



## How to Eat Healthier On the GO?



### Healthier Fast Food Pick Ideas

[http://www.health.com/health/gallery/0,,20630037\\_8,00.html](http://www.health.com/health/gallery/0,,20630037_8,00.html)

<http://www.fitnessmagazine.com/recipes/healthy-eating/on-the-go/healthy-fast-foods/>

[http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=1193](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1193)

### How to make healthier choices eating out

<http://www.helpguide.org/articles/healthy-eating/healthy-fast-food.htm>

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-out.pdf>

<http://www.eatrightontario.ca/en/Articles/Dining-Out/Top-10-tips-for-eating-out>

### Top Tips for Eating Out

- Avoid going out **too hungry** or you are more likely to over order or over eat. If necessary have a small healthy snack before leaving the house
- **Cut portions** in half and pack it for leftovers
- Consider **sharing** Apps and Entrees
- Share dessert or pass altogether
- Skip the bread and butter
- Choose bread, wine, or dessert not ALL 3
- **Avoid creamy dishes** ie. Alfredo sauces, cream/butter sauces, cream based soups and dressings like mayos and caesar. Better off going for tomato or meat based broths and sauces and vinaigrette dressings
- Go light on or avoid condiments and add ons like dressings, dips, sauces, bacon bits, cheese etc. When in doubt ask to have dressings and toppings served **on the side**.
- Look for items labeled **grilled, baked, roasted, or steamed** rather than fried
- **Raw vegetables/salads** with minimal dressing and toppings may be less calories than side orders of cooked veggies which may be prepared with loads of salt and hidden fats like butter, oils. You can usually request a side of **plain steamed veggies** and toppings and dressings on the side
- **Check online menus** before heading out so you can peruse the healthiest options before you arrive.
- When possible **avoid all you can eat, and buffet** style restaurants as you're more likely to overeat here
- Many restaurant chains even have **nutrition facts** posted so check these first or try entering into my fitness pal to see how your meal will add up! ie. East Side Marios, Milestones, Boston Pizza, Starbucks
- Check out this link for a list of Fast Food chain online nutrition facts <http://fastfoodnutrition.org/>

<b>McDonald's Grilled Chicken Classic Sandwich</b>	<b>McDonald's Grilled Chicken Ranch Snack Wrap</b>	<b>Burger King Whopper Jr.</b>	<b>Arby's Roast Chicken Club Sandwich</b>
350 calories	270 calories	260 calories	460 calories
9 g fat	12 grams fat	10 g fat	19 g fat
28 g protein	16 g protein	16 g protein	30 g protein
820 mg sodium	700 mg sodium	440 mg sodium	1,440 mg sod
42 g carbs	25 g carbs	28 g carbs	42 g carbs
3 g fiber	1 g fiber	1 g fiber	2 g fiber
8 g sugar	2 g sugar	7 g sugar	9 g sugar
<b>Pizza Hut Thin N Crispy Veggie Lover's Pizza: Two Slices, 12-Inch Pie</b>	<b>Subway 6-inch Oven-Roasted Chicken Sandwich</b>	<b>Tim Hortons</b>	
360 calories	370 calories	<a href="http://www.huffingtonpost.ca/2015/04/28/healthy-foods-tim-hortons_n_7155556.html">http://www.huffingtonpost.ca/2015/04/28/healthy-foods-tim-hortons_n_7155556.html</a>	
12 g fat	10 g fat		
16 mg sodium	23 g protein	<b>Other useful links</b>	
46 g carbs	650 mg sodium	<a href="http://www.fastfoodnutrition.org/">http://www.fastfoodnutrition.org/</a>	
1 g fiber	48 g carbs	<a href="http://www.helpguide.org/articles/healthy-eating/healthy-fast-food.htm">http://www.helpguide.org/articles/healthy-eating/healthy-fast-food.htm</a>	
8 g sugar	5 g fiber		
Pizza can make a healthy lunch if you can keep to two slices at a time, limit the meat, add lots of veg and a thin crust (whole wheat is even better) — 2 slices is a quarter of the 12" pie at Pizza Hut.	8 g sugar		