BEST BETS! BEST BETS! BEST BETS! BEST BETS! BEST BETS!

For Winning "Eating Out" Performance Meals

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Looking for a place to eat out that will keep you on your Performance Diet? It's not *where* you eat but *what* you eat! So, here are some better choices.

For Performance Nutrition … "go with" foods that are low in fat and high in carbohydrates and "go easy on" high-fat foods.

breakfast

GO WITH	GO EASY ON
Grits, bagels, English muffins, cereal, pancakes, waffles, toast, lowfat high-fiber muffins, (limit the butter) and fruit	Biscuits (18 grams of fat in one plain), French toast if it's grilled, doughnuts (they're fried) and danish, croissants, (loaded with butter)
Scrambled eggs, poached and boiled eggs (watch the cholesterol!)	Fried eggs, bacon (5 grams of fat in a slice of bacon), sausage, ham
Jelly, jams, preserves, syrup, salsa, ketchup	Butter, margarine, cheese, gravy
Fruit juice, skim, or 1% lowfat milk	Whole milk (9 more grams of fat per glass than skim milk), cream

the choices cont'd ➥

sweets

GO WITH	GO EASY ON
Lowfat frozen yogurt, ice milk, Italian ice, fruit, lowfat milkshakes	Ice cream, sundae toppings, whipping cream, nuts
Angel food cake, fruit crisps, gingerbread, sponge cake	Cakes, pies, brownies, cookies, cheesecake, dessert toppings like Cool-Whip

lunch/dinner

GO WITH	GO EASY ON
Broiled, rotisseried, grilled or baked chicken and seafood, pork tenderloin	Fried chicken, fried fish, steak, ribs, prime rib, extra crispy anything
Lean roast beef, lean boiled or baked ham, turkey, chicken in sandwiches	Burgers, hot dogs, salami, pastrami, bologna, Polish and Italian sausage, meatballs, tuna, egg and chicken salad made with mayonnaise, pepperoni
Tomatoes, lettuce, onions, pickles, peppers, mustard, ketchup, salsa, hot sauce	Cheese, butter, margarine, special sauces, mayonnaise, tartar sauce (11-12 grams of fat in a tablespoon)
Pasta of all shapes and sizes in tomato sauce	Meatballs, meat sauce, cheese and butter sauces, and cream sauce like alfredo.
Baked potatoes	Sour cream, butter, cheese sauce, french fries, onion rings
Most salad bar items, all the fresh vegetables, fruit, sprouts, sunflower seeds (limited amounts), lowfat dressings, vinegar	Dressings, salads made with mayonnaise, oil and sour cream, cole slaw and pasta salad, bacon bits, avocado and guacamole
Water, skim or lowfat milk, fruit juice	Whole milk, non-diet soda, beer, wine, mixed drinks

EATING OUT

performance choices

POWER PERFORMANCE
THE NUTRITION CONNECTION

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So … you want to eat foods that will help you perform your physical and mental best? … But you eat a lot of meals out. And you usually end up grabbing fast food.

Remember a performance diet is:

- High in carbohydrate – for energy
- Low in fat – too much fat slows you down
- Includes a variety of foods – for a balance of nutrients

"What does whopper-double-triple-super-jumbo mean?"

They do mean more – more calories, more fat but not always more of those energy producing carbohydrates or other nutrients. If you're really hungry, order two smaller regular hamburgers. Still hungry? Order an extra plain roll.

"How do I know what nutrients are in restaurant food?"

More and more restaurants are displaying nutrition information, which tells you how many grams of carbohydrate, fat, protein and other nutrients are in each item on the menu. Check out the numbers before you order. If nutrition information is not available, use the menu description to help. Avoid foods with descriptions like; *"Deluxe, Fried, Supreme, Creamy."*

Well, you can make performance choices when you eat out. In almost every type of restaurant, there are ways you can stick to a performance diet.

Ask yourself these basic questions before you order.

"Does this meal fit into what I've already eaten today?"

Let's face it. A lot of fast food is high in fat, designed for speed in the food line but not for performance. Keep track of your daily fat grams and order accordingly.

"Is it fried?"

Fried is almost always bigger on fat. Can you get the same thing broiled or baked?

How Do I Make Sense of This Information?

Welcome to a sampling of typical family restaurant menu items. Choose from any of the delicious meal selections … but be careful! Some are Performance Power Meals and some are not!

Family Restaurant Menu

The Ultimate Double Cheeseburger
Watch Out for "The Ultimate"! Too much protein & too much fat!
Double-decker 1/4 lb. patties (full half pound) topped with 2 slices of American cheese & 2 slices of Monterey Jack cheese.

The House Sirloin
Take 1/2 the steak home, don't choose fries and you have a Performance Meal!
A 9 oz. choice sirloin steak served with your choice of potato & vegetable.

Chicken Stir-Fry
Good choice if it's light on the stir-fry oil!
Teriyaki chicken breast,served on a bed of sizzling rice and stir-fry vegetables with our special stir-fry sauce.

Fudge Brownie Sundae
May sound like a high carbo dessert but you'll be big, thick and full of high-fat!
A big thick fudge brownie with a scoop of rich vanilla ice cream topped with hot fudge sauce.

Strawberry Shortcake
Carbohydrates in the shortcake & strawberries. Leave off the whipped cream. One small scoop of ice cream. This is a better dessert choice!
Fresh baked shortcake topped with ice cream & strawberries on a bed of whipped cream.

Drinks
Remember, water (not even mentioned) is free … free of fat, free of calories and free of charge!
Beer, Wines, Specialty Drinks, Ice Cream Drinks, Soda, Club Soda, Milk, Coffee, & Tea

Sandwiches & Burgers
Comes with soup, salad & fries.

