: safflower, sunflower, corn, and soy oils</li><li>• Natural peanut butter</li><li>• Fat-free margarine spray</li><li>• Soft-tub margarine made from unsaturated oils and with no trans fats</li><li>• Salad dressings made with olive or canola oil</li></ul>  | <ul style="list-style-type: none"><li>• Butter, shortening, coconut,</li><li>• Fatback, chitterlings, stick margarine, macadamia nuts</li><li>• Coconut oil, palm kernel oil palm oil</li><li>• Dressings made with egg yolk, cheese, sour cream, whole milk</li><li>• Croissants, Breads in which eggs, fats are a major ingredient</li></ul>                   |
| Breads, grains, cereals                         | <ul style="list-style-type: none"><li>• Breads- whole grain breads, tortillas, bagels, buns</li><li>• Oatmeal, bulgur</li><li>• Brown rice, wild rice</li><li>• Whole grain pasta</li><li>• Cereals -whole-grain, multigrain, corn, wheat, low-fat granola</li><li>• Crackers: low-fat- animal-type, wheat, graham, soda</li><li>• Baked good made with unsaturated oil, skim or 1% milk and egg substitute- waffles, pancakes, bran muffins</li></ul>                                | <ul style="list-style-type: none"><li>• Granola</li><li>• High-fat crackers</li><li>• Commercial baked pastries, muffins, biscuits</li></ul>   |
| Vegetables                                      | <ul style="list-style-type: none"><li>• Fresh, frozen, or no added sodium canned without added fat or cream sauce</li></ul>   | <ul style="list-style-type: none"><li>• Vegetables, fried or prepared with butter, cheese, or cream sauce</li></ul>  |
| Fruits  | <ul style="list-style-type: none"><li>• Fruit- fresh, frozen, canned in its own juice, or dried</li><li>• Fruit juice-fresh, frozen or canned</li></ul>   | <ul style="list-style-type: none"><li>• Fried fruit or served with butter or cream sauce</li></ul>   |
| Sweets and Desserts                             | <ul style="list-style-type: none"><li>• Honey, syrup, jam, jelly, fruit-flavored gelatin</li><li>• Frozen desserts-low-fat and nonfat yogurt, sorbet, sherbet, popsicles, fruit ice</li><li>• Angel food cake, ginger snaps, fat-free cookies, fig or other fruit cookies</li></ul>   | <ul style="list-style-type: none"><li>• Commercial baked pies, cakes, doughnuts, high-fat cookies, cream pies</li></ul>  |