Healthy Eating on the Run

Presented by:

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Objectives

- Understand healthy options exist on fast food and restaurant menus
- To recognize what foods to avoid on menus
- To be able to build a healthy meal from menu options
- To understand the nutrition information on menus including calories, fat and sodium
Why do you choose fast food?

- Convenience?
- Easy?
- Quick?

- Fast food is well-known for their unhealthy food options
- Healthy eating is on the rise
- Restaurants are working towards offering healthier items for consumers
Why Fast Food?

Fast – food restaurants are everywhere nowadays. While it’s nice to eat on the run, it’s important to choose foods that are better for our bodies! When choosing a food item, look for foods that are:

- Lower Calories
- Lower Fat (Saturated and Trans)
- Lower Sodium
Words to Avoid

○ Fast food restaurants use many words to describe food items. These words often point to foods to avoid.
  ○ Crispy, crunchy, breaded
  ○ Cheesy, melty
  ○ Super, ultimate, thick
  ○ Loaded, deluxe
  ○ Double, triple
  ○ Creamy
  ○ Special sauce
Foods to Avoid

- Don’t always count on the words to be an indicator of what is or is not healthy
  - Fried foods (chicken, fish, onion rings)
  - Mayonnaise or mayonnaise-based sauces and spreads
  - Regular sodas, sweetened tea, artificial fruit drinks (fruit punch)
  - Alfredo or white sauces
  - Sandwiches on croissants or biscuits
  - Pastries, including baked items and fried pies
  - Supersized items and value or combo meals
  - Items with bacon and sausage
  - Full fat dressings
Ways to Make Your Meal Healthier

- Choosing grilled, baked, roasted, or broiled items instead of items that are breaded, fried, or buttered
- Adding a vegetable or fruit as a side item
- Choosing a smaller dessert portion, or omit it altogether!
- Choosing water or milk as a beverage instead of soda or sugar-sweetened beverages
- Do not add extra salt or condiments to meals
Helpful Tips

- Usually menu items displayed on a poster or a billboard (unless advertised as low-fat) will be high in fat.

- Ask for low-calorie side orders such as a salad, baked potato, or fruit. If salad dressing is not low-fat, only use half of the packet.

- Use a paper napkin to blot the visible grease off of pizza and other foods. Order items without the cheese to cut down on the fat and calories.

- “Dry” means no butter or sauce on an item. For example, dry breadsticks will just be toasted and have no butter sauce on top.

- Order from a light menu when possible.

- Order from the kid’s menu. This will cut down on the calories and cost.

- Take your sandwich home and add healthier side items like oven baked fries, baked chips, or fruit.
Portion Control

- Portion sizes have increased in the past ten years. Here are some tips for eating healthy portions.
  - Use smaller plates, bowls and cups
  - Don’t go back for seconds.
  - Split a meal with a friend
  - Don’t eat out of a bag or box.
  - Take half of the meal home with you
  - Order the smallest item
  - Even a smaller drink can have many fewer calories than larger drinks
  - Don’t eat in front of the TV
Tools at the Table

*Soup bowls = 1 - 2 cups – Used to serve soup, salads, side dishes, hot or cold cereal
*Fruit bowls = ½ cup – used to serve desserts, side dishes, salad dressings
*Juice glass = 4-6 oz. – used to serve fruit juices
*Tumbler glass = 6-8 oz. – used to serve beverages
*Large tumbler glass =10-12 oz. – used to serve beverages
*Soup Spoon = 1 Tablespoon – used to serve salad dressing, cream cheese, coffee creamer, gravy
*Teaspoon – 1 teaspoon – used to serve butter, margarine, mayonnaise
Rules of the Fast Food Lane:

1. Choose an entrée item that is less than 500 calories and has 0 trans fat. Look for items that are low-fat and low in sodium (<500 mg).