Warning! Look out for fat calories in the burger, creamy soup, salad dressing & fries.

Chicken & Broccoli Pasta Alfredo
Sounds good but, that "creamy Alfredo sauce" has too much fat.
Fettuccine noodles tossed with fresh broccoli, creamy alfredo sauce & char-broiled strips of Italian marinated chicken breast.

Steak or Chicken Fajitas
Strips of marinated steak or chicken breast char-broiled, & served on a sizzling platter with sautéed onions & green peppers, fresh guacamole, pico de gallo & sour cream with soft hot flour tortillas served on the side.

Minus the sour cream & guacamole, ask for extra tortillas and you have a Performance Meal!

Salad & Steamed Vegetables Plate
Add a roll or two; hold the butter, watch the dressing and enjoy! Lots of vitamins, minerals & carbohydrates in potato and roll.
Our dinner salad or small Caesar salad followed by a plate of fresh steamed broccoli, carrots, cauliflower, new potatoes & zucchini

Salad & Half Sandwich
Try mustard or ketchup!
Our dinner salad or small Caesar salad with your choice of a half sandwich.

Soup & Salad Combo
"Go easy" on sandwich fillings & spreads! Has too much fat.
Our soup of the day with a dinner salad or small Caesar salad.

"Go with" a broth soup; "Go easy" on creamy soups. Lowfat dressings are good choices!

On the Road

PERFORMANCE EATING
your performance connection to
PERFORMANCE POWER

BEST BETS FOR HIGH-CARBOHYDRATE, LOWFAT PERFORMANCE MEALS

POWER PERFORMANCE
THE NUTRITION CONNECTION

burgers 'n fries

BEST BETS:

- Get 2 single burgers instead of the double decker (same calories, less fat, 30 grams more carbohydrate)
- Small fries instead of large. Save 10 grams fat.
- Just because it's fish, it's not lowfat. The fish sandwich has 18 grams of fat – 2 grams more than a regular cheeseburger.
- Grilled chicken sandwich – ask for it without the "special" sauce. That's your Best Bet!
- Lowfat milkshake – lower in fat than most of the sandwiches.

m e x i c a n

Best bets

- Chicken, shrimp and bean burritos, fajitas and soft tacos. They're not fried. Chimichangas and hard shell tacos are.
- Rice and beans, but … Ask for beans before they're fried. Many refried beans are loaded with lard.
- Ask for baked tortilla chips in place of fried
- Good news and bad news about taco salad - Good on the beans, but the sour cream, guacamole, cheese and fried shell make it high-fat. Try a vegetable salad.
- Avoid "Supreme" & "Deluxe"

STOP #1

STOP #2

STOP #3

- *Make steamed rice & soft noodles the main part of your meal.*
- *Stir fried dishes like shrimp & vegetables are often low in fat because they are cooked in a very hot pan with only a little oil*
- *Select dishes with a lot of vegetables.*
- *All Oriental food is not lowfat. Go easy on deep fried foods like egg rolls, fried wontons, sweet and sour chicken and shrimp, tempura, chow mein noodles. If you're not sure if it's fried, ask.*

STOP #4

italian

Best bets

- *Pasta, pasta, pasta - 80-100 grams of carbohydrate in a typical dish of spaghetti (2-2 1/2 cups).*
- *Tomato or marinara sauce - lowfat, vitamins A & C*
- *Lean beef meat sauce; 1-2 meatballs are lower fat than sausage*
- *Baked or steamed fish, chicken, veal in vegetable sauces — often described as marsala or cacciatore*
- *If you still crave the lasagna, ravioli or manicotti … buy 1 & share it with a friend!*

Tux D'Lux

Lower fat beef treats - sirloin, rib eye, london broil, filet mignon.
Higher fat and calories are prime rib or porterhouse.

❧

Plain baked potato instead of twice baked.
"Do you want butter or sour cream with that?"
"Neither, thank you," is best, but a little of just one is okay.

❧

Ask for salad dressing and sauces in a side dish.
You have more control over how much ends up in your stomach.

❧

Want dessert? Go lower fat on the earlier courses. And remember it's always better to share with a friend!

STOP #5

STOP #6

STOP #7

STOP #8

1 beer instead of 3. Even better make it Lite! (The body uses alcohol like a fat.)

pizza

BEST BETS

Pan pizza instead of thin crust. More calories from carbos.

Drop the pepperoni & sausage and top with veggies … save 4-5 grams of fat per slice!

CHICKEN

The skinless bird. A skinned breast has almost 50% fewer fat grams than one with skin

☆

Rotisserie or broiled instead of fried. Remember to remove the skin!

☆

Side dishes of rice, beans, mashed potatoes, corn & steamed veggies – hold the gravy

☆

Rolls not biscuits; jelly, not butter

EVERY WHICH WAY BUT LOOSE

" O-DARK-30. STOMACH'S FULL. CARBOHYDRATES HIGH, FAT KEPT TO A MINIMUM. ENERGY READY FOR TOMORROW'S TRAINING EXERCISE."

END OF ROAD

SERVING 24 HOURS A DAY!

From the HUFFING & PUFFING ON THE OBSTACLE COUR menu …
Bacon, egg & cheese omelette
Toast with margarine
Whole milk
Orange juice
Total 38 grams carbohydrate

From the BEST BETS menu …
4 pancakes with syrup & margarine
Orange juice
Banana
1% milk
Total 138 grams carbohydrate
Total 12 grams fat