

Worst Foods in America

20. Worst fast Chicken Meal food –

Premium Chicken Breast Strips (5 Pieces)

830 Cal, 55 g Fat, 48 g Carbs.



19. Worst Drink-

Chocolate Power Smoothie

900 Cal, 10g Fat, 183g Carbs.



18. Worst Supermarket Meal-

Roasted Chicken Pot Pie

1,020 Cal, 64g Fat, 86g Carbs.



17. Worst “Healthy” Burger-

Turkey Burger

1,145 Cal, 71g Fat, 56g Carbs.



16. Worst Mexican Entrée-

Grilled Chicken Burrito

1,179 Cal, 7g Fat, 125g Carbs, 656mg Sodium



15. Worst Kids Meal-

Double Mac –n– Cheese

1,210 Cal, 62g Fat, 4490mg Sodium



14. Worst Sandwich-

Classic Italian

1,370 Cal, 86g Fat, 4490mg Sodium



13. Worst Salad-

Grande Taco Salad with Taco Beef,

1450 Cal, 102 g Fat, 78g Carbs, 2,410mg Sodium



12. Worst Burger-

Double Dollar Burger

1,520 Cal, 111g Fat



11. Worst Steak-

20 oz. T- Bone

1,540 Cal, 124g Fat



10. Worst Breakfast-

Caramel Banana Pecan Cream Stacked and Stuffed Pancakes

1,540 Cal, 77g Fat, 198g Carbs.



9. Worst Dessert-

Chocolate Chip Pie with Vanilla Ice Cream

1,600 Cal, 78g Fat, 215g Carbs.



8. Worst Chinese-

Pork Lo Mein

1,820 Cal, 127g Fat, 95g Carbs.



7. Worst Chicken Entrée

Honey Chipotle Crispers

2,040 Cal, 99g Fat, 240g Carbs.



6. Worst Fish Entrée

Fish Tacos with Rice and Beans

2,100 Cal, 130g Fat, 169 Carbs, 4,750mg Sodium



5. Worst Pizza-

Chicago Style Classic Personal Deep Dish Pizza

2310 Cal, 162g Fat, 123g Carbs, 4,470 mg Sodium



4. Worst Pasta-

Spaghetti and Meatballs in Meat Sauce

2,430 Cal, 128g Fat, 207g Carbs, 5,290mg Sodium



3. Worst Nachos-

Stacked Border Nachos

2,740 Cal, 166g Fat, 191g Carbs, 5,280mg Sodium



2. Worst Appetizer-

Onion Blossom

2,710 Cal, 203 g Fat, 194g Carbs, 6,360mg Sodium



1. Worst Food in America

Cheese Fries with Ranch Dressing

2,900 Cal, 182g Fat, 240g Carbs



So What Do You Do?

Tips for eating out

Start your meal with a protein-based dish that's not deep-fried. A high-protein starter helps diminish hunger without putting you into calorie overload.

Ask for a lunch portion of this dinner dish (or any pasta on the menu, for that matter), and request regular tomato sauce instead of meat sauce. You'll cut the calories in half.

Order the Chicken Fajita Pita: At 450 calories and 43 grams of protein, it's one of the healthiest entrees you'll find in a chain restaurant.

The golden rule of steak restaurants is this: Limit yourself to a 9-ouncer or smaller. After all, that's more than half a pound of meat. You won't walk away hungry.

The Sizzling Chicken Fajita Salad supplies an acceptable 760 calories. But remember to choose a non-caloric beverage, such as water or unsweetened iced tea.

Cut the Calories: Isn't it obvious? Order a small — or save half for later.

Despite a reputation for using healthy, fresh ingredients, menus are limited to king-size burritos, overstuffed tacos, and gigantic salads —all of which lead to a humongous waistline.

Healthy Restaurant Finds

The Healthiest Options at Your Favorite Restaraunt

It's almost impossible to drive down the street today without being ambushed by a few themed restaurants and fast-food joints ready to throw a burger down your throat and ruin your best nutritional intentions. But in this ruthless wilderness, you can still discover some hidden healthy treasures.

Applebee's

- Low-POINT appetizers, desserts and entrees for dieters

Burger King

- Chicken baguette sandwiches have just 350 cal and 5g fat.

Chili's

- "Guiltless Grill" selections are lower in fat and list nutritional information right on the menu.

