

## **APPENDIX B - EATING OUT WISELY**

You can maintain your training diet when eating at a restaurant if you are careful about what you order. Pay attention to how foods are prepared. Choose food that is baked, broiled, boiled, or poached. Avoid food that is breaded, fried, or served in gravy. Limit your use of butter, margarine, mayonnaise, sour cream, cream cheese, and regular salad dressings. Instead, use barbeque sauce, ketchup, mustard, relish, and vegetables for toppings. Do not be afraid to ask for food served "your way;" ask for extra vegetables in sandwiches or on pizza, skip the extra cheese or extra meat, request skim or 2% milk, and specify the topping you want.

When you know you will be eating out, carefully choose low-fat foods for your other meals that day. Also, take along your own fresh fruit to munch on after the meal instead of ordering desserts.

When eating a meal at a fast food restaurant, don't make it a dietary disaster. A typical fast food meal is high in fat and low in calcium, vitamin C, and vitamin A. It is difficult to choose a high-carbohydrate meal at a fast food restaurant. Beware or you can eat half of your caloric allotment in one meal. Examples of high carbohydrate, low fat meals at fast food restaurants are shown in Appendix D.

## **APPENDIX D - Sample Menus - Fast Food Restaurants**

(Calories Protein Carbohydrates Fat)

### Breakfasts

#### *McDonalds*

Plain English Muffin (S) 747 17% 56% 25%

Strawberry jam (1 packet)

Scrambled egg (1)

Orange Juice (6 ounces)

2 % milk (1 carton)

or Hot Cakes with 650 11% 66% 25%

butter and 1/2 syrup pack

and orange juice

### Lunch/Dinner

#### *Wendy's*

Chicken breast Sandwich 719 22% 53% 25%

on multigrain bread

(no mayonnaise)

Baked potato

Sour cream (1 packet)

2 % milk

or Chili (8 ounces) 1,016 16% 57% 25%

Baked potato, plain

Frosty (small)

Side Salad

3/4 cup lettuce

3/4 cup fresh veggies

1/4 cup cottage cheese

*Arby's*

Jr. Roast Beef on multigrain 695 22% 51% 27%  
bread with lettuce and tomato  
(no mayonnaise or horseradish)

Side salad\*

2 % milk

or Arby's Regular Roast Beef or 970 20% 52% 30%  
ham and cheese sandwich

Side salad\*

Vanilla shake

\*1/2 cup lettuce, 1 cup fresh  
veggies, 1/2 cup garbanzo  
beans, 1/4 cup cottage cheese  
2 tablespoons low-calorie  
dressing.

*Taco Bell*

tostadas\* 1,040 18% 56% 27%

1 bean burrito

2 plain tortillas

2% milk

or 1 tostada\*

2 bean burritos

1 plain tortilla

2% milk

or 1 tostada\*

2 bean burritos

1 plain tortilla

2% milk

\*if possible, ask that tostada shell  
be plain, not fried

*Pizza Hut\**

Large Spaghetti 1,023 19% 61% 20%  
with meat sauce

Breadsticks

2% milk

or 1/2 medium onion, green 1,126 20% 55% 25%  
pepper and cheese pizza

(thin crust)

2 breadsticks

2% milk

\*Pizza Hut does have a salad bar.