

Helpful Guidelines to eat wisely when you're pressed for time.

Everyday life is a juggling act. There are bills to pay, errands to run and groceries to buy. We try to stay active by fitting in exercise several times a week. And you can't forget family and friends. With so many competing priorities, sometimes finding time to eat sensibly slips down on the list. Without careful attention, that may lead to trouble.

When you are trying to stay healthy, yet find yourself grabbing quick meals on the go, you need a plan. Fast foods and take-out meals can work — when you follow some of these simple tips:

— 1 — Plan Ahead



If you know what the restaurant serves, determine what you will order and stick to that. Avoid giving in to offers for extra portions or added food items for just a “few cents more.” Extra pennies can translate to hundreds of unplanned and unwanted calories.

— 2 — Take Food Home



If possible, use the drive-through or curbside pick-up at your take-out restaurant. If you avoid going inside, you may be less tempted by the sight, smell and look of foods you plan to avoid. Once you're at home, set the table and serve the food from dishes, not just right from the fast food bags and cartons.

— 3 — Portion Control



Order sizes that are closest to your usual meal plan portions. For example, this will usually be a small sandwich rather than a double or triple size.

— 4 — Low Fat



Choose entrees that are lower in fat, such as grilled chicken breast, a ham or turkey sandwich, or even sushi.

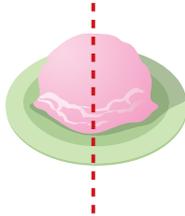
— 5 — On the Side



Ask for all dressings, toppings and sauces on the side. Even “light” dressings and toppings can add unwanted calories and fats. When you have the option, you can add these sparingly. On sandwiches, skip the cheese and bacon to save on calories and fat.

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— 6 — Share



If you simply must have something that you are trying to avoid, consider sharing with a friend, ordering a half-portion, or taking just the amount you feel you need.

— 7 — Take Home Cartons



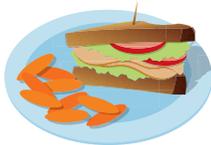
If eating out, order a take-home box when you order your meal. Put half in the take-home box before you eat. Bring the remaining “meal” home for another time.

— 8 — Eat Because You Are Hungry



If going out to eat is really for company or people watching, consider going to a park instead.

— 9 — Have Food The Way You Want It



Seek out places where food is made your way. Delis will usually make your meal just as you order it, so you can choose whole grains, low fat and calorie-trim options.

— 10 — Choose Beverages Carefully



Water, non-fat milk, unsweetened teas and occasionally even calorie-free diet sodas are safe. Juices, sugar-based sodas, milkshakes and flavored coffee beverages can add calories quickly. Watch your portions, too. An 8 ounce glass of regular soda may have only 100 calories, but a 33 ounce cup has 400 calories. 8 ounces of skim milk has 90 calories, while a small (12 ounce) milkshake has nearly 500 calories.

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