

Nutrition

fact sheet



Americans are working longer hours along with busy family schedules. This means there is less time to cook meals at home. More people are dealing with this by visiting restaurants that offer convenience—from drive-thru to delivery to online ordering. Fast food doesn't mean giving up on eating healthfully. Quick service restaurants today are providing more options to meet the needs of customers.

The Balancing Act: Eat Well and Move It!

Small changes today, build a lifetime of healthy habits

“Make healthy food choices and be active every day” is the key message of the USDA’s MyPyramid food guidance system (www.mypyramid.gov) released earlier this year. Balancing food and regular physical activity sounds simple, but it can be a challenge, too. The best advice? Make small changes every day. These changes become habits before you know it. Making small changes in your meal and snack choices is an easy way to start. Here are some things to try:

- Add 1 more low-fat dairy product every day, such as an 8 ounce glass of skim milk or one cup of yogurt.
- Add 2 servings of fruits or vegetables to your meals. Try a half cup of any vegetable or a small salad at meals. Eat some fruit or fruit salad for dessert.
- Choose 3 whole grain products every day. Try sandwiches on whole wheat bread at lunch or popcorn for a snack.

Making healthful food choices is as easy as 1, 2, 3!

The foods in the section above have a lot of nutrition value per calorie.

They are nutrient-dense foods.

Adding nutrient-dense foods decreases the calories but not the volume of food on your plate. Make your calories count!

Plan physical activity into your daily routine. Add activity to your day without crowding your already busy schedule. If you have a job that doesn't allow for much movement, plan a short walk during your break. Ask others to walk and talk rather than sitting. Making small changes daily and weekly will build a lifestyle of healthy habits without adding time and stress.

Add LIFE to your lifestyle

Daily physical activity does more than just burn the calories in the food you eat. Recent studies show that daily physical activity has many benefits. Exercise helps you sleep better, feel good about yourself, do a better job at work, handle stress better and worry less. The *USDA Dietary Guidelines* recommends at least 30 minutes of moderate-intensity activity most days of the week. Moderate physical activities

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Information

American Dietetic
Association
Knowledge Center

For food and nutrition
information or for a
referral to a nutrition
professional in your
area call:

800/366-1655

or visit:
www.eatright.org

www.yum.com



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This fact sheet expires 10/1/2008.

include brisk walking, riding a bike, light yard work or hiking. For most people vigorous activities include running, jogging, swimming, aerobic dancing and playing basketball. The more energetic the activity, the more calories you use. If you're not very active, a good place to start is to plan to move more every day. Here are some ideas to get you moving:

- Go for a 15–30 minute walk during your lunch break. Invite a friend!
- Play games, dance or walk with your children.
- Ride the elevator up and take the stairs down—or take the stairs both ways.
- Walk the dog 10–15 minutes before and after work.
- Take a yoga, pilates or aerobics class 2 to 3 times per week. When you don't have class, plan to go for a walk.
- Plan 10-minute walk breaks at your children's outdoor sporting events.
- Ride a bike or walk to work.
- Go dancing.

Choose an activity you enjoy and try to do something active for at least 10 minutes at a time. It takes at least 10 minutes of activity at a time for you to get the payback to your health. If 10 minutes is hard at first, start at 5 minutes and gradually work up to 10. Finding a friend to be active with you makes it easier and more fun!

Fitting Wise Food Choices Into Hectic Lifestyles

Sometimes you find quick service food fits your busy schedule. Keep in mind that being served quickly does not mean you have to eat fast or eat everything you are served. Take the time you saved in getting the food to enjoy the taste of your food. When you eat more slowly, you feel fuller,

which usually means you will eat less and save calories. Plan ahead and check the Web sites of places where you often eat. Or ask for the nutrition information pamphlet at your favorite quick service restaurants to guide your decisions. The more you know, the more choices you have. You are in charge of your food choices.

Healthy Eating Tips

- Choose salads, fruits or vegetables instead of fries.
- Ask for reduced calorie salad dressing.
- Choose water, low-fat or fat-free milk, or diet soda instead of a regular soft drink.
- Order thin crust pizza. Choose low-fat toppings such as chicken or ham, and add lots of vegetables. Ask for half as much cheese and more tomato sauce.
- Choose chicken tacos or bean burritos and skip the cheese, sour cream and guacamole. Double the fresh salsa on anything you order.
- Enjoy the taste of comfort-food favorites like fried chicken without the added fat. Just remove the skin and breading before eating.
- Ask for grilled or roasted chicken sandwiches. Add lettuce, tomato and mustard for flavor without the fat and calories.
- Order smaller portions of items that have several pieces. For example, order two pieces of chicken rather than four or save half the chicken for tomorrow's lunch.
- Order small sandwiches such as a small hamburger and ask for lettuce and tomato.
- Ask for ketchup, BBQ sauce, salsa or mustard instead of mayonnaise for toppings or dipping sauces.
- Check for healthy options at your favorite quick service restaurants—look on their Web site before you go.