

Making Everything Easier!™

The Calorie Counter

FOR DUMMIES®

Learn to:

- Keep track of calories, fat, saturated fat, sodium, carbs, fiber, sugar, and protein
- Understand the nutritional and caloric value of everyday foods
- Balance your choices when eating out and on the go
- Put this information to work, eat healthier, and lose weight

Rosanne Rust, MS, RD, LDN

Meri Raffetto, RD, LDN

Founder, Real Living Nutrition Services



***The Calorie
Counter***
FOR
DUMMIES®

**by Rosanne Rust, MS, RD, LDN
with Meri Raffetto, RD, LDN**



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Introduction

According to recent data from the National Center for Health Statistics, about two-thirds of adults in the United States are overweight, and almost one-third are obese. Consumers must come to terms with the fact that eating *behavior and choices* are what drive their struggles with excessive weight. Changing your eating behaviors is a multifaceted process that involves commitment and support, but one thing remains true: You must consume fewer calories.

A major influence on today's high calorie intake is restaurant dining. On a typical day in the United States in 2009, more than 130 million individuals patronized a food-service establishment, and there's no sign that this trend will change. But just because more people are dining out doesn't mean they're any less concerned about making healthy food choices. What they may not realize, though, is that diet plays a role in disease risk and management.

Getting the right amount of calories from a variety of foods and with a focus on whole grains, fruits, and vegetables creates the healthiest diet. The foods you eat should provide key nutrients, such as vitamins A, C, and E; B-vitamins, vitamin D; fiber; and omega-3 fatty acids. A healthy diet should also be low in saturated fat and sodium.

Whether you're eating at home or dining out, considering calorie intake and proper nutrition is a good idea. *The Calorie Counter For Dummies* is the perfect companion to eating on the go because it includes nutritional information for everyday foods as well as many popular restaurants foods and beverages. With it, you have the information you need to balance your diet for better health.

About This Book

The Calorie Counter For Dummies is your handy nutritional reference guide for common foods and popular restaurants. You can keep it in your car, your purse, or at your desk at work.

Why count calories? Well, we don't recommend obsessing over every calorie you eat all day, but having an idea of how many calories are in different foods is useful knowledge. Think of it as "calorie awareness."

This book will help you understand how different foods compare to each other so you can make an informed choice about what you eat. You'll gain a better understanding of how you can balance your diet throughout the week and discover how to decipher nutrient profiles so you can determine what's important to your health.

The Calorie Counter For Dummies is for anyone interested in good health. Although we're casting a wide net with that statement, we think it rings true. If one or more of these descriptions hits home, you've come to the right place:

- ✔ You only use fast food in situations where you're on the road or away from home, and you want to make the best choices.
- ✔ You frequent restaurants on a daily basis, and you feel now is the time to take control of your dietary decisions.
- ✔ You're watching your total calorie and/or sodium intake.
- ✔ You're concerned about weight control, heart health, diabetes, or high blood pressure.

If you're a parent, here's a special note for you: As the guardian of your child's health, it's up to you to pass along good habits for your children to model. By showing your child that you're aware of the types of foods you choose to eat and are making healthier choices in order to manage your own health, you'll be setting a good example.

Conventions Used in This Book

This guide provides you with nutritional data for common foods and nearly 140 popular restaurants. We've chosen to highlight a few key nutrients that have the greatest impact on health and disease risk: calories (Cal), fat, saturated fat (Sfat), sodium (Sod), carbohydrates (Carb), fiber, sugar, and protein (Prot).

Following is a quick primer on how these different nutritional values are measured (we skip over calories because that one's pretty self explanatory):

<i>Nutritional Value</i>	<i>Measured in</i>
Fat	Grams
Saturated fat	Grams
Sodium	Milligrams
Carbohydrates	Grams
Fiber	Grams
Sugar	Grams
Protein	Grams

Here's a cheat sheet to some other abbreviations we use within the nutritional data:

<i>Abbreviation</i>	<i>Meaning</i>
&	and
amt	amount
approx.	approximately
avg	average
diam	diameter
ea	each
equiv	equivalent
g	grams
indv	individual
lrg	large
med	medium
mg	milligrams
NP	not provided
oz	ounce
pc	piece
reg	regular

Abbreviation	Meaning
sml	small
std	standard
tbsp	tablespoon
tsp	teaspoon
vit A/C	vitamin A or C
w/	with
w/o	without

We also want to mention that we didn't really have room to include trademark symbols for all the various nuggets, nibblers, uperchinos, and other brand-name items offered by the fine restaurants in this book. So we reiterate what's on the copyright page: All trademarks listed in this book are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in *The Calorie Counter For Dummies*.

