

SUPERMARKET SURVIVAL GUIDE

EAT THIS →

← **NOT THAT**

FREE for 21 Days!

Thousands of easy food swaps — that can save your 10, 20, 30 pounds — or more!

On the Border[®] Mango Chip
200 calories
11g fat

On the Border[®] Air Made with Real Chocolate Chip
100 calories
1g fat

On the Border[®] All Natural
100 calories
11g fat

The NO-DIET WEIGHT LOSS SOLUTION

Save 100 calories per serving 11 grams of fat!

By: Lauren Zendarski & Cecilia Fei



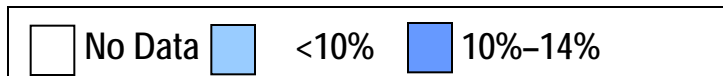
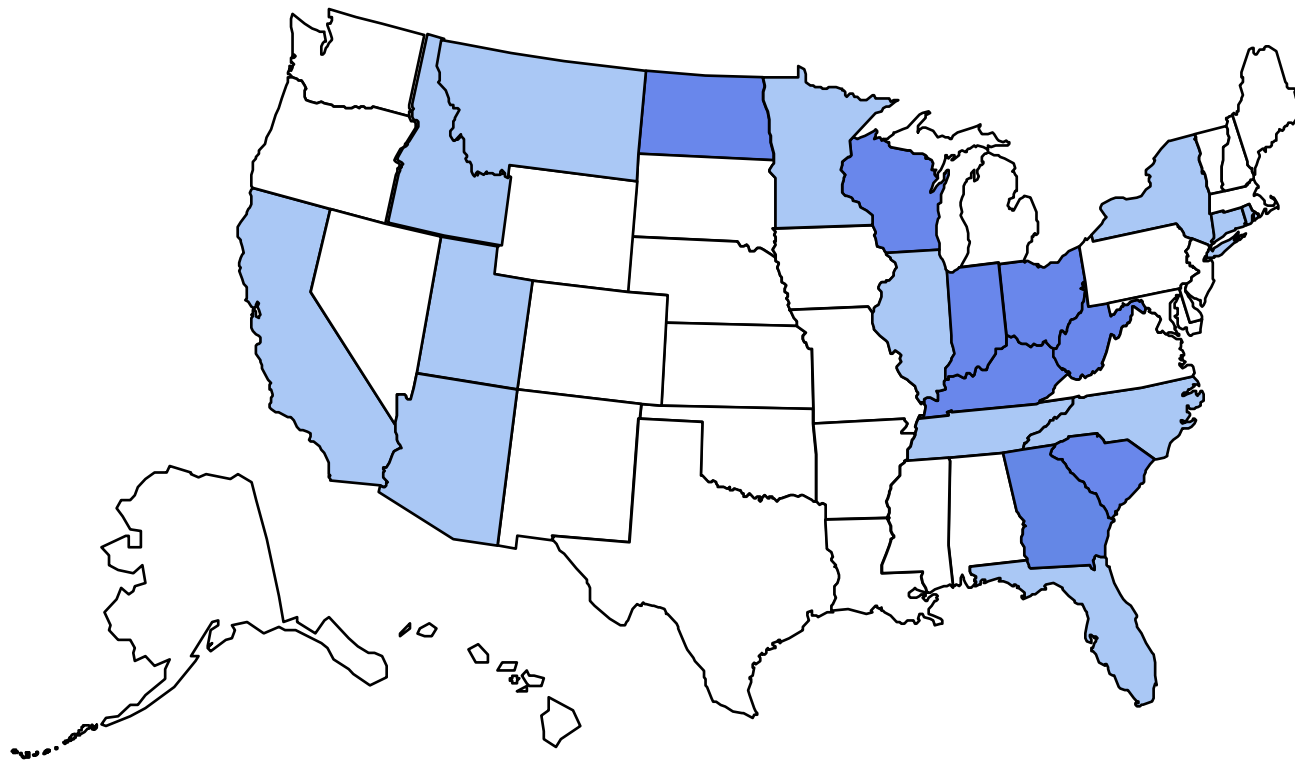
Statistics

- More than 1/3 of U.S. adults (over 72 million people) and 17% of U.S. children are obese.
- During 1980–2008, **obesity rates doubled** for adults and tripled for children.
- In fact, we now consume an average of **300 calories a day** more than we did in 1985.
- Penn State University researchers found that subjects ate 30 percent more food when presented with bigger portions.

