

Pick Your Health Zone

Using the Per Meal Reference Goals below, select the appropriate goals for each meal based on gender and age. By using this guide, everyone in the family can determine exactly what items they can eat without going over "budget."

PER MEAL REFERENCE GOALS

| | | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|---------------------------|--------------------|----------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| Female Weight Loss | Children ages 3-4 | 400 | 13 | 4 | 7 | 20 | 50 | 800 |
| Female Weight Maintenance | Children ages 4-10 | 600 | 19 | 6 | 8 | 30 | 75 | 900 |
| Male Weight Loss | Children ages 11+ | 800 | 25 | 8 | 10 | 37 | 95 | 1,000 |
| Male Weight Maintenance | | | | | | | | |

Arby's

Bring a friend!
Save money
and calories!

| | www.arbys.com | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|----------------|--|------------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| | Chicken Fillet Sandwich, grilled - <i>no mayo</i> | 290 | 6 | 1 | 2 | 32 | 38 | 928 |
| | 1/2 Roast Turkey & Swiss Market Fresh Sandwich - <i>no mayo</i> | 302 | 9 | 3 | 2.5 | 21 | 37 | 802 |
| | 1/2 Roast Ham & Swiss Market Fresh Sandwich - <i>no mayo</i> | 293 | 10 | 3 | 2.5 | 17 | 38 | 940 |
| | Jr. Roast Beef Sandwich | 272 | 10 | 4 | 2 | 16 | 34 | 740 |
| | Southwest Chicken Wrap - no cheese, no sauce | 324 | 8 | 2 | 4 | 26 | 40 | 1076 |
| | Martha's Vineyard Salad with 1/3 pkt. Raspberry Vinaigrette - <i>no sliced almonds</i> | 338 | 13 | 4.5 | 4 | 22 | 31 | 738 |
| | Santa Fe Salad with Grilled Chicken, 1/2 pkt. Light Ranch Dressing & Tortilla Strips | 406 | 15 | 4.5 | 7.5 | 27 | 36 | 940 |
| SIDES | Eat almonds later as a snack | 81 | 8 | 1 | 1 | 4 | 2 | 0 |
| | Fruit Cup | 35 | 0 | 0 | 1 | 0 | 9 | 0 |
| | Add an Arby's Sauce packet to any sandwich | 15 | 1 | 0 | 0 | 0 | 4 | 177 |
| FOR COMPARISON | <i>Beef and Cheddar with Medium Curly Fries</i> | <i>842</i> | <i>45</i> | <i>11.5</i> | <i>6</i> | <i>27</i> | <i>90</i> | <i>2202</i> |

Burger King

| | www.burgerking.com | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|----------------|---|-------------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| | BK Veggie Burger - <i>no mayo</i> | 340 | 8 | 1 | 7 | 23 | 46 | 1030 |
| | Tendergrill Chicken Sandwich - <i>no mayo</i> | 400 | 7 | 1.5 | 4 | 36 | 49 | 1090 |
| | Tendergrill Chicken Garden Salad with 1/2 pkt. Fat-Free Ranch Dressing & Croutons | 330 | 11 | 4.5 | 5 | 35 | 25 | 1210 |
| | Hamburger or Whopper Jr. - <i>no mayo</i> | 290 | 12 | 5 | 2 | 16 | 31 | 500 |
| SIDES | Side Garden Salad with 1/2 pkt. Fat-Free Ranch & Croutons | 105 | 2 | 0 | 1 | 2 | 20 | 490 |
| | Mott's Strawberry Flavored Applesauce | 90 | 0 | 0 | 0 | 0 | 23 | 0 |
| FOR COMPARISON | <i>Original Chicken Sandwich and Medium Onion Rings with Zesty dipping sauce</i> | <i>1120</i> | <i>71</i> | <i>19.5</i> | <i>8</i> | <i>29</i> | <i>92</i> | <i>2080</i> |