How This Book Is Organized

The three parts in this book are designed to provide you with guidance in making better food choices whether you're dining out or eating in.

Part I: Healthy Eating 101

Here we've outlined some basic guidelines for healthier eating and included tips based on a few common health concerns: weight control, high cholesterol, diabetes, and high blood pressure. Take note of the specific guidelines that apply to your needs to make the best choices for your situation.

Part II: Restaurant Guide

In a perfect world, you'd have the time and energy to cook a fresh, healthy meal every night, but that's just not how most folks live these days. Because we don't expect you to be perfect, we're giving you the nutrition facts for 150 popular restaurants so you can make informed choices when dining out. You can even impress your friends with these handy facts too! (Beware the fallout of reporting the calories in that three-cheese, triple-patty burger with bacon that your friend just ate for lunch though.)

Part III: Common Food Guide

We by no means want to discourage you from preparing meals at home because that's the best way to control calories and provide your body with adequate nutrients. So we've included a part that provides the nutrient data for common foods. If you do a quick comparison between the two types of products, you can see why eating at home is usually a better option. (And if this part inspires you to cook more at home, consider picking up a copy of *Lowfat Cooking For Dummies* or *30-Minute Meals For Dummies*, both published by Wiley.)

Where to Go from Here

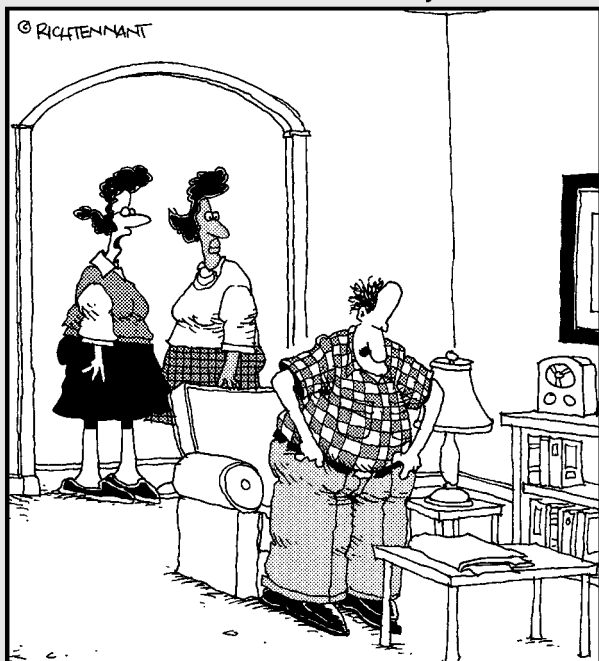
If you need to brush up on some healthy eating guidelines, take a look at the chapters in Part I. If you're curious about the nutritional content of food items at your favorite restaurants, dive in to Part II. You're likely to find some shocking information.

Part I

Healthy Eating 101

The 5th Wave

By Rich Tennant



"Phillip's doctor told him diet, exercise, and genes can effect your cholesterol levels, so he cut out fatty foods, walks everyday, and switched to chinos."

In this part . . .

No matter what your personal situation may be, eating healthfully is easy to do when you have a few basic guidelines in mind. That's why this part introduces you to the concept of balanced eating and explains the basics of how to go about it — whether you're enjoying a nice meal at home or dining at your favorite restaurant.

If you want to lose weight, or if you have high blood pressure, high cholesterol, or diabetes, this part is also your resource for specific healthy-eating information geared toward your needs.

Chapter 1

Keep Your Balance

.....

In This Chapter

- ▶ Developing a balanced lifestyle
 - ▶ Making healthier decisions when dining out
-

Balance is what a healthy body is all about. Every system within your body constantly strives for balance, and it's this balance that keeps your health stable and your systems functioning.

We bet you're no stranger to the phrase *balanced diet*. However, do you have any idea what that phrase really means? This chapter takes a stab at defining it for you. It also features tips for healthy eating when dining out so you can find balance even at your favorite restaurant.

Balancing Act

So what exactly is a balanced diet? There's no one perfect diet, but a balanced diet is one that includes a variety of foods from each basic food

group every day. Eating different foods from each food group guarantees you're getting adequate carbohydrates, proteins, fats, vitamins, and minerals. A balanced diet also infers that energy needs are balanced with physical activity; that is, you take in the exact amount of calories your body needs to function and maintain a healthy weight.



