



Nutrition Counseling Services LLC

Restaurant Challenge

Purpose Statement: The purpose of this challenge is to make healthier choices when eating out.

Challenge Steps:

- A. Identify a restaurant where you often eat and your most common meal.
- B. Using the restaurant's nutrition guide (if available) or www.myfitnesspal.com, list and total the calories and sodium in the food and drinks.

Common Meal and Drink	Calories in Each Item	Sodium in Each Item (mg)
<i>Example: Bojangles</i>		
<i>Cajun Filet Club Sandwich</i>	740	1500
<i>Medium Season Fries</i>	340	710
<i>22 oz Sweet Tea</i>	280	0
Totals:	1360	2210

- C. Using the same nutrition guide, develop one healthier meal at that restaurant.

Common Meal and Drink	Calories in Each Item	Sodium in Each Item (mg)

- D. Eat that healthy meal the next time you are at the restaurant.
- E. Review the **Healthy Eating on the Run: A Month of Tips** handout.

What changes do you need to make to your diet? _____

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____