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FAST FOOD TIPS

While fast food should be limited, you can occasionally eat it and keep your diet. The key is to plan to know what healthy alternatives are available and NOT caving to the temptation of a double bacon cheeseburger!

We all live hectic lives and for many, fast food is a way of life. It also is a big contributor to major health issues such as high blood pressure, heart disease and diabetes. In addition to visiting restaurant websites for calorie contents, here are strategies you can use.

1. Decide what to order before you get there. It's a more objective way of ordering and helps prevent impulsive orders.
2. If you are by yourself, skip the fries. If you are with someone else, share a small order which runs around 250 calories where the larger orders can top a whopping 550!
3. Don't order combos. These calorie hogs can add more than 800 calories to your intake. A 22-ounce soft drink alone is 300 to 450 calories. Sweet tea is a little better but not by much. Diet sodas are alternatives but water is best!
4. Say NO to larger sizes. Many 'Biggie' sizes contain two or three servings of food.
5. Say NO to cheese and mayo and save up to 200 calories.
6. Order from the kid's or value menu. Portions (and calorie contents) have grown exponentially over the years and these options usually satisfy most appetites. Just remember that a standard 4 ounce serving of meat is no bigger than a deck of cards!
7. Most salad dressings and condiments are high calorie so when possible, order reduced calorie or nonfat alternatives. With dressings, instead of pouring them on your salad, do what Weight Watchers suggests and dip your fork into the dressing before each bite.
8. Also remember that brown bread isn't necessarily whole wheat. Do your nutrition content research and target items with 3 to 5 grams of fiber content.
9. Many fast food restaurants now offer healthy sides as alternatives to fries. Substitute healthy green salads, fruit, yogurt or a regular baked potato instead.



Eat this not that!



While most highly processed fast foods are very unhealthy, there are some good alternatives. The next time you find yourself at one of the major chains, try one of these instead of "the regular".

- **McDonalds Honey Mustard Snack Wrap with Grilled Chicken: 260 calories**
McD's calls this a "snack wrap" but it easily is a meal. Even if you order two, the calorie content is reasonable.
- **Wendy's Ultimate Chicken Grill Sandwich: 370 calories**

This sandwich isn't loaded with high calorie, high cholesterol mayo. Since most grilled fast food chicken sandwiches are topped with mayonnaise, order it with honey mustard to save calories.

- **Chick-fil-A Chargrilled & Fruit Salad with fat free honey mustard dressing: 290 calories**
Just because salads are on the menu doesn't mean they are healthy. Many are laden with extras that boost the unhealthy calorie content with some topping 1000 calories!!



• **Burger King Whopper Jr.: 340 calories**

This is one sandwich where portion plays a part in maintaining a healthy weight. Leave off the mayo and substitute BK Apple Fries for regular fries and save a lot of calories.



• **Arby's Ham & Swiss Cheese Melt: 300 calories**

This savory alternative is a nice change from the regular fast food fare. As usual, be aware of the calorie content of condiments.

• **KFC Grilled Chicken Breast: 210 calories**

Since the skin holds a lot of unwanted calories, strip it off to save more calories. Choose KFC's 3 Bean Salad at 70 calories for a healthier side.

• **Subway's Steak, Egg White & Cheese Whole Wheat Muffin Breakfast: 170 calories**

The extra fiber in the whole wheat muffin will make you feel full longer and it won't spike your blood sugar the way that white flour based foods do.

• **Taco Bell Grilled Steak Soft Tacos: 320 calories for two tacos**

An even better way to cut calories is to eat only one, saving the second for later.

Work Off That Fast Food!

To help put perspective on how much exercise it will take to work it off, check out this chart:

Fast-Food & Exercise	Calories	Miles you would need to walk to burn off these calories	How long you have to walk
Appetizer/Starters			
Chili's Awesome Blossom	2,710	27 miles	9 hours
Denny's Mini burgers w/onion rings	2,044	20 miles	7 hours
Entrées			
McDonald's hamburger	260	3 miles	1 hour
McDonald's Big Mac	560	5 miles	2 hours
Romano's Macaroni Grill Spaghetti & Meatballs dinner	2,270	22 miles	7 hours
Nathan's Famous Seafood Sampler	3,379	33 miles	11 hours
Shoney's Deluxe Pancake Plate	1,609	16 miles	5 hours
Lone Star Steakhouse Lone Star Wings	1,759	17 miles	6 hours
O'Charley's chicken tenders dinner	1,359	13 miles	4 hours
Dessert			
Romano's Macaroni Grill New York cheesecake with caramel fudge sauce	1,760	17 miles	6 hours