




Choose Your Food Carefully

Watch out for these **high-fat words** on menus.



Au gratin	Hollandaise
Breaded	Parmesan
Buttered or buttery	Pastry
Cheese sauce	Rich
Creamed, creamy, cream sauce	Sautéed
Fried, deep fried, French fried, batter fried, pan fried	Escalloped
Gravy	Scalloped
	Seasoned
	Southern style

Look for these **low-fat words** instead.

Baked	Poached
Broiled	Roasted
Boiled	Steamed
Grilled	Stir-fried

Use these tips for choosing your foods.

- ✓ Be cautious of sauces.
- ✓ Think about what you really *need* to eat.
- ✓ Trim fat off meat.
- ✓ Take skin off chicken.



What's On the Menu?

No matter which restaurant you go to, you can make low-fat, low-calorie choices. Be sure to ask the server how the food is prepared. Note that most restaurants serve a tossed salad – a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

Restaurant Type	GO! Low-fat choices	CAUTION! High-fat choices
Pizza	<ul style="list-style-type: none"> • Plain cheese pizza. Ask for half the cheese or low-fat cheese. • Onions, green peppers, mushrooms 	<ul style="list-style-type: none"> • Meat toppings such as sausage or pepperoni • Olives
Burgers (Fast Food)	<ul style="list-style-type: none"> • Broiled, extra lean burger • Grilled, broiled, or roasted chicken, without sauce 	<ul style="list-style-type: none"> • Large hamburger, cheeseburger • French fries • Fried fish or chicken • Sauces made with mayonnaise, cheese, or bacon
Mexican	<ul style="list-style-type: none"> • Heated (not fried) tortillas • Grilled chicken or beef fajitas • Soft tacos (corn or flour tortillas) • Salsa 	<ul style="list-style-type: none"> • Enchiladas • Chili con queso (Chili with cheese) • Fried tortillas, tortilla chips • Sour cream, guacamole • Crisp tacos
Chinese and Japanese	<ul style="list-style-type: none"> • Stir-fried chicken • Stir-fried vegetables • Steamed rice • Soup • Teriyaki 	<ul style="list-style-type: none"> • Egg foo yung • Fried chicken, beef, or fish • Fried rice or noodles • Egg rolls • Fried won ton • Tempura
Italian	<ul style="list-style-type: none"> • Pasta with meatless tomato sauce • Minestrone soup 	<ul style="list-style-type: none"> • Sausage • Lasagna, manicotti, other pasta dishes with cheese or cream • Fried or breaded dishes such as veal or eggplant parmesan
Seafood	<ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon • Plain baked potato 	<ul style="list-style-type: none"> • Fried fish • Hush puppies
Steakhouse	<ul style="list-style-type: none"> • Shrimp cocktail • Broiled chicken or fish • Plain baked potato 	<ul style="list-style-type: none"> • Steak (except trimmed, lean cuts) • Potatoes au gratin • Onion rings, other fried vegetables • French fries

Session 10: Four Keys to Healthy Eating Out



Fast Food *Can* be Low in Fat

Arby's		
Restaurant Item	Fat Grams	Calories
Junior Roast Beef Sandwich	8	210
Regular Roast Beef Sandwich	14	360
Ham & Swiss Melt	8	300
Cravin' Chicken Sandwich - Roast	12	370
Chopped Farmhouse Chicken Salad-Roast	13	250
Chopped Side Salad	5	70

Burger King		
Restaurant Item	Fat Grams	Calories
4-piece Crown-Shaped Chicken Tenders	11	190
Tendergrill Chicken Sandwich	18	470
BK Veggie Burger, no mayonnaise	7	320
Hamburger, no mayonnaise	10	260
Tendergrill Garden Salad, Fat-Free Ranch Dressing (without dressing)	7 (7)	290 (230)
Side Salad, Fat-Free Ranch Dressing (without dressing)	3.5 (3.5)	130 (70)
BK Fresh Apple Fries	0.5	70

Chick-Fil-A		
Restaurant Item	Fat Grams	Calories
Chicken Sandwich	17	430
Chargrilled Chicken Sandwich	4	290
Chargrilled Chicken or Spicy Chicken Cool Wrap	12	410
Hearty Breast of Chicken Soup	4	140
Chargrilled Chicken Garden Salad	6	180
Chargrilled & Fruit Salad	6	220
Southwest Chargrilled Salad	9	240
Side Salad	4.5	70
Carrot Raisin Salad, Medium	12	260
Fruit Cup, Medium	0	70
Yogurt Parfait	3	230

Session 10: Four Keys to Healthy Eating Out



Fast Food *Can* be Low in Fat (continued)

