



EATING OUT - FAST FOOD TIP SHEETS



"6 GRAMS OF FAT OR LESS" MENU

- ☺ 6" Ham
- ☺ 6" Oven Roasted Chicken Breast
- ☺ 6" Roast Beef
- ☺ 6" Subway Club®
- ☺ 6" Sweet Onion Chicken Teriyaki
- ☺ 6" Turkey Breast
- ☺ 6" Turkey Breast & Ham
- ☺ 6" Veggie Delite®
- ☺ Veggie Delite® Wrap

- ☺ Ham Salad
- ☺ Oven Roasted Chicken Salad
- ☺ Roast Beef Salad
- ☺ Subway Club® Salad
- ☺ Turkey Breast Salad
- ☺ Turkey Breast & Ham Salad
- ☺ Veggie Delite® Salad


- ☺ "Hold the mayonnaise and oil"
to reduce fat and calories
- ☺ Choose the fat-free salad
dressing






- ☺ Side Garden Salad
- ☺ Side Caesar Salad (skip the
croutons)
- ☺ Ultimate Chicken Grill
Sandwich ("hold the mayo")
- ☺ Sour Cream & Chives Potato
- ☺ Small Chili
- ☺ Choose the Fat Free French
dressing



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- ☺ Grilled Chicken Caesar Salad
- ☺ Fruit & Yogurt Parfait
- ☺ Plain hotcakes with syrup (skip the butter and sausage)
- ☺ Egg McMuffin (skip the cheese)
- ☺ Choose one of the Fat Free or reduced fat dressings



Chicken Whopper







- ☺ Chicken Whopper Jr. ("hold the mayo")
- ☺ Whopper Jr. ("hold the mayo and cheese")
- ☺ Fire Grill Chicken Caesar Salad (no croutons)
- ☺ Side Garden Salad
- ☺ Choose one of the Fat Free or reduced fat dressings



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Fresco Style = A tasty fiesta salsa made of diced tomatoes, onions, and cilantro replaces the cheese and/or sauce in the dish

15 Fresco Style Items with under 10 grams fat

- ☺ Crunchy Taco
- ☺ Crunchy Taco Supreme
- ☺ Soft Taco - Beef
- ☺ Soft Taco Supreme - Beef
- ☺ Ranchero Chicken Soft Taco
- ☺ Grilled Steak Soft Taco
- ☺ Bean Burrito
- ☺ 7-Layer Burrito
- ☺ Chili Cheese Burrito
- ☺ ½ lb Cheesy Bean & Rice Burrito
- ☺ Enchirito - Beef
- ☺ Meximelt
- ☺ Steak Grilled Taquitos
- ☺ Mexican Rice
- ☺ Pintos 'n Cheese



- ☺ Choose sautéed dishes, not fried dishes
- ☺ Choose dishes with veggies

- ☺ Eggplant and Tofu in Garlic Sauce
- ☺ Mushroom Chicken
- ☺ Broccoli Beef
- ☺ Tangy Shrimp
- ☺ Hot & Sour Soup/
Egg Flower Soup
- ☹ Chow Mein
- ☹ Orange Chicken
- ☹ Kung Pao Chicken
- ☹ Mongolian Beef



WE HAVE TWO FINAL THINGS TO DO BEFORE WE CONCLUDE THE WORKSHOP TODAY.

AS YOU KNOW, AFTER EACH INTERVIEW YOU COMPLETE, YOU WILL RECEIVE A THANK YOU GIFT FOR HELPING US WITH THIS PROJECT. AS YOU MAY REMEMBER, WE HAVE ANOTHER THANK YOU GIFT FOR YOU TODAY. WHEN YOU COMPLETE TODAY'S INTERVIEW, YOU WILL RECEIVE TWO MOVIE TICKETS. WE WILL THEN CALL YOU A MONTH FROM TODAY AND AT THAT TIME, IF YOU COMPLETE THE FINAL INTERVIEW, YOU WILL RECEIVE A \$25 TARGET GIFT CARD.

Q&A: ARE THERE ANY QUESTIONS?

OKAY, WE HAVE SEVERAL FACILITATORS HERE TODAY TO HELP MAKE SURE THAT WE GET THE INTERVIEWS DONE AS QUICKLY AS POSSIBLE SO THAT YOU CAN FINISH THE PROGRAM AS SOON AS POSSIBLE AND START YOUR PLANS TOWARD EATING HEALTHY.

👉 ADMINISTER POSTTEST INTERVIEWS. IF A PARTICIPANT REALLY NEEDS TO LEAVE, THEN SCHEDULE AN APPOINTMENT SO THAT SHE CAN COMPLETE THE POSTTEST INTERVIEW IN THE NEAR FUTURE.

THANK YOU VERY MUCH FOR YOUR PARTICIPATION! WE LOOK FORWARD TO BEING IN TOUCH WITH YOU SOON. IN A MONTH, WE WILL BE INVITING YOU TO PARTICIPATE IN ANOTHER INTERVIEW. AT THE END OF THAT INTERVIEW, YOU WILL BE GIVEN A CERTIFICATE OF COMPLETION FOR YOUR PARTICIPATION IN THE GOOD EATING HABITS FOR GOOD HEALTH STUDY.

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