



# Fast Food Facts

When eating out, try to choose a meal with roughly 1/3 your recommended total daily calories and no more than 20-25 grams of fat. Keep saturated fat and trans fat to a minimum and remember that sodium intake should not exceed 2400 mg per day.

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>MCDONALDS®</b>					
Hamburger	250	9	3.5	0.5	520
Cheeseburger	300	12	6	0.5	750
BigMac®	540	29	10	1.5	1040
Filet-O-Fish®	380	18	3.5	0	640
McChicken®	360	16	3	0	830
Small French Fries	230	11	1.5	0	160
Large French Fries	500	25	3.5	0	350
Chicken Selects® (3 strips)	400	24	3.5	0	1010
<b>TACO BELL®</b>					
Fresco Crunchy Taco	150	7	2.5	0	350
Fresco Bean Burrito	340	8	2.5	0	1290
Volcano Nachos	1000	62	9	1	1930
Fiesta Taco Salad	770	41	10	1	1650
Ranchero Chicken Soft Taco	270	14	4	0	840
Chicken Soft Taco	200	8	3	0	640
Nachos BellGrande®	770	42	7	0.5	1300
Pintos 'n Cheese	180	7	3	0	720

Information obtained from individual restaurant websites.

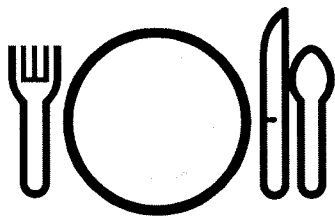
	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>PIZZA HUT®</b>					
Large Pan Pizza, Cheese (1 slice)	360	17	7	0	740
Large Pan Pizza, Pepperoni (1 slice)	380	19	7	0	850
Large Pan Pizza, Supreme (1 slice)	420	22	8	0	890
6" Personal Pan Pizza®, Cheese	590	24	10	0.5	1290
6" Personal Pan Pizza®, Pepperoni	610	27	10	0	1420
6" Personal Pan Pizza®, Supreme	720	35	13	0	1620
P'Zone® Pizza, Classic	1260	46	22	1	2960
Breadsticks, each	140	6	1.5	0	140
<b>ARBY'S®</b>					
Regular Roast Beef	350	13	4.5	0.5	960
Regular Beef 'n Cheddar	430	19	6	1	1220
Arby's Melt	320	11	3.5	0	900
Ham & Swiss Melt	300	8	3.5	0	1070
Pecan Chicken Salad Sandwich, Grilled	870	44	6	0	1510
Ultimate BLT Sandwich	880	46	10	0	1740
Crispy Chicken Tenders, regular	360	17	2.5	0	730
Curly Fries, small	410	22	3	0	920
Curly Fries, Large	640	34	5	0	1460
Potato Cakes, small (2)	260	14	2	0	440
Loaded Potato Bites®, regular (5)	540	32	10	0.5	1210
Mozzarella Sticks, regular (4)	430	23	9	0.5	1480
Jalapeno Bites®, regular (5)	300	17	7	0	640

Information obtained from individual restaurant websites.

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
<b>LONG JOHN SILVER'S®</b>					
Battered Fish, 1 piece	260	16	4	4.5	790
Popcorn Shrimp, 1 snack box	270	16	4	4.5	570
Grilled Pacific Salmon, 2 filets	150	5	1	0	440
Ultimate Fish Sandwich®	530	28	8	5	1400
Baja Fish Taco	350	22	5	3.5	810
Zesty Chicken Sandwich	350	18	3.5	2.5	810
Fries, platter portion	230	10	2.5	3	350
Hushpuppy, 1 pup	60	2.5	0.5	1	200
<b>SUBWAY®</b>					
6" Subway Club® (no cheese)	320	5	1.5	0	1160
6" Turkey Breast (no cheese)	280	3.5	1	0	910
6" Veggie Delite® (no cheese)	230	2.5	0.5	0	410
6" Tuna	530	30	6	0.5	930
6" Big Philly Cheesesteak	520	18	9	0.5	1710
6" Spicy Italian	520	28	11	0.5	1830
<b>STARBUCKS®</b>					
Caffe Latte, 16 oz	220	11	7	0	140
Caramel Apple Spice, no whip, 16 oz	310	0	0	0	25
Mocha Frappuccino®, no whip, 16 oz	260	3.5	2	0	230
Caramel Macchiato, 16 oz	270	10	6	0	130
Hot Chocolate, no whip, 16 oz	330	13	7	0	140

Information obtained from individual restaurant websites.

**TRIM YOUR  
WAIST  
WITH  
THESE 8  
CALORIE-  
CUTTING  
TIPS!**



**1. Slow down** and take time to enjoy your meal. Eat slowly and chew your food well. Put your fork down between bites and put less food on your fork.

**2. Watch your portions** by using smaller plates, bowls, and glasses. Put leftovers out of sight so you aren't tempted to go back for "seconds".

