



Exercise 2: Restaurants that Serve Healthy Food

- Log on to <http://www.pinellashealth.com/HCRestaurants/healthyrestaurants.asp>
- Find a restaurant that you go to or that is in your neighborhood.
- Does the restaurant offer healthy choices for adults? ___ Yes ___ No
- Does the restaurant offer healthy choices for children? ___ Yes ___ No



Exercise 3: Make Better Choices at Fast-Food Restaurants

- Here are the nutritional values for a regular Whopper® and for a Low-Carb Whopper® (no bun and no Mayonnaise), according to Burger King®. (Go to <http://www.bk.com> and put your mouse on **Explore BK**. A list will appear. Click on **Nutrition**. Then explore **Build a Meal**. That's where you can find information about calories, fat, etc.)

<i>Name of Food Item</i>	<i>Calories</i>	<i>Total Fat</i>	<i>Sodium (Salt)</i>	<i>Total Sugars</i>
 Whopper®	670	39 g	1020 mg	11
 Low Carb Whopper®	270	18 g	450 mg	5

- Which of these hamburgers is better for your health? ___ Whopper®
___ Low-Carb Whopper®


3. Study the nutrition facts for the roast beef sandwich (below).

Is it healthier than the Whopper®? ___ Yes ___ No

Is it healthier than the Low-Carb Whopper®? ___ Yes ___ No

4. Choose another food item from the Subway® site: <http://www.subway.com> then *Menu/Nutrition*, then *Nutrition Information*. Write the food item name and numbers below. Then compare it to the Subway® sandwich.

Which is best for your health? ___ your item ___ the Subway® sandwich

Name of Food Item	Calories	Total Fat	Sodium (Salt)	Total Sugars
 Subway® 6" Roast Beef	290	5 g	920 mg	8

Credits

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Additional information and photos are from these websites: *My Pyramid.gov -- Steps to a Healthier You*, <http://www.mypyramid.gov>; *Subway*, <http://www.subway.com>; *Burger King*, <http://www.bk.com>; *McDonalds*, <http://www.mcdonalds.com>; *Garden Fare®*, http://www.olivegarden.com/menus/garden_fare; *Dan Marino's*, <http://danmarinosrestaurant.com/menulowcarb.htm>; *Roadhouse Grill*, <http://www.roadhousegrill.com>; *USDA Nutrition Education* <http://www.fns.usda.gov/fns/nutrition.htm>; *Healthier US Gov*, <http://www.healthierus.gov/nutrition.html>; *Nutrition.Gov*, <http://www.nutrition.gov/>; *5 a Day for Better Health*, <http://www.5aday.gov>; *how to Understand and Use the Nutrition Facts Label*, <http://www.cfsan.fda.gov/~dms/foodlab.html>; *Pinellas County Health Department*, <http://www.pinellashealth.com/index.asp>; *Welcome to the Pinellas Wellness Corner*, <http://www.pinellaswellness.com>; *Steps to a Healthier Pinellas*, <http://www.pinellas.k12.fl.us/CI/STEPS/wellness.html>.

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