

# Dining Out at The Mall

By Suzanne DalLago, RN/CN/CPT

How many calories and fat are in all those burgers and sticky buns at mall food courts? I know the last thing you want to think about when you're knee deep in hustle and bustle is the answer to this question.

And so what if we tend to ignore bad food stats more during the holiday season? After all, who has the time to research fast food menus online in between EBay bids and Amazon orders?

We are a society immersed in and propelled by convenience. Give us free shipping and we'll order by the dozen. Give us easy and fast access to food and we won't give a second thought to the amount of fat, calories, salt and sugar we're consuming. Yet, there's no reason why our waistlines have to get fatter while our wallets get skinnier over the holiday shopping season.

Making better food choices is a matter of personal taste and timing and there are a host of simple things we can do to help ourselves: from not leaving the house on an empty stomach and opting for a snack instead of a meal, to making food orders healthier by having it "your way". (Believe it or not, when you say, "extra broccoli, less cheese, please", that's exactly what you get.) In either case, a little forethought can go a long way.

The #1 item on my wish list this year is to see nutrition facts consistently plastered across fast food plates and wrappers. But until that happens, hopefully before pigs fly, I put together a list of better food court choices, based on meals that are relatively low in calories and fat, high in fiber, and reasonably low in sodium ('relatively' and 'reasonably' by fast food standards that is). While all chains are not listed here, keep in mind that the common theme among fast food brands is similarly high in calories, fat and salt.

Use these examples as a rule of thumb, make note of your favorite items and keep a little cheat sheet for yourself in your wallet for on the spot reference. Shop till you drop from exhaustion not indigestion this season!

## ARBY'S Broccoli 'n Cheddar Baked Potato

Ask for double the broccoli, half the cheese sauce, and a regular serving of shredded cheddar: 406 cal, 13 g pro, 70 g carb, 8 g fat, 3.8 g sat fat, 10 g fiber, 411 mg sodium – OR skip the cheese sauce altogether!

## Asian Sesame Salad

This salad, featuring greens, grilled chicken, cabbage, carrots, and orange slices, comes with almonds (have the whole packet), Asian noodles (have the whole packet), and Asian dressing (have 1/3 of the packet): 385 cal, 27 g pro, 29 g carb, 18 g fat, 2.6 g sat fat, 5 g fiber, 774 mg sodium.

## AUNTIE ANNE'S PRETZELS

### Original with butter

370 cal, 4 g fat, 930 mg sodium, 10 g sugar

### Original without butter

340 cal, 1 g fat, 900mg sodium, 10 g sugar

### Whole Wheat without butter

350 cal, 2 g fat, 1,100 mg. Sodium, 10 g sugar

### 1 Oz. Marinara Sauce

10 cal, 0 fat, 180 g sodium, 2 g sugar

### 1 Oz. Sweet Mustard Sauce

60 cal, 2 g. fast, 120 g sodium, 8 g sugar

## CINNABON

### 3 Oz. Minibon

300 cal, 11 g total fat, 5 g saturated fat, 18g sugar...forget anything else!

## MCDONALDS

### Fruit 'n Yogurt Parfait with Granola

Great snack for 160 calories, OR make it a meal with a toasted English muffin and one pat margarine: 350 cal, 9 g pro, 57 g carb, 8.5 g fat, 2.8 g sat fat, 2 g fiber, 415 mg sodium.

### Chicken McGrill

Order it with no mayo and extra tomatoes: 305 cal, 27 g pro, 37 g carb, 4.5 g fat, 1 g sat fat, 4 g fiber, 940 mg sodium (one packet of light mayo adds 45 cal, 4.5 g fat, 0.5 g sat fat, and 100 mg sodium).

### Grilled Chicken Caesar Salad

(with 1/3 of a packet of Newman's Own Creamy Caesar dressing) 263 cal, 30 g pro, 10 g carb, 12 g fat, 4.2 g sat fat, 3 g fiber, 987 mg sodium. It is important to note that if you choose one of Newman's low fat dressings, while they are extremely low in calories, another 730 mg of sodium comes with a full packet.

## MRS. FIELDS COOKIES

Debra's Special 3 Oz. - 280 cal, 12 gr. Total fat, 6 g sat. fat, 25 g. sugar

### Milk Chocolate Chip 3 Oz. - 280

cal, 13 g total fat, 8 g sat. fat, 18 g. sugar

## PANDA EXPRESS

Mixed Vegetables 5 Oz. - 80 cal, 3 g fat, 450 mg sodium

### Chicken with Mushrooms 5 Oz. -

170 cal, 9 g fat, 2 g sat. fat, 570 cal. Sodium

### Steamed Rice 8 Oz. - 220 cal. 0 fat,

45 g carbs, 10 mg. Sodium

## PIZZA HUT

### Fit 'n Delicious Pizza

With vegetable only toppings: 280-300 cal, 12 g pro, 42-48 g carb, 7-8 g fat, 3-4 g sat fat, 4 g fiber, 660-1,180 mg sodium. With vegetables or pineapple plus ham or chicken toppings: 300-340 cal, 14-20 g pro, 40-48 g carb, 8-10 g fat, 4 g sat fat, 2-4 g fiber, 840-1,380 mg sodium.