Of course, most people can't eat perfectly at every meal of every day. To really succeed in achieving a balanced diet, consider your diet through the week, not necessarily at only one meal.

Strive for a little variety

Nobody likes to eat the same thing all the time. One of the ways you can help yourself eat a balanced diet on a daily basis is to really make an effort to choose a variety of foods. By *variety* we mean you should pick different types of foods within each food group. So even if you love bananas, you should try to mix things up and eat an apple, a plum, some melon, or berries every week. Hey, go crazy: Try a kiwifruit or mango once in a while too!

Eat fruits and vegetables

Fruits and vegetables are nutritional powerhouses, and they play a vital role in a balanced diet. When you're on the go, bring fruit to work or school with you, or grab an apple on your way out the door. This behavior strategy helps round out your diet by providing important vitamins and minerals, thereby balancing out the higher-fat, higher-calorie

choices you may make at other times. It also adds fiber to your diet, and fiber helps control hunger, aiding in weight control.



Eat at least two servings of fruit daily, gradually increasing this amount to three or four.

And what about those pesky vegetables? Well, they're very low in calories and rich in vitamins and fiber, plus they add color and healthy *phytochemicals* (nonnutritive plant chemicals that have protective or disease-preventive properties). And despite what you may recall from childhood, vegetables can be delicious if prepared properly.



Grilling is a really quick and easy way to prepare vegetables as a side dish or pasta topping. Vegetables such as bell peppers, eggplant, zucchini, onions, potatoes, and portobello mushrooms all do well on the grill.

Adding more fruits and vegetables to your diet when you eat at home is important because choices are slim and sometimes nonexistent in many restaurants, especially the fast-food variety. If you can choose a fruit or vegetable when dining out, do so, but in some restaurants, your best bet is simply to make lower-calorie, lower-sodium choices. Doing so gives you a better shot at balancing out nutrients to meet your body's needs overall.

Embrace exercise and sleep

The diets of people who are overweight are usually unbalanced. Being overweight is a risk factor for

Type 2 diabetes and heart disease. If you need to lose weight, check with your physician and do the following:

- ✓ **Exercise regularly.** Including physical activity (also known as exercise) with a balanced diet is a great way to stimulate weight loss.
- ✓ **Get more sleep.** Research has shown that getting adequate sleep helps with weight control. When you're well rested, you're able to make reasonable decisions, thereby passing up that 460-calorie sweet potato casserole in favor of the 60-calorie steamed vegetables.



Losing weight is all about finding balance. (There's that word again.) Make exercise a habit, but also make sure you get enough rest.



Perhaps you're on a high-protein diet in an effort to lose weight. Although this type of diet can lead to successful weight loss, fast-food restaurants aren't the place to stick to it because most of the high-protein foods offered there are also high in fat. So, please, no "double bacon cheeseburger without the bun" orders.

Basic Tips When Dining Out

Dining out can be an enjoyable experience, but it can also be a high-calorie one. However, with a bit of planning ahead, you can manage to enjoy your dining experience without the worry of eating too many calories or sacrificing health. Consider these tips to save calories the next time you dine out:

- ✔ Ask for dressings or sauces on the side, or skip the mayo.
- ✔ Consider an appetizer or side dish as an entrée, or choose the regular, small, or kid-sized portion. (Skip anything that's extra-large or supersized.)
- ✔ Choose nonfat or lowfat milk and coffee drinks (pick the small or "tall" size for the latter).
- ✔ Select grilled or oven-roasted items and skip the deep-fried foods.
- ✔ Drink more water with your meals.
- ✔ Review beverage sizes and calories. You can rack up several hundred calories a day in liquid if you don't monitor your intake.
- ✔ Watch out for salads; they aren't always the low-calorie choice.
- ✔ Include as many vegetable toppings as possible on your sandwich, in your omelet, or on your pizza.
- ✔ Skip the butter on breakfast items such as waffles or pancakes and use smaller amounts of syrup.
- ✔ Enjoy your eggs with toast, but skip the extra meat item.
- ✔ Skip the extra cheese on anything whatsoever.
- ✔ Choose pastas with marinara or olive oil-based sauces rather than cream or Alfredo-type ones.
- ✔ Consider splitting an item with a friend and ordering a side salad to round out your meal (unless of course you're splitting dessert).
- ✔ Bring this guide with you and choose wisely!



If you currently eat out daily, consider cutting back to eating no more than three meals per week away from home (not counting packed lunches). Ideally, you should limit dining out to two or fewer times a week.

