

# Eat THIS, not THAT Breakfast Options

## Healthy Lifestyles

Eating out doesn't have to mean blowing your calorie count for the day. You just have to know how to order. Use this chart to make smart menu decisions that will save you loads of calories and fat — without having to do any of the cooking.

It could be most important meal of the day, yet we always try to rush it. Take a minute to see which simple breakfast-order swaps will yield the most energy in the fewest calories.

RESTAURANT	EAT THIS	NOT THAT	TIP
<b>ARBY'S</b> arbys.com	Chicken Biscuit <b>Calories: 370, Fat: 17</b>	Sausage, Egg & Cheese Wrap <b>Calories: 640, Fat: 41</b>	<i>Don't be fooled by the word "wrap." The Sausage, Egg &amp; Cheese Wrap has more calories (640) than anything else on the breakfast menu. Meanwhile, the Chicken Biscuit is a good bet with just 370.</i>
<b>BURGER KING</b> bk.com	BK Breakfast Muffin Sandwich with Egg and Cheese <b>Calories: 260, Fat: 11</b>	BK Ultimate Breakfast Platter <b>Calories: 1,420, Fat: 79</b>	
<b>DUNKIN' DONUTS</b> dunkindonuts.com	Turkey Sausage Wake-Up Wrap <b>Calories: 210, Fat: 11g</b>	Blueberry Crumb Donut <b>Calories: 500, Fat: 18</b>	<i>Fruit doesn't make everything healthy, and Dunkin's Blueberry Crumb Donut proves it! The Turkey Sausage Wake-Up Wrap will fill you up for half the fat and calories.</i>
<b>JACK IN THE BOX</b> jackinthebox.com	Egg White and Turkey Breakfast Sandwich <b>Calories: 250, Fat: 6</b>	Extreme Sausage Sandwich <b>Calories: 640, Fat: 45</b>	
<b>JAMBA JUICE</b> jambajuice.com	22oz Peach Pleasure Smoothie, "Make it Light" <b>Calories: 240, Fat: 0</b>	22 oz. Chocolate Moo'd Smoothie <b>Calories: 570, Fat: 5</b>	<i>Watch out for the Creamy Treats menu. Jamba's dessert drinks have more calories than the fruit and veggie varieties.  Ask the staff to "make it light." Not only does this reduce the calories and fat, it drops the sugar from 76 grams to 46 grams in the Peach Pleasure Smoothie. This smoothie's also packed with three servings of fruit.</i>
<b>PANERA</b> panerabread.com	Strawberry Granola Parfait <b>Calories: 310, Fat: 11g</b>	Cinnamon Crunch Bagel with 2oz Reduced Fat Honey Walnut Cream Cheese <b>Calories: 570, Fat: 17g</b>	<i>If you order a bagel, ask for 1oz of cream cheese instead of 2oz. Even the reduced-fat spreads surpass 100 calories in the larger portion.</i>
<b>SUBWAY</b> subway.com	Steak, Egg White and Cheese Sandwich on 3" Flatbread <b>Calories: 190, Fat: 6</b>	Steak, Egg and Cheese Omelet Sandwich on 6" Bread <b>Calories: 430, Fat: 15</b>	<i>Choose egg whites and 3" flatbread for the healthiest breakfast sandwich.</i>
<b>STARBUCKS</b> starbucks.com	Perfect Oatmeal Toppings: dried fruit (+100 cal); nut medley (+100 cal); brown sugar (+50 cal) <b>Calories: 140-390, Fat: 2.5g +</b>	Reduced-Fat Turkey Bacon, Cholesterol-Free Egg White, Reduced-Fat White Cheddar Breakfast Sandwich <b>Calories: 230, Fat: 6</b>  Sausage & Cheddar Breakfast Sandwich <b>Calories: 500, Fat: 28</b>	<i>Starbucks' breakfast sandwiches aren't created equal. Sausage boosts the sandwich to 500 calories, while reduced-fat turkey bacon cuts the cal's in half.</i>

# Eat THIS, not THAT

## Lunch Options

## Healthy Lifestyles

Lunch should be a break from work, not from your health goals. But going light at lunch doesn't have to mean ordering a salad or eating alone at your desk. There are plenty of healthy options — no matter where your co-workers choose to dine.

