

Choose Wisely when Eating Out

Use the Stoplight Food Guide to lead you in the right direction when eating out. Choose green and yellow foods more often instead of red foods.

INSTEAD OF...

CHOOSE...

Bojangles

- Biscuit or Biscuit sandwich
- Fried chicken
- Seasoned fries

Grilled chicken filet on a bun (no mayo)
Buffalo bites
Pintos, Cole slaw, Green beans, Rice, Mashed potatoes
(no gravy)

Burger King

- Biscuit sandwich or Croissant'wich
- Tendercrisp garden salad
- Whopper w/ cheese
- Crispy chicken sandwich
- French fries

Ham omelet sandwich
Tendergrill garden salad w/ light dressing
Whopper Jr. (no mayo) or Veggie burger (no mayo)
Grilled chicken sandwich (no mayo)
Apple fries

Chick-Fil-A

- Bacon, egg, & cheese biscuit
- Crispy chicken sandwich
- Chicken strips or nuggets
- Waffle fries

Chicken (request grilled), egg, & cheese bagel
Chargrilled chicken sandwich or Grilled chicken salad
2 strips or 4 nuggets kids meal
Fruit cup or Side salad with fat-free or light dressing

McDonalds

- Breakfast biscuit sandwich
- Quarter Pounder w/ cheese
- McChicken/Crispy chicken sandwich
- 6 or 10 pc nuggets, Chicken strips
- French fries

Scrambled eggs, English muffin, or Egg McMuffin
Hamburger
Grilled chicken sandwich (no mayo), snack wrap, or salad
4 pc nuggets
Apple dippers, Fruit & yogurt parfait, Fruit & walnut
salad, or Side salad with low-fat dressing

Subway

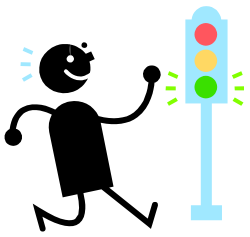
- 12" regular sub
- Regular potato chips

6" Fresh Fit sub (6g of fat or less) - with lots of veggies
& mustard or fat-free dressing instead of mayo
Apple slices, Baked potato chips, or Low-fat yogurt

Wendy's

- Chicken BLT or Southwest salad
- Double cheeseburger or Nuggets
- French fries

Mandarin chicken salad or Chicken ceasar salad
*ask for fat-free or light salad dressing
Jr. hamburger, Grilled chicken sandwich or Wrap
Mandarin oranges, Side salad, Baked potato (light sour
cream & go light on the butter) or small Chili



Smart Eating On The Go

Tips for Eating Healthy when Eating Out

Order Wisely—Choose grilled, steamed, or broiled dishes over fried foods or remove the breading from fried foods before eating.

Beware of Large Portions—Choose the smallest size burger and fries. Skip the super-sized meal and order from the kids menu. Or, share your meal with a family member or friend.

Be Smart with Salads—Order salads with grilled instead of crispy chicken with low-fat or fat-free dressings. Hold the cheese, croutons, and bacon bits.

Be Smart with Sides and Extras—Choose fruits as side items instead of fries whenever possible. Substitute mustard or ketchup for mayo on burgers and sandwiches.

Don't Drink your Dinner—Order water, unsweetened tea, diet soda, or low-fat milk instead of soda, sweet tea, lemonade, or fruit punch.

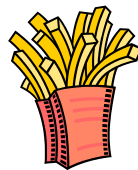
Look for Healthy Dining Icons—Many restaurants now designate healthy options right on their menu. Choose these items or look for nutrition information on menu boards, brochures in restaurants, or nutrition information on the restaurant's website.

Explore Your Options...

Most restaurants offer a variety of menu items. Look for ways you can make your usual meal healthier.



Instead of: 2 cheeseburgers



Large Fries



Large Milkshake



Choose: 1 Grilled Chicken Sandwich



Small Fries



Diet Soda