

Activity: Let's Go Out To Eat!

Restaurant, fast food, and coffee shop meals are often high in calories and fat. The portion sizes are often larger than you might serve yourself at home.

You can find healthier choices when you eat out—it just takes a little planning.

Use the tips below to help you make healthier choices when eating out.

- Ask the server how the food is made and what ingredients are in the dish.
- Ask the server if they can make an item lower in fat, higher in fibre, or less salty.
- Ask the server if you can have smaller servings.
- Some restaurant menus have a symbol beside certain menu items to show that the item is a healthier choice. The symbol may mean the food is lower in fat, salt, or calories.
- Many restaurants have nutrition information for their food. When eating out, ask if you can get the nutrition information in a pamphlet or on the restaurant's website.

The goal of this activity is to show you how many calories some restaurant, fast food, and coffee shop meals can have. The activity will also show you how to choose a meal that is lower in calories.

Instructions:

- Look at the menu on the following pages.
- Pick a meal time (breakfast, lunch, or supper) when you would usually go out to eat.
- Look at the menu items listed for the meal time you have chosen. Instead of prices, the calories for each menu item have been listed.
- Try to choose a meal using menu items that add up to **400 to 600** calories for the whole meal. Include drinks and condiments in your calories.
- Write your meal choices in the space below.



My meal is:

Menu Item	Calories
Total	

Calories

Breakfast

(Order sides and condiments separately)

- Three-egg cheese omelette with ham 595
- Steak (13 oz) and 2 eggs 990
- Scrambled eggs 200
- French toast, 3 slices with butter 530
- Oatmeal 175
- Breakfast combo plate – 2 pancakes, 2 eggs, 2 bacon, 2 sausage 740

Sides

- Toast, 2 whole grain slices 150
- Bagel 245
- English muffin 135
- Bacon or sausage, 4 pieces 175
- Hash browns 160
- Fruit salad 130
- Cup of low fat fruit yogurt 250

Condiments

- Cream cheese (1 packet) 45
- Maple syrup (1 packet) 55
- Butter or margarine (1 packet) 35
- Strawberry jam (1 packet) 50
- Peanut butter (1 packet) 95

Appetizers

- Chicken wings – 10 wings in tangy sauce 1000
- Loaded nachos – cheese, tomato, and jalapenos 2160
- Feta and spinach dip with pita wedges 1450
- Shrimp rolls – crispy tempura shrimp in a sushi roll 310
- Edamame beans, steamed and lightly seasoned 65

Soups and Salads

- Chicken noodle soup 120
- Creamy wild mushroom soup 150
- Tossed salad with your choice of dressing on the side 45
- Tossed salad with grilled chicken breast and your choice of dressing on the side 235
- Caesar salad – parmesan, croutons, and creamy Caesar dressing 555
- Taco salad – mixed greens with cheddar cheese, beef, salsa, and sour cream
 - in a tortilla shell 840
 - without shell 470

Calories

Lunch Favourites

(Order sides and condiments separately)

- Classic burger 780
- Chicken club sandwich with bacon and tomato 595
- Taco supreme – soft taco filled with beef, lettuce, tomato, cheese, and sour cream 250
- Beef burrito supreme – filled with beans, lettuce, tomato, cheese, and sour cream 420
- Combo meal: hamburger, medium fries, medium pop 1110
- Individual cheese pizza 620

Sides

- French fries 460
- Onion rings 501

Dinner Favourites

(Order sides and condiments separately)

- Top sirloin steak, 13 ounces 760
- Top sirloin steak, 6 ounces 350
- Baked salmon filet, 9 ounces 525
- Homestyle lasagna 590
- Penne Alfredo 1340
- Fried chicken meal – 3 pieces, coleslaw, and fries 1230
- Grilled chicken breast 285
- Penne with tomato sauce – kids size 320

Sides

- Baked potato 210
- Steamed mixed vegetables 120
- Steamed rice 255
- Dinner bun 85
- Garlic toast 150

Condiments

- Ranch dressing 140
- Fat-free Italian dressing 15
- Sour cream 50
- Butter or margarine 35
- Ketchup, mustard 25
- Mayonnaise 210

Calories

Dessert Favourites

- Apple pie 300
- Carrot cake with icing 545
- Ice cream 305
- Apple crisp 410

Beverages

- Water 0
- 100% apple juice 120
- Skim milk 90
- 2% milk 130
- Chocolate milk 165
- Vanilla milkshake 280
- Calorie-free pop 0
- Sugar-sweetened pop 110

Coffee and Tea

- French vanilla coffee 200
- Hot chocolate 175
- Coffee 0
- Tea 0
- Sugar 15
- Cream 20

Alcoholic Drinks

- Beer, 1 bottle (12 oz) 140
- Wine (5 oz) 100
- Mixed drink (1½ oz liquor with soft drink) 210

Note: The calorie amounts in this resource are averages. To find the exact amount of calories in foods, read the label on packaged foods or find nutrition information from restaurants.