

choosing on-the-go



Enjoy but don't sabotage

The way you pick that occasional fix - from burgers to banana splits - could help you to stay on your weight loss track. The best lifelong weight-loss strategy doesn't require you to abandon the foods you love, but to have them in moderation and to make better choices when selecting them. Remember, "losing" weight requires more sacrifice than "maintaining" weight. So if you must have a treat, learn to make better choices. Here are a few.

Best Choices for each craving

Cheeseburgers - choose McDonald's Big Mac at 540 calories instead of Burger King's Whopper with Cheese at 760 calories and you eat **220 fewer calories**.

Pizza - choose 2 slices of Dominos large cheese thin crust pizza at 360 calories, instead of 2 slices Pizza Hut large cheese thin crust at 560 calories, and you eat **200 fewer calories**.

Turkey Sandwich - choose Subway's 6-inch Turkey sub with provolone at 330 calories instead of Panera's Sierra Turkey sandwich at 840 calories, and you eat **510 fewer calories**.

Fruit Smoothie - pack along an Herbalife Orange Mango smoothie at 320 calories, instead of Donuts' large Tropical Fruit smoothie at 720 calories, and you eat **400 fewer calories**.

Caesar Salad - choose Panera's Grilled Chicken Caesar Salad at 560 calories instead of Chili's Chicken Caesar Salad at 1,010 calories, and you eat **450 fewer calories**.

Banana Split - choose a banana split from Dairy Queen at 530 calories instead of Baskin-Robbins' banana split at 1,030 calories and you eat **500 fewer calories**.

Chicken Meal (1 thigh, 1 drumstick) - choose Boston Market's Chicken at 300 calories instead of KFC's at 460 calories and you eat **160 fewer calories**.

Burrito - choose a Taco Bell Regular Style Steak Burrito Supreme at 390 calories instead of a Chipotle Steak Burrito at 1,033 calories and you eat **643 fewer calories**.

Best Choices from Fast Food Restaurants (for when you really must)

McDonalds - Grilled Chicken Salad Deluxe w/reduced-calorie dressing: 230 calories

Regular Hamburger: 280 calories

Egg McMuffin: 290 calories

Chicken McGrill (no mayo): 340 calories

Fruit 'n Yogurt Pafrait: 380 calories

Burger King - Chicken Tenders, 4 pieces: 170 calories

Whopper Jr. Sandwich (no mayo): 350 calories

Chick'N Crisp (no mayo): 360 calories

BK Broiler Chicken Sandwich (no mayo): 390 calories

KFC - Corn on the Cob: 150 calories

BBQ Baked Beans: 190 calories

Tender Roast Chicken Sandwich (no sauce): 270 calories

Honey BBQ Flavored Chicken Sandwich: 310 calories

Original Recipe Chicken Sandwich (no sauce): 360 calories

Pizza Hut - Ham Thin n Crispy , 2 slices: 340 calories

Veggie Lover's Thin n Crispy, 2 slices: 380 calories

Chicken Supreme Thin n Crispy, 2 slices: 400 calories

For more information about choosing on-the-go see other documents and information available on our website.