Chapter 2

Dietary Guidelines for Optimal Health

.....

In This Chapter

- ▶ Watching calories to lose weight
 - ▶ Limiting fats to prevent high cholesterol
 - ▶ Cutting back on sodium to regulate blood pressure
 - ▶ Spreading out your carbs to control diabetes
-

If you're like most people, you're concerned about your overall health. Maybe you just want to lose weight. Perhaps you're trying to prevent conditions such as heart disease, high cholesterol, and high blood pressure. You may even be trying to eat better in order to treat an existing condition, such as diabetes.

This chapter provides some dietary guidelines based on these five common health concerns and offers recommendations on healthy restaurant menu options for each one.

Weight Loss

Excess body weight is associated with risk factors for several diseases, namely heart disease and diabetes. Being overweight or obese may also aggravate your joint health and either hasten or worsen arthritis. It can also affect high blood pressure.

The current standard for determining healthy body weights is the Body Mass Index (BMI). BMI measures your overall “fatness” and is a better indicator of health than simply body weight for one’s height. You should strive for a normal BMI, valued between 19 and 24. A BMI of 25 to 29 indicates you’re overweight, and a BMI of 30 or higher indicates you’re obese. Check with your doctor or registered dietitian to determine what a healthy weight is for you.

General dietary considerations for weight loss:




- ✓ To lose weight, you must reduce your total calorie intake. Eating 500 calories less a day will promote the loss of 1 pound per week.
- ✓ Check out the calories in common foods that you eat each week to determine where you can make a change or reduce portion sizes.
- ✓ Include fiber in your diet. Fiber (found in fruits, vegetables, beans, lentils, and foods made with whole grains) provides denseness without the calories, meaning you can actually eat a bit more without upping your calorie intake. Shoot for 3 grams of fiber or more per serving.
- ✓ Add one to two vegetable servings to your diet daily. Have carrots available to snack on, slice an apple, or eat a banana. You’ll be surprised how easy this is to do if you plan on it.



- ✔ Drink at least six to eight 8-ounce glasses of water every day.
- ✔ Analyze your eating behaviors to see whether any of them are possibly sabotaging your weight-loss efforts. Skipping meals, avoiding food groups, and eating when you're stressed or bored can all hinder weight loss.
- ✔ Get support. If you need to lose weight, find a professional to help you do it. Talk to your doctor about consulting a registered dietitian (RD) or certified personal trainer (CPT).

Quick tips for eating fast food if you're trying to lose weight:



- ✔ Try to limit a meal's calories to between 400 and 600 for women and between 500 and 700 for men.
 - ✔ Choose an appetizer for a main entrée and order a side salad to go with it.
 - ✔ Select lowfat salad dressings when available, or just use less of the full-fat ones.
 - ✔ Share a side dish or dessert with someone.
 - ✔ Drink your whole glass of water (or more!) but limit other beverages to just one glass.
- 
- ✔ Take home half the meal for a delicious lunch the next day. You may even want to physically split the meal in half when it arrives at your table and ask for the to-go box right away so as to avoid the uncomfortable stomach pain that follows from eating the whole thing.
 - ✔ Fit exercise into your day whenever possible. If you dine out for lunch for business, arrange to walk to your destinations. Every little bit helps.

Menu options for weight loss:

- ✓ Add fiber to your salad bar selection with beans and other fresh vegetables. For example, you can top leafy greens with garbanzo beans and three-bean salad. Whatever you do, avoid the creamy premade salads or sweet salad toppings.
- ✓ When it comes to prepared entrée salads, look for ones that have less than 300 calories.
- ✓ Choose the small or “junior” burger or roast beef sandwich with lettuce, tomato, ketchup, mustard, pickle, and onion. Hold the cheese and mayo.
- ✓ Be mindful of sodium. Sodium, found in salt, can cause your body to retain fluid (which leads to excess water weight). Ideally, you should aim for less than 240 milligrams of sodium per serving.
- ✓ Choose whole-wheat bread over white bread whenever possible to up your fiber intake. (**Remember:** Fiber makes you feel fuller longer.)
- ✓ Order a side salad rather than French fries, or share a small order of fries with someone.
- ✓ Choose low-calorie grilled items.
- ✓ Order baked or grilled fish if it’s available.



