Healthy Fast Food

Julie Fromm, RD
Rebecca Da Silva, RD
Is Healthy Fast Food an Oxymoron?

- jumbo shrimp
- express line
- insane logic
- slightly pregnant
- vegetarian meatball
Balance
What did you eat the rest of the day/week?
2 meals out of 21 = 10%
5 meals = 25%

Choices
Fast food or skipping a meal?
Portion Sizes
Menu Options

Set Yourself Up For Success
Pack your lunch as often as possible.
Pack a cooler with healthy snacks.
Look at the Nutrition Information!
What Makes a Meal Healthy?

**More**
- Whole grains
- Fruits
- Vegetables
- Some beneficial nutrient (fiber, calcium, etc.)

**Less**
- Saturated/trans fats
- Sodium
- Sugars
Google it!

- Almost all fast food restaurants have nutrition information available online
- Check out your fast food favorites
- Smartphone apps- Stop and Go guide, Fooducate
- Look on the wrappers
- Meal calculators
- Some of the number should shock you into making a change
By the numbers...

<table>
<thead>
<tr>
<th>Permeal</th>
<th>calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female weight loss</td>
<td>400</td>
<td>13</td>
</tr>
<tr>
<td>Female or Male weight loss</td>
<td>600</td>
<td>19</td>
</tr>
<tr>
<td>Male</td>
<td>800</td>
<td>25</td>
</tr>
</tbody>
</table>

“Halve it and you can have it”
Zonya Foco, RD

“Taste Everything, Eat Nothing”
Bethenny Frankel, “Naturally Thin”
Stats on Sodium

A study by the New York Health Department surveyed 6,580 meals bought at fast food chains. The findings:

- 57% of the meals exceeded 1,500 mg of sodium
- Fried chicken restaurants were the worst with 83% of meals exceeding 1,500 mg of sodium, and 55% exceeding 2,300 mg
- The FDA’s “healthy” level of sodium per meal is 600 mg; only one restaurant (Au Bon Pain) in the study had more than 7% of its meals within this range
- Even many of the low calorie meals still exceeded the daily sodium limit within a single meal
Avoid:

- **Supersized portions**
  - Choose smaller sized meals and order a salad instead of fries to stay within a healthy calorie range.

- **Salt**
  - Fast food is already very high in sodium, don’t add your own!

- **Bacon**
  - Order extra pickles, onions, lettuce, tomatoes or mustard to add flavor without the fat.

- **Buffets**
  - Most people ten to overeat in order to get their money’s worth. If you go, opt for fruits, salads, broiled entrees, and steamed vegetables. Wait 20 minutes before choosing to get seconds.
Tips for a Healthier Fast Food Meal

- Pay attention to descriptions
  - Watch for words labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, alfredo, au gratin, or cream sauce

- Drink water
  - A 32 oz cola is 310 calories! Be aware of liquid calories that provide ZERO nutrients!

- Watch the dressings
  - Can be a big source of calories and fat. Watch for salad dressings, spreads, cheese, and sour cream- ask for items without these, or order on the side so you can control the amount.

- Special order!
  - Many items are better nutritionally if they are ordered not how they are customarily prepared, so don’t be afraid to change up the means of cooking or side dishes!

- Be mindful
  - Eating mindlessly is never a good option; listen to your body when it says it is full!
## America’s Top 10 Healthiest Fast Food Restaurants

According to health.com, the following are your best bet for getting a healthier quick meal. Criteria included use of healthy fats, preparations, sodium counts, available nutrition information, and use of organic products.

1. Panera Bread
2. Jason’s Deli
3. Au Bon Pain (DMC)
4. Noodles and Company
5. Comer Bakery Café
6. Chipotle
7. Atlanta Bread
8. McDonalds
9. Einstein Bros. Bagels
10. Taco Del Mar (Livonia)
# Burger Chains

<table>
<thead>
<tr>
<th>Less Healthy</th>
<th>More Healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double patty burger</td>
<td>Single patty burger</td>
</tr>
<tr>
<td>Fried chicken sandwich</td>
<td>Grilled chicken sandwich</td>
</tr>
<tr>
<td>Fried fish sandwich</td>
<td>Veggie burger</td>
</tr>
<tr>
<td>Salad with bacon, cheese, ranch</td>
<td>Garden salad with chicken and low fat dressing</td>
</tr>
<tr>
<td>Breakfast burrito with steak</td>
<td>Egg on a muffin</td>
</tr>
<tr>
<td>French Fries</td>
<td>Baked potato or side salad</td>
</tr>
<tr>
<td>milkshake</td>
<td>Yogurt parfait</td>
</tr>
<tr>
<td>Chicken nuggets</td>
<td>Grilled chicken strips</td>
</tr>
<tr>
<td>Adding cheese, mayo, bacon</td>
<td>Adding pickles, lettuce, tomato, mustard</td>
</tr>
</tbody>
</table>
Better Burger Options