Domino's Pizza		
Restaurant Item	Fat Grams	Calories
Medium Cheese Pizza, 2 Slices	16	420
Medium Ham and Pineapple Pizza, 2 Slices	13	400
Medium Spinach Pizza, 2 Slices	13	370
Medium Mushroom Pizza, 2 Slices	13	370

KFC		
Restaurant Item	Fat Grams	Calories
Original Recipe Drumstick	7	120
Grilled Chicken Breast	8	210
KFC Snacker, Honey BBQ	3	210
House Side Salad, Fat-Free Ranch Dressing (without dressing)	0 (0)	50 (15)
Sweet Kernel Corn	0.5	100
Green Beans	0	20
Mashed Potatoes with Gravy	4	120
Coleslaw	10	180

Long John Silver's		
Restaurant Item	Fat Grams	Calories
Freshside Grille Smart Choice Salmon	7	280
Freshside Grille Smart Choice Tilapia	4.5	250
Grilled Pacific Salmon	5	150
Rice Pilaf	1	180
Breadstick	3.5	170
Cole Slaw	15	200
Vegetable Medley	2	50
Corn Cobette (without Butter Oil)	3	90

Session 10: Four Keys to Healthy Eating Out



Fast Food *Can* be Low in Fat (continued)

McDonald's		
Restaurant Item	Fat Grams	Calories
Hamburger	9	250
Premium Grilled Chicken Classic Sandwich	9	360
Chicken McNuggets, 4-piece	12	190
Grilled Chicken Snack Wrap, Chipotle or Honey Mustard	9	260
Premium Southwest Salad with Grilled Chicken, no dressing (without chicken)	9 (4.5)	320 (140)
Premium Caesar Salad with Grilled Chicken, no dressing (without chicken)	6 (4)	220 (90)
English Muffin	3	160
Fruit & Maple Oatmeal (without brown sugar)	4.5 (4.5)	290 (260)
Side Salad	0	20
Fruit 'n Yogurt Parfait	2	160
Apple Dippers with Low Fat Caramel Dip	0.5	100

Pizza Hut		
Restaurant Item	Fat Grams	Calories
Medium Thin 'N Crispy, Veggie Lovers, 2 Slices	12	360
Medium Hand-Tossed, Ham & Pineapple, 2 Slices	12	400
Fit 'n Delicious Chicken, Mushrooms, & Jalapeno, 2 Slices	9	340
Fit 'n Delicious Green Pepper, Red Onion, & Diced Red Tomato	8	300

Subway		
Restaurant Item	Fat Grams	Calories
6" Ham (Black Forest, without cheese)	4.5	290
6" Sweet Onion Chicken Teriyaki	4.5	380
Turkey Breast on Flatbread	6	290
Roast Beef Salad, with Fat Free Italian Dressing (without dressing)	3.5 (3.5)	175 (140)
Roasted Chicken Noodle Soup	2	80
Vegetable Beef Soup	2	100
Egg White & Cheese Muffin Melt (with ham)	3.5 (4)	150 (170)

Session 10: Four Keys to Healthy Eating Out



Fast Food *Can* be Low in Fat (continued)

Taco Bell		
Restaurant Item	Fat Grams	Calories
Fresco Crunchy Taco	7	150
Fresco Soft Taco	7	180
Fresco Ranchero Chicken Soft Taco	3.5	150
Fresco Bean Burrito	8	350
Fresco Burrito Supreme- Chicken	8	350
Cheese Roll-Up	9	190
Mexican Rice	3.5	120
Pintos 'n Cheese	6	170

Wendy's		
Restaurant Item	Fat Grams	Calories
Chili, Small	6	210
Ultimate Chicken Grill	7	360
Jr. Hamburger, no mayonnaise	8	230
Plain Baked Potato	0	270
Side Garden Salad, Fat Free Ranch Dressing (without dressing)	0 (0)	65 (25)

Sources:

Arby's: <http://www.arbys.com/>
 Burger King: <http://redesign.bk.com/en/us/menu-nutrition/index.html>
 Chick-Fil-A: <http://www.chick-fil-a.com/#nutritiondata>
 Domino's: <http://www.dominos.com/home/menu/lighteroptions.jsp>
 KFC: http://www.kfc.com/nutrition/pdf/kfc_nutrition.pdf
 Long John Silver's: http://www.ljsilvers.com/images/LJS_Nutritional_Information_2_11.pdf
 McDonald's: <http://nutrition.mcdonalds.com/nutritionexchange/nutritionfacts.pdf>
 Pizza Hut: <http://quikorder.pizzahut.com/QOcontent2/Files/PDF/NutritionInformation.pdf>
 Subway: http://www.subway.com/applications/NutritionInfo/index.aspx?WT.mc_id=C-SB-NAV&WT.mc_ev=mainNav-MenuNutrition
 Taco Bell: <http://www.tacobell.com/nutrition/information>
 Wendy's: <http://www.wendys.com/food/pdf/us/nutrition.pdf>

Read the Label

To find out if a drink contains added sugar, look for these words on the label:



You wouldn't
EAT
16
packets of
SUGAR



why would you
DRINK them?