Heart Disease or High Cholesterol

Diet is an important part of treatment for high cholesterol (which can increase your risk for heart disease

if left unchecked). If you have this condition, perhaps your doctor told you to follow a lowfat diet. Just what does that mean? In general, it means you should pay close attention to the amount of fats in foods, particularly saturated fat (less than 7 percent of your daily calories should be from saturated fat). The amount of fat you need daily depends on your height, weight, and activity; most men only need about 65 to 75 grams of fat per day, and most women only need about 50 to 60 grams per day.

You should work to limit dietary cholesterol (which by the way is found only in animal products; so eat more plants!), but your focus should be on reducing fat. Trans fats have been linked to heart disease, so we encourage you to limit them as much as possible. Talk with your doctor about consulting a registered dietitian for help changing your diet to lower your blood cholesterol.



A lowfat diet should also contain adequate amounts of fiber (about 20 to 30 grams per day). So try to eat a lowfat, high-fiber diet.

General dietary considerations for heart disease or high cholesterol:

- ✔ Limit your intake of saturated fat found in high-fat meats (such as prime rib, beef or pork ribs, salami, pepperoni, sausage, and chicken skin) and whole-milk products (such as sour cream, half and half, butter, and cheese).
- ✔ Include more fish in your heart-healthy diet — just make sure it's not fried. Choose grilled fish or seafood when it's available.



- ✓ Keep your portion sizes under control. Portion size is of utmost importance when you're trying to maintain a lowfat diet or cut calories to promote weight loss. Even the healthiest roasted chicken, for example, can provide too much fat if you eat the whole chicken in one sitting.



- ✓ Consider choosing smaller portions of foods you love. If you have a craving for French fries, choose the smallest order and “count” that fat as part of your overall fat intake for the day.
- ✓ Use food labels to help you make lowfat choices. U.S. food label guidelines require a food to have less than 3 grams of fat per serving to qualify as lowfat and less than 1 gram of saturated fat to be considered low in saturated fat. When it comes to fast food, you may loosen that guideline for one meal, but then make lower-fat choices at other meals that day.
- ✓ Be aware that there may be some “hidden fat” in your diet because not all foods come with complete nutritional information.

Quick tips for eating fast food if you have heart disease or high cholesterol:



- ✓ Check both the fat and the saturated fat. Total fat per 500-calorie meal should be about 15 grams or less. Saturated fat per meal should be less than 4 grams per 500-calorie meal (or less than 1 gram per 100 calories).



- ✓ To keep fat in check when eating out, the best choices include grilled, oven-roasted, and baked items rather than deep-fried ones. Check the nutrition information before making this assumption, however, because sometimes

seemingly healthy entrées, such as a chicken salad, may have quite a bit of fat and calories compared to a sandwich.

- ✔ Look for foods that also add some fiber to your meal, such as a green salad, vegetable toppings for your sandwich, or a fruit choice. This simple effort will increase your overall daily fiber intake and add important vitamins and minerals to your diet.
- ✔ Skip the cheese on your sandwich and save about 10 grams of fat (7 grams of which are saturated) and 80 to 120 calories.

Menu options for heart disease or high cholesterol:

- ✔ Oven-baked or oven-roasted chicken or turkey
- ✔ Grilled fish
- ✔ Baked potatoes with nonfat topping
- ✔ Side salads
- ✔ Lowfat fruit and yogurt parfaits
- ✔ Applesauce, an apple, or fruit slices

High Blood Pressure

Hypertension, or high blood pressure, is an important disorder to monitor. It increases your risk of heart disease or stroke. If your doctor has informed you that you have high blood pressure, be sure to follow his or her advice. You may need medication to reduce it, but diet also plays a role. For most people, lowering the sodium in their diet helps regulate blood pressure. (**Note:** Making sure you're getting adequate amounts of calcium, vitamins, and minerals is important too.)

General dietary considerations for high blood pressure:



- ✓ Eat a diet rich in fruits and vegetables, whole grains, and nonfat or lowfat dairy, fish, poultry, and nuts.
- ✓ Limit your sodium intake. Your total sodium for the day should be around 1,500 to 2,000 milligrams. However, if you can keep it to 3,000 milligrams, that's a good place to start.
- ✓ Remember that a low-sodium food is one that contains less than 140 milligrams per serving. Limit foods that exceed this amount.
- ✓ Add calcium to your diet. Calcium is found in lowfat dairy products and some vegetables such as broccoli, bok choy, spinach, kale, and collard greens.
- ✓ Limit added salt and processed foods that are high in sodium.
- ✓ Lose weight if you're overweight. Even losing 10 pounds can make a difference in your blood pressure readings.

