

Cooking, as traditionally defined, is in a long trend of decline. Nearly 2/3rds of Americans report eating take out food at least once per week, nearly 4 in 10 eating it more than once a week.

Take out meals are likely to be less healthy than cooking at home. We eat more calories, more saturated fat and fewer nutrients like calcium and fiber.

### **Pei Wei**

Sweet and Sour Chicken	880 calories, 26 g fat
<u>White Rice</u>	<u>400 calories, 0 fat</u>
Total	1280 calories, 26 g fat

Better Bet:

½ order of Chicken and Broccoli	300 calories, 9 g fat
<u>½ order of Brown Rice</u>	<u>100 calories, 1 g fat</u>
Total	400 calories, 10 g fat

Or

Lettuce Wraps	500 calories, 8 g fat
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### **Jason's Deli**

Typical Reuben Sandwich	920 calories
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Better Bet:

Turkey Reuben	417 calories, 11 g fat
<u>Fruit</u>	<u>50 calories, 0 g fat</u>
	467 calories, 11 g fat

### **Pizza**

Typical Hand Tossed Cheese Pizza (2 slices) 520 calories, 26 g fat

Better Bet

Pizza Hut Fit and Delicious (2 slices)	280 calories, 8 g fat
NY Pizzeria Low Carb Pizza	220 calories

### **Chili's**

Explosion Salad	850 calories, 45 g fat
Citrus Balsamic Dressing	350 calories, 35 g fat
<u>Chipotle Ranch</u>	<u>170 calories, 18 g fat</u>
	1370 calories, 98 g fat

Oldtimer Hamburger with Cheese	880 calories, 50 g fat
<u>Fries</u>	<u>420 calories, 26 g fat</u>
	1300 calories, 76 g fat

Better Bet:

Guiltless Grill Chicken Platter	580 calories, 9 g fat
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### **Mexican (Taqueria Arandas) – estimates on typical mexican food**

Chipotle Type Burrito	1330 calories, 63 g fat
1 Tortilla Chip	25 calories, 1 g fat

Better Bet:

1 Baked Chip

10 calories, 0 g fat

2 Soft Chicken Tacos

320 calories, 6 g fat

**Sushi**

Spicy Tuna Roll (pack)

449 calories, 11 g fat

Cream Cheese Roll w/ salmon (pack)

517 calories, 20 g fat

Better Bet:

California Roll (pack)

361 calories, 6 g fat

Typically sushi is 40-60 calories per piece