Obesity Trends* Among U.S. Adults

BRFSS, 1985

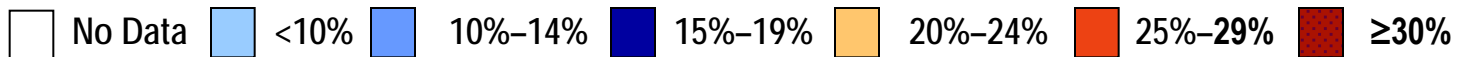
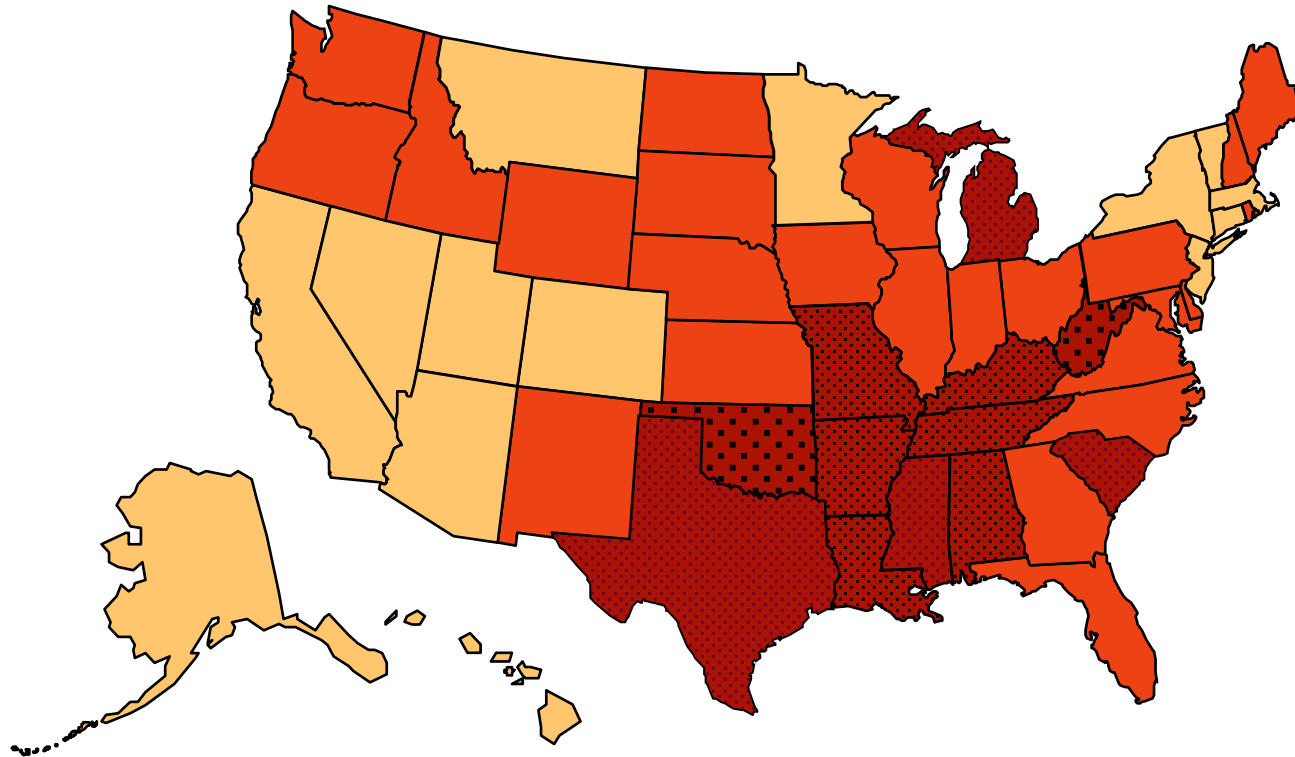
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Eat This or Eat?

- TGI Fridays Pecan Crusted Chicken Salad



- TGI Fridays Dragonfire Chicken



The Winner! The DragonFire Chicken



Shocking Results!

Product	Calories	Fat	Sat Fat
Chicken Salad	1,100 kcal	71g	16g
DragonFire Rice and Broccoli	490 kcal	15g	4.5g

Healthier Option

- If looking for a salad at TGI's chose:
 - **Balsamic Glazed Chicken Caesar salad:**
 - 500kcal
 - 7g sat fat
 - 28g total fat
 - 25g Carbs



BALSAMIC GLAZED CHICKEN CAESAR SALAD

Eat This or That?