- McDonald's Hamburger: 260 calories, 9g fat (3.5g saturated fat)
- Wendy's Jr. Hamburger: 280 calories, 9g fat (3.5g saturated fat)
- Skip the fries and cola; opt for a side salad (light on the dressing!) and water!
Fried Chicken Chains

**Less Healthy**
- Fried chicken, original, extra crispy
- Teriyaki wings, popcorn chicken
- Caesar salad
- Chicken and biscuit bowl
- Adding extra gravy, sauces

**More Healthy**
- Skinless chicken breast without breading
- Honey BBQ chicken sandwich
- Garden salad
- Mashed potatoes
- Limiting gravy, ordering it on the side
Best Bet on Chicken

- KFC Original Recipe Chicken Breast (with breading and skin removed) and a side of green beans: 190 calories, 4.5g fat
- Chick-fil-A chargrilled chicken sandwich and fruit cup: 370 calories
- Always choose breast meat, and leave off the battering! Choose fruit or vegetable sides
Included packet of Creamy Caesar
(260 calories, 26gm fat)
Croutons
(70 calories, 3gm fat)

Ordered “tender roast”
But it was obviously fried chicken,
lots of cheese, iceberg lettuce

<table>
<thead>
<tr>
<th>$5 Everyday Meal</th>
<th>calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doublicious Original recipe</td>
<td>520</td>
<td>25</td>
</tr>
<tr>
<td>Potato Wedges</td>
<td>310</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>830</td>
<td>43</td>
</tr>
</tbody>
</table>
# Taco Chains

<table>
<thead>
<tr>
<th>Less Healthy</th>
<th>More Healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Crispy shell chicken taco</td>
<td>- Grilled chicken soft taco</td>
</tr>
<tr>
<td>- Refried beans</td>
<td>- Black beans</td>
</tr>
<tr>
<td>- Steak chalupa</td>
<td>- Shrimp ensalada</td>
</tr>
<tr>
<td>- Crunch wraps, gorditas</td>
<td>- Grilled fresco-style steak burrito</td>
</tr>
<tr>
<td>- Nachos with refried beans</td>
<td>- Veggie and bean burrito</td>
</tr>
<tr>
<td>- Adding sour cream, cheese</td>
<td>- Adding salsa, guacamole</td>
</tr>
</tbody>
</table>

Crispy shell chicken taco
Refried beans
Steak chalupa
Crunch wraps, gorditas
Nachos with refried beans
Adding sour cream, cheese
Grilled chicken soft taco
Black beans
Shrimp ensalada
Grilled fresco-style steak burrito
Veggie and bean burrito
Adding salsa, guacamole
The Real Cost of a value meal

<table>
<thead>
<tr>
<th>$5 Big Box</th>
<th>calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnamon Twists</td>
<td>170</td>
<td>7</td>
</tr>
<tr>
<td>Crunchy taco supreme</td>
<td>200</td>
<td>12</td>
</tr>
<tr>
<td>Beefy Melt Burrito</td>
<td>470</td>
<td>20</td>
</tr>
<tr>
<td>Chalupa supreme</td>
<td>370</td>
<td>21</td>
</tr>
</tbody>
</table>

Total: 1,210 calories, 40 grams of fat
## Sandwich Chains

<table>
<thead>
<tr>
<th>Less Healthy</th>
<th>More Healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot long sub</td>
<td>Six inch sub</td>
</tr>
<tr>
<td>Ham, tuna salad, bacon, meatballs, steak</td>
<td>Roast beef, chicken breast, or veggie subs</td>
</tr>
<tr>
<td>Double the cheese</td>
<td>1-2 slices of cheese</td>
</tr>
<tr>
<td>Adding mayo, sauces</td>
<td>Oil/vinegar, mustard</td>
</tr>
<tr>
<td>Small amounts of veggies</td>
<td>Adding extra veggies</td>
</tr>
<tr>
<td>Choosing white bread, wraps</td>
<td>Choose whole grain bread, or eat an open faced sub</td>
</tr>
</tbody>
</table>
Best Buns to Choose

- Subway 6" Roast Beef Sub (on whole wheat bread with veggies, no mayo): 290 calories, 5g fat
- Blimpie 6" Ham and pepper relish sub (on whole wheat): 330 calories
- Opt for whole wheat bread and extra veggies on your sub!

