



Small changes today for a healthier tomorrow
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Fit School Newsletter



Health Goal for the Week

Goal: If your family is planning on dining out this week, become aware of the number of calories you will be eating.

Dining out allows your family to spend valuable time together, requires no preparation or cleanup, and nourishes your bodies. Restaurant food usually tastes delicious. This is often due to the use of more fat and sugar in preparing the food. Also, a lot of salt is usually used to enhance the flavor. High sodium diets can lead to high blood pressure.

When dining out this week, become aware of what you are eating, the calories the food contains, and how much you are eating. Once you have made an informed decision about what to eat, enjoy the choice that you have made.



Foods to Avoid or Limit When Dining Out

Appetizers: Avoid cream-based soups and fried foods

Salads: Avoid salads made with real mayonnaise (it contains 100 Calories per tablespoon, which is the same number of Calories as butter!) and premixed salads with dressing already on

Main Course: Try not to choose meals that contain the following words in the description: fried, deep-fried, and cream or cheese sauce

Desserts: Either skip dessert or share one dessert with the entire family

Drinks: Avoid sweetened beverages

Fast Food Choices

Dairy Queen® Lower Calorie, Healthier Choice

Grilled Chicken Sandwich	370
Side Salad	45
Dressing (2oz)	110
Whole Milk (8 fl oz)	150
Total Calories	675

Dairy Queen® Higher Calorie Choice

Grilled Flame Thrower Chicken Sandwich	590
Onion Rings	360
Small Coca Cola®	160
Total Calories	1,110

Dairy Queen® Really High Calorie Choice

½ lb Flame Thrower Grill Burger	1060
Large French Fries	500
Large Chocolate Shakes	1130
Total Calories	2,690

Arby's® Lower Calorie, Healthier Choice

Regular Roast Beef	350
Chopped Side Salad	70
Balsamic Vinaigrette Dressing	130
Applesauce	90
2% Low fat Milk	130
Total Calories	770

Arby's® Higher Calorie Choice

Chicken Bacon & Swiss - Crispy	590
Small Homestyle Fries	350
Small Pepsi®	180
Total Calories	1,120

Arby's® Really High Calorie Choice

Pecan Chicken Salad Sandwich - Grilled	870
Large Curly Fries	640
Chocolate Swirl Shake	630
Total Calories	2,140

***The average person only needs 2,000 Calories per day**

Dairy Queen® www.dairyqueen.com
 Arby's® www.arbys.com

Families On The Move

Family Goal: Plan a family spring adventure.

Sometimes it is difficult to stay motivated with your exercise program during the winter months. To help your family stay motivated, sit down this week, brainstorm, and plan an active, fun family adventure. Look up different hiking trails, parks, or other active adventures that will help you work to get and stay in shape during the winter months. With each workout, you will be closer to a common family goal.

Math Connection: Let's say you currently go out for lunch 5 days per week, which costs about \$8 each day, and contains about 800 calories. You've decided to save money for your family and started packing your own healthy lunch 5 days per week. Let's say you spend about \$3 to make your lunch and that it contains 500 calories. How many calories and how much money would you save per week and per year? (Answer at bottom of page)

Health and Fitness Resources

Website

www.diningoutnutrition.com
Strategic Nutrition – Plan your calories and nutrition when dining out

Parent's Book

Eat This, Not That 2010 by David Zinczenko and Matt Goulding, Rodale Press 2009

Children's Book

Eating Out: Your Pocket Guide to Healthy Dining by Mason Crest Publishers, 2002

DVD

Signing Time! Time to Eat by Rachel Coleman, Two Little Hands Productions, 2006

Well-Balanced Lunch Idea

Arby's

Market Fresh® Grilled Chicken Salad
Dijon Honey Mustard Dressing
2% Reduced fat Milk (8 fl oz) } =570 Calories

Carl's Jr.®

Charbroiled Chicken Salad
House Dressing (2 fl oz)
1% Low Fat Milk } =620 Calories

Subject of the Week

Best Choices When Dining Out

Appetizers: fresh fruits, raw vegetables, steamed seafood

Salad: Leafy greens, tomatoes, carrots, cucumbers, peppers, and other vegetables with dressing on the side

Main Course: Choose meals that contain the word light, broiled, grilled, roasted, baked, lean, low fat, and low-calorie

Desserts: Split a dessert with someone, choose fresh fruits or low-fat yogurt

Drinks: Order water. Restaurants make most of their profits from selling drinks. Save money and your waistline by choosing water.

Plan on sharing your meal with someone or packing up half to take home.

Healthful Fast Food Snacks

1. Arby's® Applesauce
2. McDonald's® Apple Dippers w/ low fat Caramel Dip
3. Starbucks® Steamed Apple Juice

Fit School Newsletter

Our Goal: To educate and motivate families to make small changes each day to live healthier lives.

Published weekly September through May, 36 times a year.

Information in this newsletter and from Fit School, Inc. should not be used to alter medically prescribed regimen or as a form of self-treatment. Consult a licensed physician before beginning this or any other exercise and/or nutrition program.

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For more information: www.TheFitSchool.com

Math Answer = 1,500 Calories per week, 78,000 Calories per year (a 22lb weight loss), save \$25 per week, \$1,300 more each year