2. Choose a side item that compliments the entrée. It should be <200 kcal and also low in fat and sodium.

3. Choose a beverage that is low calorie.

4. If your meal meets the above recommendations, you may choose a small dessert that is <200 calories and <10g fat.

You can mix and match items to create new meals. You can also incorporate some of your favorites into new meal options!
McDonald's
Breakfast

Frappe Caramel
(Medium)
550 kcal
22g total fat
(14g saturated fat)
(1g trans fat)
160 mg sodium

Sausage, Egg, Cheese
McGriddle
550 kcal
23g total fat
(8g saturated fat)
(0.5g trans fat)
1340 mg sodium

Hashbrown
150 kcal
9g total fat
(1.5g saturated fat)
(0g trans fat)
310 mg sodium

Total:
1250 kcal
54g total fat
23.5g saturated fat
1.5g trans fat
1810 mg sodium
Breakfast
Breakfast

McCafe Coffee (Medium)
2 kcal
0g total fat
0 mg sodium

Fruit & Maple Oatmeal
290 kcal
4g total fat
(1.5g saturated fat)
(0g trans fat)
160 mg sodium

Hashbrown
150 kcal
9g total fat
(1.5g saturated fat)
(0g trans fat)
310 mg sodium

Total:
440 kcal
13g total fat
3g saturated fat
0g trans fat
470 mg sodium
Which meal is healthier?

**Total:**
1250 kcal
54g total fat
  - 23.5g saturated fat
  - 1.5g trans fat
1810 mg sodium

**Total:**
440 kcal
13g total fat
  - 3g saturated fat
  - 0g trans fat
470 mg sodium
Lunch/Dinner

Big Mac
530 kcal
27g total fat
(10g saturated fat)
(1g trans fat)
960 mg sodium

Chicken Nuggets,
10 piece
475 kcal
30g total fat
(5g saturated fat)
(0g trans fat)
900 mg sodium

Hamburger
240 kcal
8g total fat
(3g saturated fat)
(0g trans fat)
480 mg sodium

Southwestern Salad,
without chicken
170 kcal
7g total fat
(3g saturated fat)
(0g trans fat)
210 mg sodium
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<tr>
<th>Food</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
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<tr>
<td>Apple Slices</td>
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<td>0g</td>
<td>0mg</td>
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<tr>
<td>Side Salad</td>
<td>20</td>
<td>0g</td>
<td>10mg</td>
</tr>
<tr>
<td>French Fries</td>
<td>230</td>
<td>11g</td>
<td>130mg</td>
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<tr>
<td>Fruit &amp; Yogurt Parfait</td>
<td>150</td>
<td>2g</td>
<td>80mg</td>
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**Lunch/Dinner**
Technology in Fast Food

- Fast food restaurants are using more technology to attract consumers

  - Websites
    - Online ordering
      - Coupons or special deals
    - Offer additional nutrition info
      - Ex: Wendy’s shows how your salad gets to you from farm to table
    - Allows you to find nearest location
    - Links to charities the restaurant supports

  - Social media
    - Targeting youth
    - A new way of receiving feedback from customers

  - Smartphone Apps
    - More chains offer free apps

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<tr>
<th>Twitter Account</th>
<th>Total Followers</th>
<th>New Followers</th>
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<tbody>
<tr>
<td>McDonald's @mcdonalds</td>
<td>2,768,311</td>
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<tr>
<td>Burger King @BurgerKing</td>
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<td>Wendy's @Wendys</td>
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<td>SUBWAY @SUBWAY</td>
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<td>Chipotle @chipotletweets</td>
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Fast Food Chains with Most Twitter Followers
Fast Food Restaurant Apps

- Many fast food chains have their own free smartphone apps

- Offers more just as much as their website:
  - Complete nutrition facts:
    - Calories, total fat, saturated fat, cholesterol, sodium, protein, fiber
  - Convenient
  - Order thru the app
  - Consumers can pay with credit card using app
Smartphone Applications

- More and more apps are available to help consumers eat better when fast food is their only option.
- Apps can give you restaurant locations nearby, menu items and their nutritional value, and price of the item.
- Examples of these Smartphone Apps:
  - HealthyOut
  - Healthy Fast Food
  - Stop & Go Fast Food Guide
  - Fast Food Calories
  - Restaurant Fast Food Nutrition Menu Calorie ($2.99 on Apple App Store)
Summary

- Understand healthy options exist on restaurant menus and use your knowledge to plan a balanced meal
- Recognize what foods to avoid on menus
- Use technology to help plan your meals when eating out
- Understand the nutrition information on menus including calories, fat, and sodium

Questions?