



Small changes today for a healthier tomorrow

February 13 – 19, 2012  
Volume 9, Issue 22



# 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](http://www.bk.com/Nutrition/PDFs/brochure.pdf)

**McDonald's®** nutrition information from [www.mcdonalds.com/usa/eat.html](http://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](http://www.diabetes.org/nutrition-recipes/nutrition/eatingoutguide.jsp)  
American Diabetes Association

### Parent's Book

*Guide to Healthy Restaurant Eating*, 3<sup>rd</sup> 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.

Published weekly September through May, 36 times a year.

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.

Copyright © 2012 Fit School, Inc.

For more information: [www.TheFitSchool.com](http://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