### Thin 'n Crispy Veggie Lover's Pizza

340-360 cal, 16 g pro, 42-46 g carb, 14 g fat, 6 g sat fat, 4 g fiber, 900-960 mg sodium. Order all pizza with light cheese!

## SUBWAY

### 6 Grams of Fat or less Subs

Needless to say, these subs are the best deal sandwich deal around. Order them with as many vegetables as you can get the sandwich maker to stuff in: 210-370 cal, 9-26 g pro, 35-59 g carb, 3-6 g fat, 1-2.5 g sat fat, 3-4 g fiber, 510-1,520 mg sodium. The Veggie Delite is basically a salad on a roll; give it some protein by adding two servings of cheese (1 ounce total), which adds 80 to 120 calories for a total of: 310-350 cal, 13-17 g pro, 44-46 g carb, 10-13 g fat, 5-7 g sat fat, 4 g fiber, 570-910 mg sodium. (Nutritional values vary upon type of cheese; choose Swiss for the lower end of the sodium range.) Try eating all subs open faced on a half bun too!

### Mediterranean Chicken Salad

Use 1/3 of a portion of Greek vinaigrette and round out the meal with an Atkins-friendly tortilla on the side: 367 cal, 34 g pro, 28 g carb, 14 g fat, 3 g sat fat, 16 g fiber, 1,217 mg sodium. Servers may not be used to selling the tortilla alone, but Subway officials say it can be done for an extra charge.

### STARBUCKS 16 Oz. Servings Cappuccino with skim milk

110 cal, 0 fat, 13 g sugar

### Caffe Latte with skim milk

160 cal, 1 total fat, 1 sat. fat, 21 g sugar

### Caramel Macchiato with skim milk

190 cal, 1 total fat, 1 sat. fat, 32 g sugar

## TACO BELL

### Two Grilled Steak or Chicken Soft Tacos, Fresco Style

Steak: 340 cal, 22 g pro, 42 g carb, 10 g fat, 3 g sat fat, 4 g fiber, 560 mg sodium; Chicken: 340 cal, 24 g pro, 40 g carb, 8 g fat, 2 g sat fat, 4 g fiber, 560 mg sodium.

### Bean Burrito, Fresco Style

350 cal, 13 g pro, 56 g carb, 8 g fat, 2 g sat fat, 9 g fiber, 1,220 mg sodium.

*If you'd like to support the current movement to require fast food and other restaurant chains to post nutrition information on printed menus and menu boards, log onto: [www.cspinet.org/cals](http://www.cspinet.org/cals).*

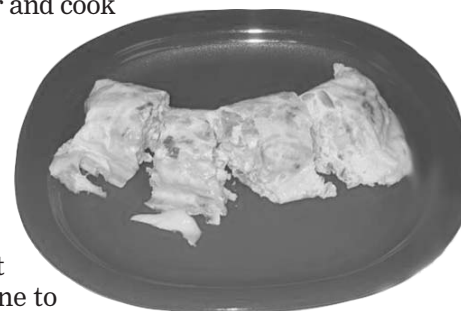
*Suzanne Dal Lago specializes in weight loss and weight control. She helps her clients deal with emotional eating and lifestyle changes, coaching them every step of the way. Suzanne does not advocate diets, fasting, measuring, buying special foods or any other short-term minded weight loss strategies. Contact her at 630-543-4655 or by email at: [Suzanne0812@aol.com](mailto:Suzanne0812@aol.com).*

## It's in the Bag

*You may have received this recipe by email recently – that's where we stumbled across it. Being the curious culinary consumers that we are, naturally we had to test it out.*

### Recipe for "Ziploc Omelet"

- Crack 2 Large or Extra Large eggs into a quart-size Ziploc freezer bag.
- Add your favorite omelet ingredients and shake to combine thoroughly.
- Squeeze out air completely and seal tight.
- Place bag into rolling, boiling water and cook for 13 minutes.
- Cut bag open when done and roll omelet onto plate.



### CWM Test Results

The email recipe suggests these omelets are a great thing to have when company comes over and that you should "be prepared for everyone to be amazed". We have to admit it is pretty cool. The cooked result really does 'roll' right out of the bag in a perfect oval shape. When making multiple servings, (6-8 omelets can be made together in a large pot) it is further suggested that guests should write their name on the outside of the bag with permanent marker to avoid confusion.

There was a snafu we encountered however, when cooking the omelet. We used Wal-Mart's Great Value brand quart sized bags, which were not marked as a "freezer" variety. We also let the top of the bag hang over the side of the pot; luckily the melted plastic peeled right off the rim once it had cooled. When this happened we decided to check Ziploc's website to see if they had this recipe posted, they did not. Then we contacted them wondering if they had anything to say about using their bags in boiling water; here is the response we received from Petrell Ozbay at SC Johnson's Public Affairs Department: *Ziploc® Brand bags are not designed to withstand the extreme heat of boiling therefore, using Ziploc® bags to make any recipe that requires the bag to be boiled is not recommended.*

The concept of throwing a 'Ziploc' omelet party over the holidays is a great idea. There would be no down time between servings and no extra fat needed for frying – that is if you're willing to cook with plastic freezer bags in boiling water. **-CWM**