

Here's the skinny
on how to ...



Don't want to "blow" your diet every time you find yourself out to eat? Simple substitutions for those old time favorites can save the day. Look at the fat content in the items below, then check out the lower-fat alternatives. **Remember ... if you do what you always did, you'll get what you always got!**

Food	Cal	Fat (g)	Alternative	Cal	Fat (g)
<i>Applebee's</i>					
Grilled chicken pasta	873	9	Blackened chicken salad, full portion	411	5
<i>Au Bon Pain</i>					
Blueberry Muffin	510	19	Low fat triple berry muffin	290	2
Chicken tarragon focaccia	800	42	Grilled salmon salad ficelle	280	7
<i>Boston Market</i>					
3 piece chicken, dark	570	11	1/4 white rotisserie, no skin, no wing	170	4
Caesar side salad	400	40	Fresh fruit salad	60	0
<i>Chilis</i>					
Lettuce wrap	730	37	Guiltless chicken sandwich	490	8
<i>Denny's</i>					
Boca burger & small fruit salad	508	11	Grilled chicken breast dinner	200	5
Ultimate carb-watch omelette	662	53	English muffin & side Egg Beaters	181	1
<i>McDonald's</i>					
Crispy chicken sandwich	500	17	Grilled snack wrap (honey mustard)	260	9
Bacon ranch salad, crispy	350	15	Asian salad no nuts, 1/3 dressing, grilled	275	4
M&M McFlurry	620	20	Vanilla cone	150	3.5
<i>Olive Garden</i>					
Shrimp primavera, lunch	490	15	Linguini alla marinara, lunch	280	6
<i>Panera Bread</i>					
Bistro steak salad	630	58	Classic cafe salad w/chicken and fat free poppyseed dressing	155	3