RESTAURANT	EAT THIS	NOT THAT	TIP
<b>ARBY'S</b> arbys.com	Jr. Ham and Cheddar Melt <b>Calories: 210, Fat: 6g</b>	Beef 'N Cheddar Mid <b>Calories: 560, Fat: 27</b>	
<b>BOSTON MARKET</b> bostonmarket.com	1/4 White Rotisserie Chicken (no skin), Garlic Dill New Potatoes, and Fresh Steamed Vegetables <b>Calories: 400, Fat: 10g</b>	St. Louis Style BBQ Style Ribs <b>Calories: 1,180, Fat: 74</b>	A number of fast food chains like Boston Market now have nutritional calculators on their websites. This lets you plan your meal in advance. The calculator does the math for you, so you can add and subtract food until you find the perfect, health-conscious meal.
<b>CHICK-FIL-A</b> chick-fil-a.com	Grilled Chicken Cool Wrap® and Large Fruit Cup <b>Calories: 410, Fat: 13g</b>	Chicken Sandwich and Large Waffle Potato Fries <b>Calories: 960, Fat: 45g</b>	French fries are the ultimate empty calories. The Waffle Potato Fries will add 310-520 calories to your meal, depending on the size.
<b>CHIPOTLE MEXICAN GRILL</b> chipotle.com	Burrito Bowl with Carnitas, Pinto Beans, Fajita Vegetables, Tomato Salsa and Lettuce without sour cream and cheese <b>Calories: 380, Fat: 14.5g</b>	Burrito Bowl with Carnitas, Pinto Beans, Fajita Vegetables, Tomato Salsa and Lettuce with sour cream and cheese <b>Calories: 600, Fat: 32.5g</b>	"Hold the dairy!" This little phrase will save you 220 calories when you order the Carnitas Burrito Bowl.
<b>JACK IN THE BOX</b> jackinthebox.com	Hamburger <b>Calories: 280, Fat: 11</b>	Sirloin Swiss and Grilled Onion Burger with Bacon <b>Calories: 1,020, Fat: 70g</b>	Steer clear of the Sirloin Swiss and Onion Burger. With more than 1,000 calories, this cow's the priciest item on the menu for your health.
<b>KFC</b> kfc.com	KY Grilled Chicken Breast <b>Calories: 220, Fat: 7</b> Original Chicken Breast <b>Calories: 320, Fat: 14g</b>	Extra Crispy Chicken Breast <b>Calories: 490, Fat: 29g</b>	The crispier, the healthier. Restaurants like KFC use a lot of oil and long frying times to cook food "extra crispy." That leads to about 100 more calories for the same piece of meat.
<b>MCDONALD'S</b> mcdonalds.com	Hamburger, Side Salad with Newman's Own® Low-Fat Family Recipe Italian Dressing, Apple Slices with Honey <b>Calories: 375, Fat: 10.5g</b>	Bacon Clubhouse Crispy Chicken Sandwich <b>Calories: 750, Fat: 38g</b>	Chicken isn't always the healthier choice! You don't want fries with that. A large fry is 510 calories and 24 grams of fat at McDonald's. Apple slices are just 15 calories and no fat grams.
<b>PANERA</b> panerabread.com	All Natural Low-Fat Chicken Noodle Soup (1.5 cups) and Sourdough Roll <b>Calories: 340, Fat: 2.5g</b>	All Natural Low-Fat Chicken Noodle Soup (1.5 cups) in a Sourdough Soup Bowl <b>Calories: 790, Fat: 4.5g</b>	Beware the bread bowl. It adds 660 calories to your meal. Stick with a ceramic bowl, and grab a sourdough roll for 210 calories if you want bread.
<b>QUIZNOS</b> quiznos.com	Artisan Wheat Bread <b>Calories: 310, Fat: 6g</b>	Large Turkey Lite Sub on Artisan Wheat Bread <b>Calories: 770, Fat: 15g</b>	Size makes a difference. When you order a large "lite" turkey sandwich, it's not so light. In fact, it's twice as many calories as the small sub.
<b>SONIC DRIVE-IN</b> sonic.com	Small Cherry Slush <b>Calories: 190, Fat: 0g</b>	Large Triple Chocolate Master Blast <b>Calories: 2,000, Fat: 99g</b>	Sometimes, the most caloric items on the menu aren't food — they're drinks. Avoid the Master Blast, a drink that accounts for all of your daily 2,000 calories. Even the "mini" size is a gut-busting 680 calories and 35 fat grams.
<b>STARBUCKS</b> starbucks.com	Ham & Swiss Panini <b>Calories: 340, Fat: 10g</b>	Old-Fashioned Grilled Cheese <b>Calories: 580, Fat: 29g</b>	Watch out for the word "old-fashioned" at Starbucks. It tends to mean "more fattening." The Old-Fashioned Grilled Cheese is the highest-calorie lunch on the menu. And the Old-Fashioned Glazed Doughnut is the highest-calorie bakery item at 480, plus 27 grams of fat.
<b>SUBWAY</b> subway.com	6-inch Veggie Delite <b>Calories: 230, Fat: 2.5g</b>	6-inch Fritos Chicken Enchilada Melt <b>Calories: 580, Fat: 26g</b>	Avoid special, seasonal sandwiches that pack on the calories. Stick with classic cold cuts and veggies with vinegar dressing or mustard. Here are the healthiest toppings to order, in terms of calories and fat: Italian White Bread (200 cal/2g fat); any vegetable other than Avocado (0-5/0); processed American cheese (40/3.5); and vinegar (0/0) or mustard (5/0).
<b>WENDY'S</b> wendys.com	Grilled Chicken Go Wrap and Apple Slices <b>Calories: 330, Fat: 10g</b>	3/4 Pound Triple with Cheese <b>Calories: 1,090, Fat: 66g</b>	Avoid special, seasonal sandwiches that pack on the calories. Stick with classic cold cuts and veggies with vinegar dressing or mustard. Here are the healthiest toppings to order, in terms of calories and fat: Italian White Bread (200 cal/2g fat); any vegetable other than Avocado (0-5/0); processed American cheese (40/3.5); and vinegar (0/0) or mustard (5/0).