Nutrition Facts	
Serving Size 1 Can	
Amount Per Serving	
Calories 140	
% Daily Value*	
Total Fat 0g	0%
Sodium 65mg	3%
Total Carb 38g	13%
Sugars 38g	
Protein 0g	

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, **HIGH FRUCTOSE CORN SYRUP**, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE).

Sip Tips

- Choose water or milk**
(1% or nonfat for those older than 2)
- Stock the fridge with a jug of cold water and bottled water for those on-the-go**
- For a treat once in a while:**
 - Add zest to your water by adding a fresh fruit slice or cucumber slices and fresh mint.
 - Freeze 100 percent fruit juice in an ice cube tray, and then add one frozen cube to a glass of water.
 - Add a small splash of 100 percent fruit juice to plain water.
- Reduce the number and portion size of sugary drinks—drink only once in a while, 8 ounces or less**

More Information and Tips

For source information about sugar-sweetened beverages, healthy alternatives, tips, facts and more, or to order Rethink Your Drink materials, visit your state-specific Delta Dental website.

- **Delta Dental of Michigan**
www.deltadentalmi.com/rethinkyourdrink
- **Delta Dental of Ohio**
www.deltadentaloh.com/rethinkyourdrink
- **Delta Dental of Indiana**
www.deltadentalin.com/rethinkyourdrink



RETHINK YOUR DRINK

Choose Water!



Let's Not Sugar-coat It!

Check the Serving Size*

How Much Added Sugar is Too Much?

Sugary drinks are beverages with added sugar

- These drinks include pop, juice/fruit drinks, sweetened teas/coffees, flavored waters, chocolate milk, sports and energy drinks.
- A typical 20-ounce soda or juice/fruit drink contains 15-18 tsp. of sugar—as much as in three chocolate candy bars!

Sugary drinks are bad for your teeth

- Drinking pop nearly doubles the risk of cavities in children. Further, the sugar in sugary drinks feeds the bacteria that produces acid, which attacks and dissolves tooth enamel.

Sugary drinks increase the chance of becoming overweight or obese

- Drinking an 8-ounce sugary drinks each day for a year is equal to 55,000 calories, or 15 pounds a year.
- Drinking one 12-ounce can of pop each day increases a child's chances of becoming obese by 60 percent.

Sugary drinks increase the risk of developing type 2 diabetes

- People who drink one or two cans of pop a day have a 26 percent greater risk of developing type 2 diabetes.

Limit juice—EAT your fruit!

Despite having more nutrients and containing only natural (not added) sugar, 100 percent fruit juice typically contains as much sugar and calories as pop.



20-ounce Citrus Soda

19 tsp.
(77g)

290 calories



20-ounce Sports Drink

8 tsp.
(34g)

130 calories



12-ounce Cola

10 tsp.
(39g)

140 calories



6.75-ounce Apple Juice

6 tsp.
(24g)

101 calories



8.3-ounce Energy Drink

7 tsp.
(27g)

110 calories



14-ounce Chocolate Milk

11 tsp.
(45g)

281 calories



6-ounce Juice Pouch

5 tsp.
(20g)

80 calories



Water

0 tsp.
(0g)

0 calories

Here are the recommended daily limits:



Newborns and Infants

0 tsp.
(0g)



Toddlers and Preschoolers

4 tsp.
(16g)



Children Ages 4-8

3 tsp.
(12g)



Pre-teens and Teenagers

5-8 tsp.
(20-32g)



Adult Women

6 tsp.
(24g)



Adult Men

9 tsp.
(36g)

* Numbers calculated are approximate. Read the label for most current nutrition facts, as formulations and sizes may change.

Four grams of sugar is equal to one teaspoon!



Please note: All of these numbers are guidelines and based on averages and are not tailored to individual health needs. Please contact your physician for guidance about how consumption of added sugar may affect you, particularly if you or a family member have any pre-existing health conditions.

What are added sugars?

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

The major food and beverage sources of added sugars for Americans are:

- regular soft drinks, energy drinks, and sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, and donuts
- fruit drinks, such as fruitades and fruit punch
- dairy desserts, such as ice cream

Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- high-fructose corn syrup (HFCS)
- honey
- invert sugar
- lactose
- malt syrup
- maltose
- maple syrup
- molasses
- nectars (e.g., peach nectar, pear nectar)
- pancake syrup
- raw sugar
- sucrose
- sugar
- white granulated sugar

You may also see other names used for added sugars, but these are not recognized by the FDA as an ingredient name. These include cane juice, evaporated corn sweetener, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.