Quick tips for eating fast food if you have high blood pressure:



- ✓ Investigate sodium levels. Try to pick items that have less than 500 milligrams per serving. (**Note:** Many restaurant foods contain much more than that. See for yourself in Part II.)
- ✓ Skip the soup. Soup is often low in calories, but processed soups are loaded with sodium. Save your soup craving for a home-cooked soup that you can prepare with much less salt.



- ✔ Pass over processed meats such as bacon, sausage, and ham. They tend to have lots of sodium.
- ✔ Skip the salt shaker. Don't add any additional salt to your foods.
- ✔ Choose smaller portions and lower-calorie options. (**Remember:** The smaller the portion, the less sodium there is.)
- ✔ Pick lowfat items. Even though fat itself doesn't directly affect blood pressure, it does affect your overall calorie intake and waistline.
- ✔ Get your low-calorie calcium by ordering a glass of lowfat or nonfat milk when dining out.

Menu options for high blood pressure:

- ✔ Small and regular-sized burgers generally have more sodium than a home-cooked burger, but ordering the smallest size saves you sodium.
- ✔ Most beverages are fine sodium-wise; just remember to still watch out for consuming too many calories.
- ✔ Chicken salads or garden salads can be safe options; be sure to check the sodium from various vendors.
- ✔ Choose vinegar- and oil-based dressings or dressings that contain less than 300 milligrams of sodium. Always check the sodium content on various types of dressing because it varies greatly.
- ✔ Choose fresh toppings, such as onion, tomato, and lettuce, over pickled items, such as jarred pepper strips or pickles.

- ✓ Say “no cheese” and save about 100 calories and up to 500 milligrams of sodium.
- ✓ Opt for one egg with toast, a pancake, or a bowl of oatmeal for breakfast over combination meals that include high-fat, high-sodium meats (think sausage, ham, and bacon). Also, consider trying an egg white or “egg substitute” omelet or scramble.
- ✓ Order baked fish.
- ✓ Try a fruit cup or piece of fresh fruit as a side dish.

Diabetes

Diet plays a huge role in the management of diabetes, so if you have this disease, you want to pay close attention to how much, and when, you eat. Because having diabetes increases your risk for heart disease, you should maintain a low fat intake in addition to watching your blood sugar.

General dietary considerations for diabetes:

- ✓ Don't skip meals. For most people, eating three small meals a day plus one or two snacks is a good strategy.
- ✓ Distribute your carbohydrate intake throughout the day with a fairly equal amount at each meal. Most people need about 45 to 60 grams of carbohydrates per meal, but this amount can vary depending on individual needs.





- ✔ Don't go overboard on protein and fat. They have calories too and will raise your blood sugar or widen your waistline.
- ✔ Include fiber in your diet. Fiber slows down the absorption of your meal, thereby reducing how quickly your blood sugar rises and sustaining you for a longer period of time.
- ✔ Include regular physical activity every week, with your doctor's approval. Exercise helps keep blood sugar in good control.
- ✔ Maintain a reasonable weight as well as a diet that's low in total fat and saturated fat.
- ✔ Meet with a registered dietitian or certified diabetes educator (CDE) to help you set up an appropriate meal plan that fits your lifestyle.

Quick tips for eating fast food if you have diabetes:



- ✔ Look for special healthy menu items. More and more restaurants are adding such items to their menus.
- ✔ Ask for dressings or sauces on the side.
- ✔ Assess portion sizes. Use this guide to determine calories, carbohydrates, and fat per serving and modify your serving appropriately by either sharing an entrée or getting a to-go box. Always skip the jumbo or super-sized portions.
- ✔ Choose a lowfat appetizer as a meal and order a side salad to go with it.
- ✔ If a fast-food meal is overboard on fat or sodium, make up for it by consuming lower-fat, lower-sodium foods at other meals and snacks.



- ✓ Look for foods that are high in fiber.
- ✓ Skip the cheese, or extra cheese, because it racks up 100 calories or more per ounce.
- ✓ Watch out for what sounds like a better choice. Items such as fat-free muffins may indeed contain no fat, but they may also contain plenty of sugar and calories.

