



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: If your family plans on dining out one day this week, make conscience, healthy choices about the food you eat.

Most people love to go out to eat. It's a quick, easy, and fun way for a family to spend quality time together without anyone having to prepare or clean up the meal. A problem with dining out too often is that meals are likely to contain more sodium, sugar, and fat than if you prepared them at home. While the traditional restaurant meals are higher in Calories, many restaurants are now offering healthier alternatives so that eating out doesn't have to be a waist-changing experience.



Foods to Avoid or Limit When Dining Out

Appetizers: Avoid cream-based soups and fried foods

Salads: Avoid salads made with real mayonnaise (it contains 100 Calories per tablespoon, which is the same number of Calories as butter!) and premixed salads with dressing already on

Main Course: Try not to choose meals that contain the following words in the description: fried, deep-fried, and cream or cheese sauce

Desserts: Either skip dessert or share one dessert with the entire family

Drinks: Avoid sweetened beverages

Fast Food Choices

Burger King® Lower Calorie, Healthier Choice

Hamburger	290
Side Garden Salad	15
Ken's® Border Ranch Dressing (2oz)	110
Mott's® Strawberry Flavored Apple Sauce	90
<u>1% Lowfat Milk (8 fl oz)</u>	<u>100</u>
Total Calories	605

Burger King® Higher Calorie Choice

Whopper®	670
Small French Fries	230
<u>Small Coca Cola®</u>	<u>140</u>
Total Calories	1,040

Burger King® Really High Calorie Choice

Whopper® with Cheese	760
Large French Fries	500
<u>Large Coca Cola®</u>	<u>290</u>
Total Calories	1,550

McDonald's® Lower Calorie, Healthier Choice

Hamburger	260
Side Salad	20
Newman's Own® Low Fat Balsamic Vinaigrette Dressing (1.5 fl oz)	40
Apple Dippers w/ low fat Caramel Dip	100
<u>1% Low fat Milk Jug (1 carton)</u>	<u>100</u>
Total Calories	520

McDonald's® Higher Calorie Choice

Quarter Pounder® w/Cheese	510
Small French Fries	250
<u>Small Coca Cola® (16 oz)</u>	<u>150</u>
Total Calories	910

McDonald's® Really High Calorie Choice

Double Quarter Pounder® w/Cheese	730
Large French Fries	570
<u>Large Coca Cola® (32 oz)</u>	<u>310</u>
Total Calories	1,610

*The average person only needs 2,000 Calories per day

Burger King® nutrition information from www.bk.com/Nutrition/PDFs/brochure.pdf

McDonald's® nutrition information from www.mcdonalds.com/usa/eat.html

Families On The Move

Family Goal: As a family, find an indoor sports facility and go play for an hour.

Find an hour in your family's schedule to play for an hour at an indoor swimming pool, ice or roller skating rink, batting cage, soccer facility, running track, or any other indoor sports facility. Playing as a family is a great way to chase away the winter blues.



Math Connection: If the average lunch made at home contains about 600 Calories and costs \$3 and the average lunch eaten out averages about 1000 Calories and costs about \$8, and you eat lunch out 5 days per week, how many more Calories would you eat and how much more money would spend eating out per week and per year? (Answer at bottom of page)

Health and Fitness Resources

Website

www.diabetes.org/nutrition-recipes/nutrition/eatingoutguide.jsp
American Diabetes Association

Parent's Book

Guide to Healthy Restaurant Eating, 3rd Edition by Hope S. Warshaw, MMSc, RD, CDE, BC-ADM, American Diabetes Association 2005

Children's Book

Spriggles Motivational Books for Children: Health & Nutrition by Jeff & Martha Gottlieb, Mountain Watch Press, 2001

DVD

Energy Friends, "Fun with Fitness" by Energy Kidz Inc, DBA Energy Friends

Well-Balanced Lunch Idea

Burger King®

TENDERGRILL® Chicken Filet Salad
Ken's® Light Italian Dressing
1% Lowfat Milk (8 fl oz) =520 Calories

McDonald's®

Asian Salad w/Grilled Chicken
Newman's Own Low Fat Sesame
Ginger Dressing (1.5 fl oz)
1% Low Fat Milk Jug =480 Calories

Subject of the Week

Best Choices When Dining Out

Appetizers: fresh fruits, raw vegetables, steamed seafood

Salad: Leafy greens, tomatoes, carrots, cucumbers, peppers, and other vegetables with dressing on the side

Main Course: Choose meals that contain the word light, broiled, grilled, roasted, baked, lean, low fat, and low-calorie

Desserts: Split a dessert with someone, choose fresh fruits or low-fat yogurt

Drinks: Order water. Restaurants make most of their profits from selling drinks. Save money and your waistline by choosing water.

Plan on sharing your meal with someone or packing up half to take home.

Healthful Fast Food Snacks

1. Burger King® Mott's® Strawberry Flavored Apple Sauce
2. McDonald's® Apple Dippers w/ low fat Caramel Dip
3. Low fat milk or orange juice

Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

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Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment. Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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For more information: www.TheFitSchool.com

Math Answer = 2,000 Calories per week, 104,000 Calories per year (a 30 lb weight gain), \$25 more per week, \$1,300 more each year