



Fast Food Menus:
A Quick Survey



	Calories	Fat (in grams)
Chocolate Milkshake (medium)	770	20
Choc Chip Cookie Dough Blizzard	960	36
Banana Split	510	12
Bacon Double Cheeseburger	610	36
Cheeseburger	340	17
Hamburger	290	12
Chicken Strip Basket with Gravy	1000	50
Recommended per day:	1800	65 grams



McDonald's Meal



Order Item	Calories	Fat	Sodium
Quarter Pounder® with Cheese	510	25	1150
Large French Fries	570	30	330
Large Coca-Cola®	310	0	20
Total	1390	55	1500
Recommended per day:	1800	65 gm	2400 mg

Eating Out Today: The Worst Offenders

Worst Fast Food Chicken Meal

McDonald's Chicken Selects Premium Breast Strips (5 pieces) with ranch sauce



830 calories, 55 g fat (4.5 g trans fat), 48 g carbs

The only thing "premium" about these strips is the caloric price you pay. Add a large fries and regular soda and this seemingly innocuous chicken meal tops out at 1,710 calories.

Worst Sandwich

Quizno's Classic Italian



1370 calories, 86 g fat, 4490 mg sodium (!)

A large homemade sandwich would more likely provide about 500 calories.

Cut the Calories: Isn't it obvious? Order a small — or save half for later.

Worst Appetizer

Outback Steakhouse Aussie Cheese Fries with Ranch Dressing



2900 calories, 182 g fat , 240 g carbs

Even if you split this "starter" with three friends, you'll have downed a dinner's worth of calories before your entree arrives. Follow this up with a steak, sides, and a dessert and you could easily break the 3,500 calorie barrier.

Front-load: Start your meal with a protein-based dish that's not deep-fried. A high-protein starter helps diminish hunger without putting you into calorie overload. At Outback, that translates to either the Seared Ahi or the Shrimp on the Barbie.

Worst Steak

Lonestar 20 oz T-bone



1540 calories, 124 g fat (mostly saturated)

Add a baked potato and Lonestar's Signature Lettuce Wedge, and this is a 2,700-calorie blowout.

The golden rule of steak restaurants is this: Limit yourself to an 8-ouncer or smaller. After all, that's half a pound of meat. You won't walk away hungry.

Worst Chinese Entree

P.F. Chang's Pork Lo Mein



1820 calories, 127 g fat, 95 g carbs

The fat content in this dish alone provides more than 1,100 calories. And you'd have to eat almost five servings of pasta to match the number of carbohydrates it contains. Now, do you really need five servings of pasta?

Pick Another Noodle: P.F. Chang's Singapore Street Noodles will satisfy your craving with only 570 calories. Or try the Moo Goo Gai Pan or the Ginger Chicken & Broccoli, which have 660 calories each.

Worst Pizza

Uno Chicago Grill Chicago Classic Deep Dish Pizza



2310 calories, 162 g fat 123 g carbs, 4470 mg sodium (!)

Downing this "personal" pizza is equivalent to eating 18 slices of Domino's Crunchy Thin Crust cheese pizza.

Swap Your Slices: Switch to the Sausage Flatbread Pie and avert deep-dish disaster by nearly 1,500 calories.

Worst Dessert

Chili's Chocolate Chip Paradise Pie with Vanilla Ice Cream



1600 calories, 78 g fat, 215 g carbs

Would you eat a Big Mac for dessert? How about three? That's the calorie equivalent of this decadent dish. Clearly, Chili's customers get their money's worth.

Don't Overdo It: If you want dessert at Chili's, order one single-serving Sweet Shot; you'll cap your after-dinner intake at 310 calories.

So What's Going on Here?

- Consumers want to feel like they are getting a “good deal” (more food = good deal)
- Eating out is considered a “treat,” and therefore an excuse to splurge (even if we eat out a lot!)
- Portion sizes have increased dramatically over the years (bigger portions = more calories = expanding waistlines)

How To Do Better - 1

- Ask for nutritional information
 - Usually available for chains
 - Can oftentimes be found online
- Have a plan!
- Hold the mayo/special sauces/cheese
- Avoid “meal deals”
- *One is better than 2; small is better than large*

How To Do Better - 2

- Order grilled/baked/broiled, NOT fried
- Share a meal, or take half home

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"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."

Portion Distortion II Interactive Quiz

Portion Distortion II Interactive Quiz

COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and
mocha syrup)



? How many calories
are in today's coffee?

Portion Distortion II Interactive Quiz

COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and
mocha syrup)



350 calories
16 ounces

Calorie Difference: 305 calories

Portion Distortion II Interactive Quiz

MUFFIN

20 Years Ago



210 calories
1.5 ounces

Today



How many calories are
in today's muffin?

Portion Distortion II Interactive Quiz

MUFFIN

20 Years Ago



210 calories
1.5 ounces

Today



500 calories
4 ounces

Calorie Difference: 290 calories

Portion Distortion II Interactive Quiz

CHEESEBURGER

20 Years Ago



333 calories

Today



? How many calories are in today's cheeseburger?

Portion Distortion II Interactive Quiz

CHEESEBURGER

20 Years Ago



333 calories

Today



590 calories

Calorie Difference: 257 calories

Portion Distortion II Interactive Quiz

CHICKEN STIR FRY

20 Years Ago



435 calories
2 cups

Today



? **How many calories are in today's chicken stir fry?**

Portion Distortion II Interactive Quiz

CHICKEN STIR FRY

20 Years Ago



435 calories
2 cups

Today



865 calories
4 ½ cups

Calorie Difference: 430 calories

Portion Distortion II Interactive Quiz

POPCORN

20 Years Ago



270 calories
5 cups

Today



How many calories
are in today's large
popcorn?



Portion Distortion II Interactive Quiz

POPCORN

20 Years Ago



270 calories
5 cups

Today



630 calories
11 cups

Calorie Difference: 360 calories

Can I burn it off?

Physical Activity

Approximate calories/hour for a 154-pound person

Walking (3.5 mph)	280
Walking (4.5 mph)	460
Bicycling (<10 mph)	290
Bicycling (>10 mph)	590
Golf (walking, carrying clubs)	330
Light gardening/yard work	330
Dancing	330
Weight lifting (general light workout)	220
Swimming (slow freestyle laps)	510

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So let's see ...



= 1 hour of gardening



= 2 hours of walking



= 1 hour of rapid cycling



= 1 hr of swimming + 1 hr of dancing

... 6 hours of exercise so far ...



= You should probably pass on this!

