

on the go waist savers

With summer travels approaching, it's inevitable that most of us will have to swing through that drive-thru at least once. With many fast food restaurants incorporating new, healthier options on their menu, picking up a quick bite to eat may not kill your diet after all.



KFC's Kentucky Grilled Chicken
Nutritional Value for: 1 Breast
Calories: 119
Fat: 4g
Protein: 35g
Carbs: 0g
Kentucky Grilled Chicken has fewer calories, fewer fat grams and less sodium than the Original Recipe chicken, all without sacrificing taste.



UNDER 6G OF FAT!

Subway's Sweet Onion Chicken Teryaki
Nutritional Value for: 1 Breast
Calories: 380
Fat: 4.5g
Protein: 26g
Carbs: 60g
This gourmet specialty is a flavorful blend of tender teryaki glazed chicken strips and SUBWAY® Restaurant's own fat-free sweet onion sauce served hot & toasted, on freshly baked bread. You won't believe it has less than 6 grams of fat!



Dunkin' Donut's Egg White Turkey & Sausage Flatbread Sandwich

Calories: 280
Fat: 6g
Protein: 19g
Carbs: 37g

Breakfast is the most important meal of the day right? Then why would you start it with a sugar loaded doughnut? **It's not a great idea to start your day with a dessert disguised as breakfast!** Load up on protein and energy with Dunkin' Donuts' Egg White Flatbread!



Burger King's Veggie Burger
Calories: 420
Fat: 16g
Protein: 23g
Carbs: 46g
You don't have to be a vegetarian to enjoy a veggie burger! The BK Veggie Burger is all based around a Morningstar Farms® Garden Veggie Patty. **By skipping the Whopper and opting for the Veggie Burger, you'll save yourself a whopping 250 calories!** And no, that doesn't justify a french fry splurge!



Taco Bell's Fresco Ranchero Chicken Soft Taco
Calories: 170
Fat: 7g
Protein: 8g
Carbs: 22g
We are all wondering...Why Fresco? "Fresco" also refers to a style of Renaissance painting. Michelangelo's frescos are, like Taco Bells, widely considered to be masterpieces. **The Fresco Ranchero Chicken Soft Taco ditches the cheese, but makes up for it with flavor.**



McDonald's Grilled Chicken Sandwich
Calories: 420
Fat: 10g
Protein: 32g
Carbs: 51g
The Grilled Chicken Sandwich... known as the "healthy" option at almost every fast food restaurant. McDonalds wanted to stay true to this, so they ditched the sesame seed bun and replaced it with a whole wheat bun. **Don't forget to make a few adjustments...save 50 calories by skipping the mayo!**



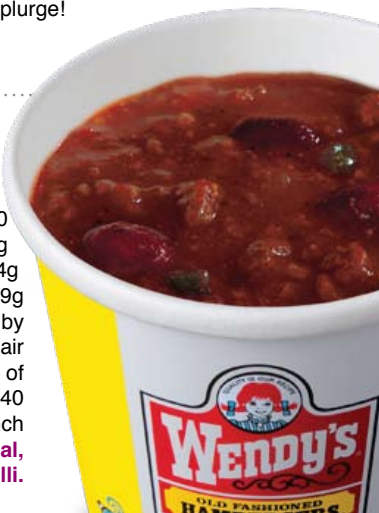
DID YOU KNOW?
YOUR ADDING 25 CALORIES TO YOUR MEAL WITH EVERY PACKET OF CRACKERS YOU ADD.



Wendy's Small Chilli

Nutritional Value for: Small Bowl
Calories: 190
Fat: 6g
Protein: 14g
Carbs: 19g

Wendy's has broken the mold by offering more than just french fries to pair with your baconator. Wendy's chilli is full of protein and will save you 10g of fat and 140 calories by not munching on those french fries. **Next time you need to pick up a quick meal, replace the fried delights with a hot bowl of chilli.**



DO I NEED TO TAKE VITAMINS?