- Olive Garden's Cheese Ravioli with Marinara Sauce



- Olive Garden's Five Cheese Ziti Al Forno



Winner Is Cheese Ravioli!!!



Shocking Results!

Product	Calories	Fat	Sat Fat	Sodium	Carb	Protein
Ziti Five Cheese	1050 kcal	48g	26g	2370mg	112g	44g
Cheese Ravioli	660 kcal	22g	11g	1440mg	84g	32g

Healthier Option

- Olive garden offers lunch portions.
- Be aware that a lot of Olive Garden's dishes are packed with high amounts of sodium!
- Portion is key!
- Watch out for breadsticks: 1 is 150kcal.
- Fill up on salad
- **Venetian Apricot Chicken** (lunch portion): 290kcal, 4.5g fat, 1.5g sat fat, 1010 mg sodium, 34 g carb, 29g protein.
- **Dinner portion only is 500 kcal.**

Eat This Or Eat That?

- Chipotle Mexican Grilled Chicken Burrito



- Chipotle Mexican Soft Beef Taco (3) with corn roasted salsa and cheese.



The Winner Is Beef Tacos



The results are in!

Product	Calories	Fat	Sodium	Carbs
Beef Tacos	620 kcal	20.5g	1,110mg	38g
Grilled Chicken Burrito	1179 kcal	47g	2656mg	125g

Healthier Options

- A burrito wrap alone is 290 calories.
- Chipotle allows you to order items separate.
 - Get rid of the rice and tortilla and request your meat, vegetables, and beans served in a bowl.
 - Share the burrito.
 - With fresh salsa, beans, lettuce, and grilled vegetables, you can do plenty of good.
 - Stick to one of the **450-calorie favorites**:
Three crispy tacos with carnitas, black beans, lettuce, and fresh salsa.

Eat This Or That?

- Cold Stone Oreo Ice Cream: Like it Size!



- Cold Stone Oreo Ice Cream Sandwich



OREO® is a registered trademark of Kraft Foods.

The Winner Is Oreo Sandwich!



OREO® is a registered trademark of Kraft Foods.

The Results are In!

Product	Calories	Fat	Sat fat	Sugar
Oreo Ice Cream Sandwich	320 kcal	18g	7g	25g
Oreo Ice Cream	440 kcal	31g	14g	38g

Healthier Option

- **The Sorbet:** Like it Size lemon flavor is only **150 calories.**
- Cold Stone's pre made frozen treats almost always better.
- If choosing an ice cream: their sinless banana and sinless cake batter ice cream around 170 calories.
- **Watch out for Shakes** most top out to be **900 plus calories.**
- Watch out for lots of different FLAVORS, or ingredients in the title.
- Don't add extra calories

Drink This or That?

- Starbucks Caramel Macchiato



- Starbucks White Mocha Chocolate



Winner is Caramel Macchiato!!!!



Shocking Results!

Product 20 oz- Venti	Calories	Fat	Sat Fat	Sugar
Caramel Macchiato	300 kcal	8g	4.5g	40g
White Mocha	520 kcal	16g	10g	76g= 9 Strawberry Rice Krispie Treats

Healthier Option

- Tall skinny lattes: 60 kcal, 1g fat.
- Opt for Skim Milk/Fat Free Milk
- Hold the whip cream or toppings
- Avoid drinks with multiple flavors
- Sugar Free syrups
- Half syrup



Survival Tips When Eating Out

- Don't drink your calories
- Avoid appetizers
- Don't go starving
- Avoid all you can eat buffets
- Split a meal
- Order steamed vegetables or salad for a side
- Avoid extra creamy thick sauces and added cheese



Clues To A Unhealthy Dish

- **Deeply marbled—which** is code for incredibly fat-strewn.
- **Béarnaise**, made almost entirely from egg yolks and melted butter, is the worst of the options.
- Terms: Blackened, pickled, smoked, au jus: high mean **High Sodium!**
- Fried, *au gratin*, braised, buttered, creamed, escalloped
- Hollandaise, cheese, or cream sauce
- In gravy, pan-fried or -roasted, rich, in butter sauce.

Healthier Options

- Baked, broiled, grilled
- Poached, roasted, steamed
- In its own juice, garden fresh
- Barbeque or grilled chicken, pot roast, meat loaf
- London broil, filet mignon, flank steak, sirloin tip, tenderloin
- Seafood, boiled shrimp, oysters on the half shell
- WATER!

References

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Questions??



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