McDonald's

BREAKFAST

| | www.mcdonalds.com | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|----------------|---|------------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| | Egg McMuffin | 300 | 12 | 5 | 2 | 18 | 30 | 820 |
| | Scrambled Eggs (one order = 2 eggs) with plain English Muffin | 320 | 14 | 4.5 | 2 | 20 | 28 | 450 |
| DAY | Grilled Snack Wrap (Ranch, Honey Mustard or Chipotle BBQ) | 263 | 9 | 4 | 1 | 18 | 27 | 820 |
| | Premium Grilled Chicken Classic Sandwich | 420 | 10 | 2 | 3 | 32 | 51 | 1190 |
| | Filet-O-Fish - <i>no cheese, no tartar sauce - add tomato, lettuce</i> | 270 | 7 | 1 | 1 | 14 | 37 | 420 |
| | Hamburger | 250 | 9 | 4 | 2 | 12 | 31 | 520 |
| | Caesar Salad with Grilled Chicken, Croutons & 1/3 pkt. Creamy Caesar Dressing | 343 | 13.5 | 4 | 4 | 32 | 23 | 1197 |
| | Bacon Ranch Salad with Grilled Chicken & 1/2 pkt. Creamy Southwest Dressing | 310 | 12 | 4.5 | 3 | 34 | 18 | 1180 |
| | Asian Salad with Grilled Chicken & 1/2 pkt. Low-Fat Sesame Ginger Dressing | 345 | 11 | 1 | 5 | 33 | 30 | 1260 |
| | Southwest Salad with Grilled Chicken & 1/2 pkt. Creamy Southwest Dressing | 370 | 12 | 3.5 | 6 | 31 | 36 | 1130 |
| | Happy Meal Chicken McNuggets with honey, Apple Dippers, and Jug 1% milk | 375 | 14.5 | 3.5 | 0 | 18 | 43 | 525 |
| | Happy Meal Hamburger with Apple Dippers and Jug 1% Milk | 390 | 11.5 | 5.5 | 2 | 20 | 51 | 645 |
| SIDES | Side Salad and 1/2 pkt. Low-Fat Balsamic Vinaigrette - <i>no croutons</i> | 40 | 1.5 | 0 | 1 | 1 | 6 | 375 |
| | Fruit 'n Yogurt Parfait (5.3 oz.) | 160 | 2 | 1 | 1 | 4 | 31 | 85 |
| | Snack Size Fruit and Walnut Salad | 210 | 8 | 1.5 | 2 | 4 | 31 | 60 |
| | 1/2 Small Fries | 115 | 5.5 | 1 | 1.5 | 2 | 14 | 80 |
| FOR COMPARISON | <i>Big Mac and Medium French Fries</i> | <i>920</i> | <i>48</i> | <i>12.5</i> | <i>8</i> | <i>29</i> | <i>93</i> | <i>1310</i> |

FOR COMPARISON

Subway

All choices on Wheat or Honey
Oat bread (highest in fiber)
with Fat-Free Honey Mustard or
Sweet Onion sauces, lettuce,
tomato, onions, green peppers,
- no cheese or pickles.

| | www.subway.com | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|----------------|---|-------------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| | 6" Veggie Delite | 265 | 3 | 1 | 5 | 9 | 52 | 475 |
| | 6" Turkey Breast | 315 | 4.5 | 1.5 | 5 | 18 | 54 | 975 |
| | 6" Roast Beef | 325 | 5 | 2 | 4 | 19 | 53 | 875 |
| | 6" Oven Roasted Chicken Breast | 345 | 5 | 1.5 | 5 | 24 | 56 | 805 |
| | 6" Sweet Onion Chicken Teriyaki with Sweet Onion sauce | 405 | 5 | 1.5 | 5 | 26 | 67 | 1175 |
| SIDES | Chili Con Carne | 290 | 8 | 3.5 | 12 | 19 | 35 | 990 |
| | New England Clam Chowder | 150 | 5 | 1 | 4 | 6 | 20 | 990 |
| | Minestrone Soup | 80 | 1 | 0.5 | 4 | 4 | 15 | 1130 |
| | Veggie Delite Salad with 1/2 pkt. Fat-Free Italian | 78 | 1 | 0 | 4 | 4 | 15 | 435 |
| | Oven Roasted Chicken Salad with 1/2 pkt. Fat-Free Italian | 158 | 2.5 | 0.5 | 4 | 20 | 15 | 760 |
| | Baked Lays, 1-1/8 oz. bag | 130 | 1.5 | 0 | 2 | 2 | 23 | 150 |
| FOR COMPARISON | <i>12" Tuna on Wheat</i> | <i>1060</i> | <i>62</i> | <i>15</i> | <i>10</i> | <i>44</i> | <i>88</i> | <i>2020</i> |