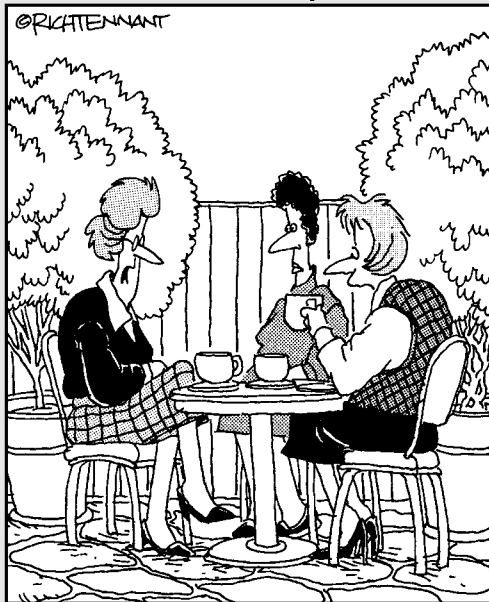
Menu options for diabetes:

- ✓ A salad or steamed vegetable as a side dish and a fruit for dessert
- ✓ Thin-crust pizza
- ✓ Small or “junior” burger
- ✓ Grilled chicken sandwich
- ✓ Seafood salad
- ✓ Scrambled egg whites or egg substitute
- ✓ Turkey sausage, one patty
- ✓ Baked salmon
- ✓ Half of a baked potato (restaurant potatoes are usually so large that they may have 50 grams of carbohydrates each)

Part II

Restaurant Guide

The 5th Wave By Rich Tennant



"Oh, I have a very healthy relationship with food. It's the relationship I have with my scale that's not so good."

In this part . . .

Ever wonder what the calorie content is for that delicious-looking salad from Panera? Not sure whether you should order the chicken or the fish at McDonald's if you're trying to watch your fat intake? All the mysteries are revealed in this part, which presents nutrition information for nearly 140 popular restaurants. Use this data to make informed decisions about what you're eating so you can continue to create balance in your diet even when you're not wearing that "Kiss the Cook" apron.

Description & Serving	Cal	Fat	Sfat	Sod	Carb	Fiber	Sugar	Prot
Arby's								
Breakfast								
Bacon, Egg, & Cheese Wrap	515	29	8	1367	50	2	2	16
Ham, Egg, & Cheese Wrap	575	31	10	2005	51	2	3	25
Sausage, Egg, & Cheese Wrap	689	45	15	1849	50	2	2	21
Biscuit, plain	273	15	4	786	28	1	3	5
Bacon Biscuit	340	21	6	1028	29	1	3	9
Bacon, Egg, & Cheese Biscuit	461	30	10	1446	30	1	4	17
Chicken Biscuit	417	23	5	1240	39	1	3	15
Ham Biscuit	323	17	4	1315	29	1	4	14
Ham, Egg, & Cheese Biscuit	444	26	8	1734	31	1	4	21
Sausage Biscuit	436	31	9	1160	28	1	3	10
Sausage Gravy Biscuit	1040	60	22	4700	107	1	4	7
Sausage, Egg, & Cheese Biscuit	557	40	13	1579	30	1	3	18
Croissant	190	10	6	190	21	1	2	3
Bacon & Egg Croissant	337	22	10	651	23	1	3	11
Bacon, Egg, & Cheese Croissant	378	25	12	850	23	1	3	14
Ham & Cheese Croissant	281	15	9	918	22	1	3	14
Ham, Egg, & Cheese Croissant	361	21	10	1138	23	1	4	19
Sausage & Egg Croissant	433	32	13	784	23	1	3	12
Sausage, Egg, & Cheese Croissant	475	35	15	982	23	1	3	15
Egg & Cheese Sourdough	392	17	7	1058	40	2	5	17
Bacon, Egg, & Cheese Sourdough	437	21	8	1220	40	2	5	20
Ham, Egg, & Cheese Sourdough	442	19	7	1586	41	2	6	26
Sausage, Egg, & Cheese Sourdough	556	33	12	1431	40	2	5	22
Blueberry Muffin	320	12	2	490	49	1	26	4
French Toastix	312	13	2	492	44	1	11	6
Sausage Patty	210	20	7	480	0	0	0	6
Breakfast Syrup	78	0	0	25	20	0	11	0
Sandwich								
Arby's Melt	298	12	4	922	36	2	5	16
Beef 'n Cheddar, reg	440	21	6	1275	43	2	8	22
Beef 'n Cheddar, med	536	27	9	1701	44	2	8	32
Beef 'n Cheddar, Irg	657	36	12	2309	46	3	8	42
Bacon Cheddar Roastburger	443	18	8	1448	44	2	7	23
Bacon Cheddar Roastburger w/ Double Meat	562	27	12	1980	44	2	7	36
All American Roastburger	412	18	7	1305	45	2	9	19
All American Roastburger w/ Double Meat	531	27	11	1837	45	2	9	32
Bacon & Bleu Roastburger	466	23	9	1397	44	2	8	21
Bacon & Bleu Roastburger w/ Double Meat	585	32	12	1929	44	2	8	34
Super Roast Beef	399	19	6	1061	40	2	10	21
Roast Beef Sandwich, Irg	547	28	12	1869	41	3	6	42
Roast Beef Sandwich, med	415	21	9	1379	34	2	5	31
Roast Beef Sandwich, reg	320	14	5	953	34	2	5	21
Ham & Swiss Melt Sandwich	268	8	3	1042	35	1	6	17
Arby-Q	340	11	4	1089	48	2	18	17
Chicken Bacon & Swiss - Crispy	544	25	7	1632	50	2	9	32
Chicken Cordon Bleu Sandwich - Crispy	577	28	7	1936	47	2	7	37

