

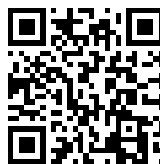
Calories: Use 'Em, Don't Abuse 'Em

Simple ways to eat less when eating fast food:

- 1** Cut the combo meal – that extra 50 cents or dollar for the combo meal can mean hundreds of extra calories that you don't need.
- 2** Go back to basics – order water.
- 3** Just say no to shakes and other high-calorie extras.
- 4** Go “small” or skip the sugary drinks like soda, sweetened teas, and juice drinks.
- 5** Don't double up – order a single burger.
- 6** Limit, or even better, pass on the mayo, cheeses and sauces.
- 7** Bye-bye bacon and sausage – they're just extra calories and fat.
- 8** Go for grilled, not fried.
- 9** Share half with a friend or family member.
- 10** Stay “small” when ordering fries.

Learn more about menu labeling and how simple steps can mean powerful changes in your life.

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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iChoose600®



iChoose®
meals under
600 calories.

iChoose® Menu Labeling

Living in today's fast-paced society means we take shortcuts to fit everything in. Eating out has become part of our daily and weekly routines. When we eat out, we eat larger meals. This means we are eating more calories. Those frequent extra calories can lead to obesity, diabetes, heart disease and even some cancers.

Before menu labeling, it was difficult to find clear, easy-to-use calorie information in restaurants. Now, all restaurants and similar retail food establishments that are part of a chain with 20 or more locations are required to post the number of calories contained in standard items on menus/menu boards. Additionally, businesses must provide, upon request, written nutrition information for standard menu items on total calories, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, sugars, fiber and protein.



“iChoose® meals up to 600 calories to keep me energized and feeling great so I can keep up with my kids.”

iChoose® Calorie Meals

While people's caloric needs vary, the average person needs less than 2,000 calories a day. A busy life and taking care of your kids can make it hard to keep track of calories for three meals, snacks and drinks each day.

With calorie postings in fast food restaurants, it's easy to take a moment, look at the menu and calories and choose meals under 600 calories.



What Will You Choose?

Changing habits is no easy task. We like what we like, and that's OK. But eating a little less when we go out to eat is a powerful step that can help us maintain or lose weight and be healthier long-term. Join us on Facebook and learn how people across the state are:

- Using menu labeling
- Choosing meals under 600 calories
- Weighing less