FOR COMPARISON

Taco Bell

Order "Fresco Style"
and they swap in
Fiesta Salsa (fresh
tomatoes, onions,
cilantro) for any
sauce or cheese.

| | www.tacobell.com | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|----------------|---|-------------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| | 2 Ranchero Chicken Soft Tacos "Fresco Style" | 340 | 8 | 2.5 | 6 | 24 | 42 | 1460 |
| | 1 Grilled Steak Soft Taco "Fresco Style" and 1 side of Pintos "Fresco Style" | 280 | 7 | 3 | 9 | 16 | 39 | 1190 |
| | Bean Burrito "Fresco Style" | 330 | 7 | 2.5 | 9 | 12 | 54 | 1200 |
| | Fiesta Burrito Chicken "Fresco Style" | 330 | 8 | 2.5 | 3 | 16 | 48 | 1240 |
| | Gordita Baja-Steak and Soft Beef Taco, both "Fresco Style" | 410 | 15 | 5 | 6 | 21 | 49 | 1230 |
| | Gordita Baja-Chicken "Fresco Style" with 1/2 Cinnamon Twists | 315 | 10.5 | 2 | 3.5 | 16 | 41 | 805 |
| | Enchirito-Chicken "Fresco Style" with 1/2 Cinnamon Twists | 325 | 8.5 | 2 | 6.5 | 16 | 45 | 1425 |
| | Finish the 2nd half of Cinnamon Twists as a snack later | 85 | 3.5 | 0.5 | 0.5 | 1 | 13 | 105 |
| | Pintos "Fresco Style" | 100 | 2 | 1 | 7 | 6 | 19 | 640 |
| | Cinnamon Twists (one order) | 170 | 7 | 0.5 | 1 | 1 | 26 | 210 |
| FOR COMPARISON | <i>Chicken Fiesta Taco Salad</i> | <i>790</i> | <i>38</i> | <i>9</i> | <i>13</i> | <i>37</i> | <i>77</i> | <i>1830</i> |
| | <i>"Big Bell Box Meal (Queso Crunch Wrap, Crunchy Beef Taco, Bean Burrito, and Cinnamon Twists) no drink"</i> | <i>1370</i> | <i>61</i> | <i>21.5</i> | <i>17</i> | <i>45</i> | <i>162</i> | <i>3590</i> |