Words: Deirdre Gamill Hock

Vitamins and minerals are nutrients that your body needs to grow and develop normally. Vitamins are organic substances made by plants or animals and minerals are inorganic elements that come from the earth. Essential to life, they play a key role in energy production, cell growth maintenance and repair. They are only needed in small amounts but must be obtained from food or supplements as the body cannot manufacture them.

The best way to get enough vitamins is to eat a balanced diet with a variety of foods. You can usually get everything you need from the foods you eat however if you are limiting your food selection or calories you may want a supplement as nutritional insurance.

Many people take vitamin and mineral supplements because they are not sure what makes up a nutritionally balance diet or are eating less nutritious choices. However, consumption of mega doses of water-soluble vitamins can reach toxic levels and usually affects the nervous system. Symptoms of vitamin and mineral toxicity, which are vague at best, can include diarrhea, vomiting, skin rashes and overall "just not feeling right".

There is a lot of information that scientists have not yet discovered about how the body absorbs nutrients and the nutrients' effectiveness when taken as supplements instead of eaten from their natural food sources. Until more is known, it is best to try to attain nutritional adequacy and balance by adopting a healthy diet.

Supplements vs. Natural Protein:

ROCKSTAR ENERGY DRINK:



Calories: 140 Fat: 0g
Carbs: 31g Protein: 0g

Enhanced with the herb Milk Thistle, Rockstar provides 100% daily value on Vitamins B2,3,6,12

POWERBAR GEL:



Calories: 110 Fat: 0g
Carbs: 27g Protein: 0g

This carbohydrate electrolyte gel is research proven for faster energy delivery. The gel is formulated with a mix of simple and complex carbohydrates for quick and effective energy. Your choice of caffeinated or non-caffeinated flavors.

ENZYMATIC THERAPY:



Calories: 50 Fat: 0.5g
Carbs: 6g Protein: 6g

For optimum energy and mental clarity this caffeine free powder mixed with a glass of water gives lasting energy. The miss replenishes both B vitamins and amino acids.

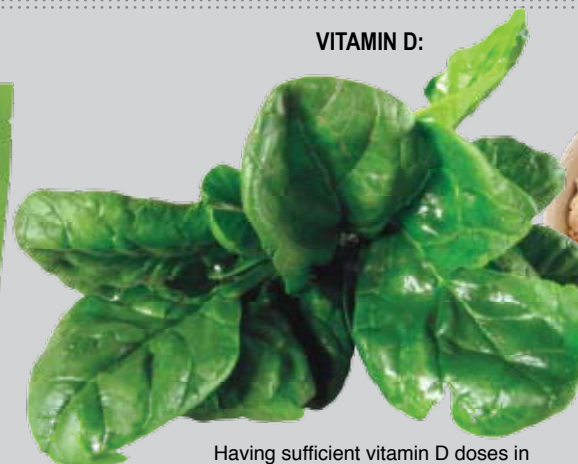
FRS HEALTHY ENERGY CHEWS:



Calories: 40 Fat: 0g
Carbs: 8g Protein: 0g

These on the go chews contain quecetin, an antioxidant found in fruits and vegetables that helps unlock your body's natural energy.

VITAMIN D:



Having sufficient vitamin D doses in your body allows you to sleep better at night. Tanning is not the only way you should get your daily vitamin. Spinach, milk and salmon are great ways to boost vitamin D. The daily-recommended dose of vitamin D is 25 mcg (micrograms).

WHOLE GRAINS:



Whole grains such as oatmeal help keep your blood sugar stable. To help keep your energy level high, it is recommended to eat 3 one ounce servings of whole grain a day.

VITAMIN B:



B vitamins help breakdown carbohydrates into glucose, giving us energy. No more than 50mg of B vitamins a day is necessary to help maintain a happy energetic lifestyle. B vitamins can be found in beef, soy milk and whole grain cereals.

VITAMIN E:



Vitamin E boosts immunity, thus the healthier you are, the better you feel the more you do. Find your vitamin E in almonds, sunflower seeds and broccoli. Daily recommended dose is 10 mg.