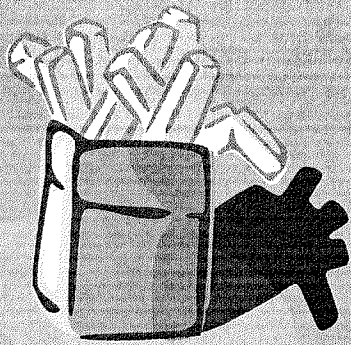
**3. Eat meals at the table**, not while standing or sitting on the couch. If you are cleaning house, watching TV, or reading the newspaper during your meal, you will be less mindful of how much you are eating.

**4. Ask yourself if you are hungry** before you eat. If the answer is no, do something else!

**5. Plan low-calorie snacks** and keep them in your kitchen. Fruits and raw cut vegetables are great snack choices.

**6. Deliver yourself from temptation!** It's hard to eat a bag of cookies if they are not in your pantry. Treat yourself to one portion or go out and split a dessert rather than making a batch of brownies.

**7. Stay hydrated.** Drink at least 6 to 8 eight-ounce glasses of water daily.

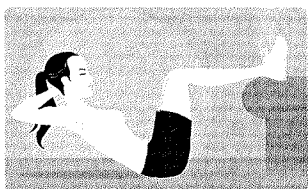


# Eating Out

Most restaurants serve portions that are far too large. Here are some tips for eating within your plan while enjoying a meal away from home:

1. Split an entrée, or eat half and take the rest home for another meal.
2. Order baked, broiled, or grilled food. Avoided menu items that are described as “breaded”, “fried”, or “creamed”.
3. Ask for gravy, sauce, butter, and salad dressing on the side. Be aware of how much you use and don’t feel like you have to use the entire container.
4. Limit fast food to once a week. When you do go to a fast food restaurant, make better choices such as a small burger, small fries, and a diet soda. A salad with low-fat dressing or grilled chicken with sauce on the side would also be good options.
5. Skip or limit the appetizer, bread, and alcohol.
6. Be informed! When you go to a fast food restaurant, ask to see the nutritional information for their menu items. Aim for a meal with no more than 500 calories and 20-25 grams of fat.

# Exercise for your Heart



Think of fun ways to get started...

- Start a walking club at work or in your neighborhood.
- Sign up for a dance class.
- Join a gym with a friend.

A sedentary, or inactive, lifestyle is one of the primary risk factors for heart disease. The American Heart Association recommends that you be physically active at least 30 minutes a day most days of the week. If you are already exercising 30 minutes most days of the week, increase your activity level to 30 minutes every day of the week, or increase your workout time to 45 minutes or an hour on the days you are already exercising.

## Benefits of Physical Activity:

- It lowers your risk of heart disease
- It helps you feel more energized
- It will lessen your stress level
- It reduces your risk for some cancers
- It helps you sleep better
- It help control blood sugars for people with or at risk for diabetes
- It helps you lose weight



## Think you don't have time to exercise?

### Try these quick tips:

- ❖ Cut the grass with a push mower instead of a riding lawnmower
- ❖ Park your car 10 spaces farther away from the door at the mall than you normally would.
- ❖ Walk around the park while the kids are at ball practice
- ❖ Choose the stairs instead of the elevator

# TRIGLYCERIDES

Triglycerides are a fat found in both the body and in foods. Like saturated fat, triglycerides trigger the liver to make more cholesterol, therefore increasing levels of LDL and total cholesterol. High triglycerides are likely to increase your chances of developing heart disease. A healthy level is less than 150 mg/dL.

## Tips for Improving your Triglycerides:

### 1. Lose weight if you need to.

- Aim for a BMI between 18.5 and 25

### 2. Exercise.

- Your goal for physical activity should be *at least* 30 minutes of exercise a day 5 days a week. Running, walking, swimming, cycling, and another endurance exercises are especially good for your heart.

### 3. Stop Smoking.

### 4. Limit foods high in refined (or highly processed) carbohydrates

- Foods high in refined carbohydrates include:
  - ❖ Regular soda
  - ❖ Sugar, honey, maple syrup, corn syrup, jam/jelly, molasses, candy
  - ❖ Pudding, Ice cream, sherbet, popsicles, sorbet, frozen yogurt
  - ❖ Pie, cake, cookies, pastries, doughnuts
  - ❖ Fruit juices with added sugars
- Choose whole grain foods most often, such as whole wheat breads & cereals, oatmeal, oat bran, brown rice, and whole-wheat pasta.

### 5. Increase intake of omega-3 fatty acids

- Good sources of omega-3 fatty acids include salmon, herring, mackerel, anchovies, sardines, walnuts, soybeans, tofu, flaxseed oil, and canola oil.

### 6. Choose foods that are low in fat, especially saturated fat. Saturated fat is found mostly in foods from animals and some plants.

- Foods from animals that contain saturated fat include beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole and 2 percent milk.
- Foods from plants that contain saturated fat include coconut, coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter.

### 7. Avoid alcohol.

