

Eating Out Activity

***This nutrition activity contains 2 parts: Part 1 - calculating a meal you may have consumed prior to starting the program & Part 2 - calculating a healthier meal option. Please scroll down to the second page to view the entire Eating Out activity.**

Listed below are websites providing nutrition information from various restaurants. You can select your own restaurant if nutrition information is available.

<http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>

<http://www.subway.com/nutrition/files/nutritionvalues.pdf>

http://www.dennys.com/files/nutrition_facts.pdf

<http://www.bobevans.com/Menu/Nutritional-Information/PrintMenuCategory/0/Print-All>

<http://calorielab.com/restaurants/hacienda/397>

http://www.wendys.com/redesign/wendys/pdf/en_US_nutrition.pdf

http://www.redlobster.com/health/nutrition/nutrition_facts.pdf

<http://www.myfitnesspal.com/nutrition-facts-calories/logans-roadhouse>

Part 1. Plan a meal that you would have eaten prior to coming to Weight Loss Solutions. **Calculate the number of calories in this meal.**

Meal:

Calories:

Total Calories: _____

What did you learn about the meal that you planned from your chosen restaurant? _____

Part 2. Plan a meal at the same restaurant that you would enjoy which would be a healthier option. **Calculate the number of calories in this meal.**

Meal:

Calories:

Total Calories: _____

What did you learn about the second meal you planned from your chosen restaurant?
