



# Wellness Workshop

# Eating Healthy On The GO!

## Best Choices for Fast-Food



- Subway / Quiznos / Deli
- Panera Bread
- Chipotle

## Second-Best

- Mc.Donald's / BK / Wendy's
- Pizza



## Worst Choices

- KFC
- Taco Bell
- Fish-Fry / Long John Silver's

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## IMPORTANT!

It is up to YOU to choose the right items!!

Just because a restaurant is in the “Best Choice” category **doesn't mean everything there is healthy!**

You still need to choose wisely.

You generally know what is healthy and what is not.  
**Trust yourself** and **use the tips provided** to help you make better decisions at mealtime.

# Eating Healthy On The GO!

**\*Save \$\$\$ and prepare your food at home!\***

*Eat breakfast at home &  
**Invest in a cooler.***



- Sandwiches
- Salads
- Fruit
- Cut-up veggies
- Snack bars

- Nut and seed trail mixes.
- Whole grain crackers
- String cheese
- Yogurt
- Cereal and milk

# Restaurant Survival Strategies

- ◉ Front-load w/protein
- ◉ Beware of the booze
- ◉ Portion distortion
- ◉ Enjoy the conversation
- ◉ Avoid freebies
- ◉ Don't fall for combos
- ◉ Drink responsibly
- ◉ Think big
- ◉ Think thin
- ◉ Invite the kids to the grown-up table
- ◉ Side with sides
- ◉ Personalize your order
- ◉ Order to go
- ◉ Dodge dessert

# Personalizing Your Order

- ◉ Select foods that are:

- > Steamed in their own juice (au jus)
- > Broiled
- > Baked
- > Roasted
- > Poached
- > Lightly sauteed



\* If you see something on the menu you really want, but it is fried, you can always ask for grilled. The restaurant is there to serve YOU!