These totals are estimates based on available data. Actual figures may vary depending on actual serving size and changes in recipe ingredients. The Healthy Lifestyles programs are administered by Healthways, Inc., an independent company. © 2016 Healthways, Inc. All rights reserved.

# Eat THIS, not THAT

## Dinner Options

## Healthy Lifestyles

Just because work is done doesn't mean your day is over. You've still got kids to shuttle and errands to run. Here are some easy options for doing dinner on the go that will satisfy your taste buds as well as your waistline.

RESTAURANT	EAT THIS	NOT THAT	TIP
<b>APPLEBEE'S</b> applebees.com	Weight Watchers® Chicken Freshcado <b>Calories: 440, Fat: 10g</b>	Classic Wings <b>Calories: 1,070, Fat: 57-61</b>	<i>Appetizers don't always have fewer calories. Many times, it's the opposite. At Applebee's, you can get a whole chicken meal for half the calories of the wings appetizer.</i>  <i>Order from the Have It All or Weight Watchers menus for meals that are packed with protein and veggies. Applebee's offers these additional tips: ask for dressing on the side; substitute fries with a side salad; sub grilled chicken or shrimp for fried; and ask for the half portion of any Signature Salad.</i>
<b>CALIFORNIA PIZZA KITCHEN</b> cpk.com	Spicy Fennel Sausage and Poblano Flatbread <b>Calories: 390, Fat: 15g</b>	California Club Pizza <b>Calories: 1320, Fat: 55g</b>	<i>Choose flatbreads instead of pizzas. It's an easy switch, and you'll cut your calories by two-thirds.</i>
<b>CHILI'S</b> chilis.com	Lighter Choice 6oz Classic Sirloin Steak <b>Calories: 250, Fat: 7g</b>	6oz Classic Sirloin <b>Calories: 850, Fat: 48g</b>	
<b>OLIVE GARDEN</b> olivegarden.com	Spaghetti with Meat Sauce (mini pasta bowl) and Minestrone (one serving) <b>Calories: 380, Fat: 9.5g</b>	Tour of Italy <b>Calories: 1,500, Fat: 93g</b>	
<b>OUTBACK STEAKHOUSE</b> outback.com	Victoria's 8oz Filet <b>Calories: 301, Fat: 12.4g</b>	New York Strip 14oz <b>Calories: 764, Fat: 69g</b>	<i>A small filet is your best bet. It's the leanest cut of meat.</i>
<b>P.F. CHANG'S</b> pfchangs.com	Vegetable Lo Mein <b>Calories: 490, Fat: 6</b>	Pork Lo Mein <b>Calories: 760, Fat: 25</b>	<i>All of the meat and seafood lo meins are 600 calories or more. Veggies save the day here.</i>
<b>RED LOBSTER</b> redlobster.com	Wood-Grilled Lobster, Shrimp, and Scallops <b>Calories: 390, Fat: 10g</b>	Full Crab Linguine Alfredo <b>Calories: 1,600, Fat: 90g</b>	
<b>RUBY TUESDAY</b> rubytuesday.com	Hickory Bourbon Chicken with Fresh Grilled Zucchini and Roasted Spaghetti Squash <b>Calories: 450, Fat: 15g</b>	Small Chicken Tender Dinner <b>Calories: 940, Fat: 40g</b>	
<b>TGI FRIDAYS</b> tgifridays.com	Thai Pork Tacos <b>Calories: 280, Fat: 14g</b>	Parmesan Meatballs <b>Calories: 790, Fat: 61g</b>	<i>The Thai Pork Tacos are the lightest item on the Taste &amp; Share Menu. And the Parmesan Meatballs are the heaviest.</i>