Opt for whole wheat bread and extra veggies on your sub!
## Asian Chains

<table>
<thead>
<tr>
<th>Less Healthy</th>
<th>More Healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fried egg rolls, spare ribs, tempura</td>
<td>• Egg drop, miso, wonton, or hot and sour soup</td>
</tr>
<tr>
<td>• Battered or deep-fried dishes</td>
<td>• Stir fried, steamed, roasted, or broiled entrees</td>
</tr>
<tr>
<td>• Deep-fried tofu</td>
<td>• Steamed or baked tofu</td>
</tr>
<tr>
<td>• Coconut milk, sweet and sour sauce, regular soy sauce</td>
<td>• Sauces such as ponzu, rice wine vinegar, wasabi, ginger, low-sodium soy</td>
</tr>
<tr>
<td>• Fried rice</td>
<td>• steamed brown rice</td>
</tr>
<tr>
<td>• Salads with fried or crispy noodles</td>
<td>• Edamame, cucumber salad, stir-fried veggies</td>
</tr>
</tbody>
</table>

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**Fi d i**

**Fi d i**

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**Fi d i**

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**Fi d i**

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**Fi d i**
Amazing Asian Selections

- Panda Express Tangy Shrimp with a side of mixed veggies: 260 calories
- Black Pepper Chicken with a side of mixed veggies: 320 calories
- Use chopsticks... you will eat more slowly!
## Italian Chains

<table>
<thead>
<tr>
<th>Less Healthy</th>
<th>More Healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Thick crust or butter crust pizza with extra cheese and meat</td>
<td>- Thin crust pizza with half the cheese and extra veggies</td>
</tr>
<tr>
<td>- Garlic bread</td>
<td>- Plain rolls or breadsticks</td>
</tr>
<tr>
<td>- Antipasto with meat</td>
<td>- Antipasto with vegetables</td>
</tr>
<tr>
<td>- Pasta with cream or butter based sauce</td>
<td>- Pasta with tomato sauce and veggies</td>
</tr>
<tr>
<td>- Entrée with side of pasta</td>
<td>- Entrée with side of veggies</td>
</tr>
<tr>
<td>- Fried dishes</td>
<td>- Grilled dishes</td>
</tr>
</tbody>
</table>
Intelligent Italian options

- Pizza Hut Fit 'N Delicious Chicken & Veggie Pizza (2 slices): 208 calories, 9g fat
- Fazoli’s Kid’s size spaghetti with marinara, side salad with fat free Italian dressing: 305 calories
- Ask for extra veggies for pizzas and salads to make them more filling!
**Best of Campus Options...**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Menu Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taco Bell</td>
<td>Any Fresco Style</td>
</tr>
<tr>
<td>KFC</td>
<td>See above</td>
</tr>
<tr>
<td>Subway</td>
<td>Honey oat or 9 grain</td>
</tr>
<tr>
<td>Starbucks</td>
<td>oatmeal</td>
</tr>
<tr>
<td>Jimmy John’s</td>
<td>Turkey, no mayo, 7 grain IF half</td>
</tr>
<tr>
<td>Middle Eastern</td>
<td>Lentil salad or soup, fattoush</td>
</tr>
<tr>
<td>Sushi</td>
<td>Anything but Philly style</td>
</tr>
</tbody>
</table>
## Best of Options...

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Menu Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Panera Bread</td>
<td>½ sandwich combos and soups</td>
</tr>
<tr>
<td>Noodles</td>
<td>whole grain linguine</td>
</tr>
<tr>
<td>Chipotle</td>
<td>Corn vs flour tortillas</td>
</tr>
<tr>
<td>Wendy’s</td>
<td>Chili, salad</td>
</tr>
</tbody>
</table>
Remember....

- Eat mindfully
- Watch descriptions
- Order water
- Side salads over fries!
- Dressings on the side
- Moderation
Resources

- [www.zonya.com](http://www.zonya.com)
- [www.helpguide.org/life/fast_food_nutrition.htm](http://www.helpguide.org/life/fast_food_nutrition.htm)
- [www.health.com](http://www.health.com)
## Wellness Warrior Nutrition Resources

### Rebecca Da Silva, RD
- Registered Dietitian
- Graduated in 2010 from Ball State University’s Dietetic Internship
- Graduated 2009 from Central Michigan University, BS in Dietetics.
- Currently working on MS in Dietetics
- Experience: Clinical Dietitian at St. John’s Providence Hospitals

### Julie Fromm, RD
- BS from MSU
- AP4 through Oakland County Health Dept.
- Clinical experience at Crittenton Hospital
- Graduated from Culinary program at Schoolcraft College
- Cooking instructor at Sola Life and Fitness-Beaumont
Set up a consultation!

Julie Fromm, RD
julieRD@wayne.edu
Availability: T, TH; 9a-7p.

Rebecca DaSilva, RD
rebecca.dasilva@wayne.edu
Availability: M, W, F 7a-3p

Dietitian Office phone:
(313) 577-5857