Chipotle

- Instead of Chicken Burrito (1179 calories, 47g fat), try a Burrito Bol w/chicken, minus the rice, cheese, and sour cream (369 calories, 12g fat).

Fazoli's

- You make your own pasta bowl, controlling the ingredients you want to include or eliminate.
- You can also substitute whole wheat pasta.

Jack in the Box

- Chicken Fajita Pita is filling with only 10 grams of fat. Leave the shredded cheese out and make it 3 grams.
- Skipping the mayonnaise or mayonnaise-based sauces can skim 100 or more calories and 12 grams of fat. Or use the Low Fat Herb Mayonnaise, with only 4 grams of fat.

Olive Garden

- Restaurant encourages you to choose whole wheat linguine with your pasta selection. Whole wheat pasta has three times more fiber and roughly 17% fewer carbohydrates than traditional pasta.

Outback

- Order Grilled Shrimp on the Barbie without butter and seasonings and with cocktail or BBQ sauce.
- Try Tangy Tomato (fat free), Mustard Vinaigrette, Olive Oil & Red Wine Vinegar dressings.
- Order Grillers without butter or glaze during preparation.
- Order Outback Lamb without sauce.
- Order Chicken on the Barbie without butter. Request BBQ sauce to be used during preparation.
- For Botany Fish of the Day and Salmon, order with cocktail sauce or fresh lemon instead of Remoulade Sauce.
- For Barbie Chook 'n Bacon , order prepared without butter or bbq sauce, and without the bacon and cheese.

Class 2 Week 7

Panera Bread

- The Strawberry Poppy Seed Salad is a seasonal favorite.

Pizza Hut

- Fit N Delicious Pizza (less cheese, more sauce) as little as 3.5 g fat per slice.

Red Lobster

- When ordering a baked potato, try pico de gallo sauce instead of butter and sour cream.
- Low fat, low calorie and low carb diners can find options in the Light House Selections menu.

Schlotzky's

- Zesty Albacore Tuna Wrap has only 311 calories and 7g fat.
- Chinese Chicken Salad has only 127 calories and 3g fat.
- Fresh Fruit Salad has only 123 calories and 1g fat.

- Low-fat menu items and fresh fruit desserts are also available.

Taco Bell

- Order entrée "fresco style" meaning salsa instead of cheese and sauce, saving about 25% of calories and fat.

Wendy's

- Grilled chicken without mayo has just 310 calories 8 grams of fat.

Dining Out Quiz

1. An Order of fettuccine Alfredo has as many calories as:
 - A. One serving of Breyers' Buttered Almond Ice Cream
 - B. One Pint of Breyer's Buttered Almond Ice Cream
 - C. Two and Half Pints of Bettered Almond Ice Cream
2. Which Cheesecake Factory has the most calories per slice?
 - A. Original Cheesecake
 - B. Fabulous Chocolate Mousse Cake
 - C. Carrot Cake
 - D. Blackout Cake
3. An order of Kung Poa Chicken has almost as much fat as?
 - A. A Chicken McNugget Happy Meal
 - B. Two Quarter Pounders
 - C. Three Quarter Pounders
 - D. Four Quarter Pounders
4. Which of these Boston Market side dishes packs the most calories?
 - A. Caesar Side Salad
 - B. Old Fashion Potato Salad
 - C. Creamed Spinach
 - D. Green Bean Casserole
5. Which McDonalds Sandwich will least likely doom your diet?
 - A. Filet of Fish
 - B. Cheeseburger
 - C. Chicken McGrill
 - D. Crispy Chicken
6. Which of these drinks lets you off with the fewest calories?
 - A. Bottle of Light Beer
 - B. Can of Soda
 - C. Glass of Wine 3.5oz
 - D. Cup of Orange Juice
7. Which of these appetizers weighs in with 2,130 calories and 163 grams of fat?
 - A. Batter Dipped Fried Onion
 - B. Mozzarella Sticks
 - C. Buffalo wings
 - D. Cheese Nachos

8. Steak houses offer all different cuts of meats. Which one will set you back the fewest calories?

- A. Porter House
- B. Prime Rib
- C. Filet Mignon
- D. T- Bone

9. Which bread topping is better for your waist line?

- A. Olive Oil
- B. Butter