



Fast Food Plan That Works!

Grace Goad changed her fast food eating habits to reach two goals:

- ◆ **She wants to live as long as her mother: 105 years.**
- ◆ **And she wants to be able to easily bend down and put on her socks.**



Grace is 78 years old, and on the right track to achieve her goals. She lives in the tiny village of Timbisha, in the middle of Death Valley, California. She is able to change her eating habits and get fresh fruits and vegetables. Some food is brought to the village by staff from the Toiyabe Indian Health Project, located 120 miles away. Grace also goes to the town of Pahrump, 50 miles away, to shop.

Her trips to town used to include stops at fast-food restaurants. She used to not be

picky about what she bought at the grocery store. But Grace wanted to lose some weight to be healthy and move more easily.

Grace also changed her physical activity. She walks every evening, after the heat of the day. She has arthritis in her knees, and uses a walker. But that doesn't stop her. "I walk from my home to that trailer over there." Grace points to a trailer near her house. With a walker and arthritis, that is far

away! But that doesn't stop Grace. She has goals to walk to the tribal center, then walk to her sister's house which is on the far side of the village.

In two weeks, Grace has lost two pounds! But better than that, she feels good knowing she is on her way to achieving her goals.

Grace has already achieved her other goal. "I can bend over and put on my socks! Ha!" At that moment, Grace bends over, touches her toes, then stands straight up, smiling big.

Here is what Grace did to change her eating habits:

- ◆ **Eats oatmeal for breakfast instead of bacon and eggs. She knows oatmeal is good for her heart.**
- ◆ **Changed the name of "convenience" stores. She calls them all "junk food stores."**
- ◆ **Buys fresh fruits, vegetables, beans and rice at the grocery store. She always has these items in her house so she can include them in almost every meal.**
- ◆ **Changed the way she orders "fast food." She gets picky about breakfast sandwiches. She orders them on English muffins and not croissants. She orders them with only one egg, without sausage or cheese. "I am satisfied," she says.**



Guidelines for Healthy Eating Away From Home

Going out to eat used to be a treat. Going out to eat didn't happen often. It was a special event. For many people, going out to eat meant eating anything you wanted.

Now it is common to eat out many times a week. Fast food, cheap food, can be found almost everywhere. Portion sizes have become larger.

We need a new plan for eating out!

Try this: whenever you eat out, try choosing healthier meals. Look at the numbers on the right. You can eat out and eat healthy foods!



Fast Food Choices

Instead of ...

Try These Foods ...

McDonalds®	<i>Calories</i>	McDonalds®	<i>Calories</i>
Big Mac®	560	Chicken McGrill® no mayo	300
Large french fries	520	Side salad with low-fat dressing	70
Regular soda (medium)	210	Diet soda (medium)	0
Total calories	1290	Total calories	370

Burger King®	<i>Calories</i>	Burger King®	<i>Calories</i>
Whopper® with Cheese	780	Hamburger	320
Medium french fries	360	Side salad with lite dressing	55
Chocolate shake, small	420	Iced tea with sugar substitute	0
Total calories	1560	Total calories	375

Taco Bell®	<i>Calories</i>	Taco Bell®	<i>Calories</i>
Taco salad in a shell	830	Bean burrito	370
Regular soda (medium)	210	Water	0
Total calories	1040	Total calories	370

KFC®	<i>Calories</i>	KFC®	<i>Calories</i>
Hot Wings™	350	Tender Roast Chicken, no sauce	270
Potato wedges	260	Corn on the cob, 3"	70
Total calories	610	Total calories	340

Wendy's®	<i>Calories</i>	Wendy's®	<i>Calories</i>
Breaded chicken sandwich	450	Grilled chicken sandwich	295
Baked potato with cheese	340	Baked potato with salsa	300
Coffee with cream	20	Coffee with nonfat milk	5
Total calories	810	Total calories	595