Description & Serving	Cal	Fat	Sfat	Sod	Carb	Fiber	Sugar	Prot
Chicken Fillet Sandwich - Crispy	488	23	4	1210	47	2	6	26
Chicken Bacon & Swiss - Roast	439	18	6	1343	40	2	10	30
Chicken Cordon Bleu Sandwich - Roast	472	20	6	1646	37	2	8	34
Chicken Fillet Sandwich - Roast	383	16	3	921	37	2	7	23
Roast Chicken Club Sandwich	498	20	7	1540	46	2	9	30
Roast Turkey Ranch & Bacon Sandwich	818	38	11	2146	75	5	17	46
Pecan Chicken Salad Sandwich	769	39	10	1240	79	9	17	30
Corned Beef Reuben Sandwich	590	32	9	1685	55	3	6	32
Roast Ham & Swiss Sandwich	691	31	8	1952	75	5	19	33
Roast Turkey & Swiss Sandwich	708	30	8	1677	74	5	17	41
Ultimate BLT Sandwich	779	45	11	1571	75	6	18	23
BBQ Bacon Cheddar Roastburger	581	25	10	2128	61	3	17	25
Fajita Flatbread Melt - Roast Beef	514	35	13	1716	28	2	3	26
Fajita Flatbread Melt - Roast Chicken	470	26	8	1608	30	2	4	28
Subs								
French Dip & Swiss Toasted Sub	533	19	8	2169	67	3	3	29
Classic Italian Toasted Sub	596	27	7	1831	65	3	4	25
Philly Beef Toasted Sub	610	30	9	1549	62	3	3	29
Turkey Bacon Club Toasted Sub	605	24	6	1701	65	3	3	35
Chicken								
Popcorn Chicken, reg	363	16	3	930	27	2	0	24
Popcorn Chicken, lrg	529	24	4	1354	39	3	0	35
Salad								
Chopped Italian Salad	386	28	12	1420	11	3	5	21
Chopped Turkey Club Salad	230	11	6	801	9	3	5	22
Chopped Farmhouse Chicken Salad - Crispy	395	19	7	857	25	4	5	25
Chopped Farmhouse Chicken Salad - Grilled	229	11	6	579	9	3	6	20
Side								
Cheddar Fries, med	546	33	5	1525	62	6	0	7
Curly Fries, sml	338	20	4	791	39	4	0	4
Curly Fries, med	496	29	5	1160	58	6	0	7
Curly Fries, lrg	604	36	7	1413	70	7	0	8
Jalapeno Bites, reg, 5 pc	305	21	9	526	29	2	3	5
Loaded Potato Bites, reg, 5 pc	353	22	7	800	27	2	0	11
Mozzarella Sticks, reg, 4	426	28	13	1370	38	2	5	18
Onion Petals, reg	248	17	3	249	26	2	5	3
Onion Petals, lrg	480	33	5	482	51	3	10	6
Potato Cakes, 2	246	18	4	391	26	2	0	2
Topping/Dressing/Condiment								
Bacon, 4 pc	77	6	2	301	1	0	1	5
Arby's Sauce	15	0	0	177	4	0	1	0
Horsely Sauce	62	5	1	173	3	0	1	0
Mayonnaise Packet	105	11	2	74	0	0	0	0
Arby-Q Spicy Three Pepper Sauce	22	1	0	140	3	0	3	0
Balsamic Vinaigrette Dressing	130	12	2	460	5	0	4	0
Buttermilk Ranch Dressing	230	24	4	390	2	0	2	1
Dijon Honey Mustard Dressing	180	17	3	240	8	0	7	1