FOR COMPARISON

Wendy's

| | www.wendys.com | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|----------------|--|------------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| | Mandarin Chicken Salad with Crispy Noodles and 1/3 pkt. Oriental Sesame dressing - no almonds | 307 | 7.5 | 1 | 2 | 25 | 32 | 940 |
| | Add the packet of almonds to above salad | 437 | 18.5 | 2 | 4 | 30 | 36 | 1010 |
| | Chicken Caesar Salad with Croutons and 1/2 pkt. Supreme Caesar Dressing | 310 | 13 | 3 | 3 | 31 | 18 | 915 |
| | Side Salad with 1/3 pkt. Light Classic or Balsamic Vinaigrette AND Small Chili | 255 | 8.5 | 2.5 | 7 | 15 | 29 | 978 |
| | Small Chili AND Plain Baked Potato | 460 | 6 | 2.5 | 12 | 21 | 80 | 855 |
| | Ultimate Chicken Grill Sandwich with Honey Mustard Sauce, Lettuce and Tomato | 315 | 7 | 0 | 2 | 28 | 36 | 950 |
| | 4-Piece Kids Meal Chicken Nuggets with Sweet & Sour Dipping Sauce (choose a side below) | 240 | 12 | 2 | 0 | 10 | 23 | 540 |
| | Jr. Hamburger, (choose a side below) | 230 | 8 | 3 | 1 | 13 | 27 | 490 |
| SIDES | Mandarin Orange Cup | 80 | 0 | 0 | 1 | 1 | 19 | 15 |
| | Side Salad with 1/3 pkt. Light Ranch or Balsamic Vinaigrette | 65 | 2.5 | 0 | 2 | 1 | 10 | 148 |
| | Sour Cream & Chives Baked Potato | 320 | 4 | 2 | 7 | 8 | 63 | 50 |
| | Small Chili (8 oz.) | 190 | 6 | 2.5 | 5 | 14 | 19 | 830 |
| | 1/2 Kids' Meal French Fries | 105 | 5 | 1 | 4.5 | 2 | 14 | 90 |
| | Junior Frosty (6 oz.) | 160 | 4 | 2.5 | 0 | 4 | 26 | 75 |
| FOR COMPARISON | <i>Classic Single with Everything and Large Fries</i> | <i>980</i> | <i>46</i> | <i>11</i> | <i>9</i> | <i>32</i> | <i>111</i> | <i>1350</i> |
| | <i>"Southwest Taco Salad with Tortilla Strips, Low-Fat Sour Cream and Ancho Chipotle Ranch Dressing"</i> | <i>645</i> | <i>39</i> | <i>17</i> | <i>8</i> | <i>31</i> | <i>44</i> | <i>1565</i> |

FOR COMPARISON

Beverages

| | Have a bottle of water with you at all times or order water, it's free! | calories | fat grams | sat.fat ¹ grams | fiber ³ grams | protein grams | carbs grams | sodium ² milligrams |
|----------------|---|------------|--------------|-------------------------------|-----------------------------|------------------|----------------|-----------------------------------|
| | 1% Low-Fat Milk, 8 oz. | 100 | 2.5 | 1.5 | 0 | 8 | 12 | 125 |
| | 1% Low-Fat Chocolate Milk, 8 oz. | 170 | 3 | 1.5 | 1 | 9 | 26 | 150 |
| | Orange Juice, 6 oz. (this is 1/2 of McDonald's small) | 70 | 0 | 0 | 0 | 1 | 17 | 2 |
| | McDonald's Cappuccino with Non-Fat Milk and Sugar-Free Vanilla Syrup, 12 oz. | 70 | 0 | 0 | 0 | 6 | 18 | 130 |
| | Starbucks Tall Non-Fat Iced Caramel Macchiato | 140 | 1 | 0.5 | 0 | 8 | 25 | 120 |
| | Starbucks Tall Non-Fat Iced Caffe Mocha - No Whip | 130 | 1.5 | 0 | 1 | 7 | 27 | 80 |
| | Starbucks Tall Non-Fat Tazo Chai Tea Latte | 170 | 0 | 0 | 0 | 6 | 37 | 95 |
| | Starbucks Tall Non-Fat Caffe Vanilla Frappuccino Light Blended Coffee - No Whip | 160 | 1 | 0 | 3 | 5 | 34 | 220 |
| | Starbucks Tall Non-Fat Espresso Frappuccino Light Blended Coffee - No Whip | 100 | 0.5 | 0 | 2 | 4 | 19 | 190 |
| | Starbucks Tall Non-Fat Iced Syrup Flavored Latte | 120 | 0 | 0 | 0 | 6 | 24 | 90 |
| FOR COMPARISON | <i>Coca Cola Classic, Large (32 oz.)</i> | <i>310</i> | <i>0</i> | <i>0</i> | <i>0</i> | <i>0</i> | <i>86</i> | <i>20</i> |
| | <i>Burger King Vanilla Shake, Medium</i> | <i>560</i> | <i>21</i> | <i>13.5</i> | <i>0</i> | <i>11</i> | <i>79</i> | <i>330</i> |
| | <i>McDonald's Iced Coffee Caramel, 32 oz.</i> | <i>270</i> | <i>11</i> | <i>7</i> | <i>0</i> | <i>2</i> | <i>41</i> | <i>160</i> |
| | <i>Starbucks Venti Double Chocolate Chip Frappuccino Blended - Whip</i> | <i>720</i> | <i>25</i> | <i>15</i> | <i>3</i> | <i>19</i> | <i>112</i> | <i>490</i> |

FOR COMPARISON

¹Sat. fat numbers include trans-fatty acid content.

