

Session 13 – Eating Out









I. Objectives

- Understand the health risks of eating out frequently.

II. Introduction

In the United States, Americans eat out four times per week. Busy lifestyles, long working hours and the availability of quick, cheap food has changed the way people eat. Meals have become foods we can eat on the run. Unfortunately, this has led people away from healthy eating habits.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client about the health risks associated with eating out.

Most fast food is high in fat, high in calories, high in sugar and salt, and low in fiber. A basic child's meal containing an order of chicken nuggets and French fries – derives nearly half its calories from fat. Even worse is the current trend for, "super sizing." That's like ordering extra fat with your fat or eating bread with your bread.

An example of the latter is eating fried (breaded) chicken with rolls or eating enchiladas with tortillas. Fast food eating is rising and so is our obesity rate. Fast food chains target young children with toys, prizes and cartoon characters to grow their next crop of customers.

On the other hand, when fast food chains have attempted to introduce healthier foods the public has not responded favorably. When one fast food chain introduced a lower fat burger, no one bought it and the chain dropped it. The fast food restaurants are carrying healthier foods but people must be responsible and do their part when offered healthier choices.

Most fast food places now have lighter menus with less fat such as salads and grilled chicken sandwiches. Ultimately the public must decide between unhealthy choices and healthy choices.

See the list on page 28 for some healthier choices. This is only a partial list and will change as fast food chains keep up with the consumer demand.

V. Activity

Write a list of healthy food substitutions you made this past week. List the unhealthy food in top box and healthy food in bottom box.





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Instead of:	Try:
Large or double cheeseburger	Junior size burgers
Crispy chicken sandwich	Grilled chicken sandwich
Soda	Water
Super-size fries	Plain baked potato or small fry
Mayo or secret sauce	Ketchup, mustard, BBQ sauce
Fried chicken	Grilled or rotisserie chicken
Sour cream or cheese	Salsa or avocado
Pizza with meat toppings	Cheese pizza with vegetables and thin crust
Ice cream	Low fat yogurt



Weekly Log: Healthier Foods

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