²Since an occasional meal higher in sodium is not a problem for most people, choices over 1,000 mg. were included.

³To determine daily fiber needs more accurately for children, take their age + 5 and divide by three to figure your "reference goal" per meal.

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Eating on the Run Quick Tips

- ❖ Order the small, not the super-size!
- ❖ Halve it and you can have it!
- ❖ Keep in mind that you can spell waste/waist two ways.
- ❖ Keep a six-pack of water in the back seat.
- ❖ Carry a can of low-sodium V-8, a piece of fresh fruit, a packet of applesauce and/or a small bag of trail mix with you.

Dining Out Dessert Tips

- ❖ If choosing to have dessert, enjoy it without guilt by making room for it. Simply omit something else such as a dinner roll or glass of wine.
- ❖ Don't allow our gluttonous society to lure you into football-player portions. Save money, fat and calories by **sharing**.
- ❖ If pie is your pleasure and you're doing the slicing, a 1/8th size piece will save you about 100 calories each over a 1/6th size slice. Pumpkin pie and fruit pies are generally a better choice than pecan and cheesecake. Leaving the "crust rim" helps save calories too.
- ❖ Angel food cake and sponge cake are generally lower in fat and calories than devil's food and carrot cake. Leaving the icing behind also means less on your behind!
- ❖ When it's ice cream time, choosing frozen yogurt or soft-serve ice cream over full-fat varieties saves big time on artery-clogging fat and calories. Also, consider the "kiddle cone." It costs half the price (both \$\$ and calories).
- ❖ Consider a simple fruit cup or berries drizzled with chocolate syrup.
- ❖ Perhaps set a "boundary" for yourself by deciding to have a sweet treat just once a day or a week instead of whenever the opportunity arises. There is freedom within boundaries!



www.hap.org

The information contained in this guide is believed to be accurate according to data provided from restaurants' Web sites as of June 2008.

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Healthy Fast Food Guide

You can eat fast food AND be healthy!

How can this guide make a difference?

By choosing your meal selections from the following chart, you can feed your on-the-go lifestyle without a hit to your waistline or health. Take a look at the "For Comparison" choices listed last for each restaurant. The difference is astounding, especially when you consider super-sizing and soft drinks. Not to mention the improvement in your energy, focus and decreased risk for heart disease, diabetes and cancer.

What about portion size?

Let's face it, in our land of plenty, portions are huge! These sizes may be fine for marathon runners, but for most of us it just means way too many calories, fat and sodium. Oversized portions are also a major factor in childhood obesity. The easiest solution for making sure you eat only the portion size you should when dining out is to "**halve it then you can have it.**" Simply share your sandwich with someone else or toss the other half in the trash. Remember, you can spell waste/waist two ways. This goes for the occasional French fry order as well!



***Halve it and you can
Have it!***

Does this guide mean I can eat fast food all the time?

While the recommended choices are definitely lower in fat, calories and sugar, you can see that the sodium remains high and the fiber often low for many of them. These food selections still have additives, preservatives, food colorings and trans-fatty acids – all documented health threats that should be limited.

What's the bottom line?

Keep the frequency of your fast food dining to a minimum and when you do eat fast food, choose from this guide to help with portion control and to make your choices healthier.

Get healthy and earn rewards by completing HAP's online *iStrive for better health* program. Visit www.hap.org and follow the *iStrive* links. Be sure to check out the  *Metro Detroit Mall Walking Guide* on the Web site, too.