

# **Eat Right Every Time**

## **Life is an all-you-can-eat buffet.**

### **By David Zinczenko from Men's Health**

Like sleep and daily Britney Spears gossip, most of us take eating for granted. Insert food into mouth, chew, and swallow. Game over. But when you consider that 65 percent of American adults are overweight or obese, the game's not even close--fat wins in a rout. Why? Because we've become a nation that considers drive-thrus fine dining, that saves money by ordering two pizzas instead of one, that's been snowed into thinking bacon is a diet food, and that builds its food pyramids on top of a "family-size" order of 50 wings.

When we eat--whether it's at home or on the road, on vacation or at the ball-park--we forget that we have choices. See, it's a fallacy that easy eating has to mean greasy eating. Truth is, you can learn how to make smart food choices without sacrificing taste or splitting your pants. I know most people don't have a lot of time to whip up elaborate meals. Part of the reason I wrote *The Abs Diet*, and why it has quickly helped so many people, is that we all need easy eating, but not in its current form: one fat bomb, hold the pickles. There's a better way. Just build your home meal plan around the Abs Diet Power 12 foods: Almonds and other nuts; Beans and legumes; Spinach and other green vegetables; Dairy; Instant oatmeal; Eggs; Turkey and other lean meats; Peanut butter; Olive oil; Whole-grain breads and cereals; Extra-protein (whey) powder; and Raspberries and other berries. When you're on the road, follow our directions to healthy eating. It's like an emergency diet kit from FEMA: When nutritional disaster is in the forecast, we'll help you dodge the heavy winds.

#### **ON THE ROAD**

If you're one of those guys who consume more meals behind the wheel of a car than you do at the head of the table, we can help you arrive safe and skinny. Here's the best stuff we found when we vetted the restaurant-chain gang and scouted around the generic eateries you'll find in any town.

#### **At the Sandwich Shop**

**STRATEGY:** Opt for whole-wheat bread. Go easy on the cheese, heavy on the vegetables and lean meats (turkey, ham, roast beef).

#### **■ Schlotzsky's Deli**

EAT THIS:

##### **Dijon Chicken Sandwich (small)**

329 calories, 4 grams (g) fat (saturated-fat content not available), 1,456 milligrams (mg) sodium

##### **Fresh Fruit Salad (small)**

86 calories, 1 g fat (saturated fat n/a), 22 mg sodium

NOT THAT:

##### **The Original Sandwich (small)**

525 calories, 24 g fat (saturated fat n/a), 1,781 mg sodium

#### **■ Subway**

EAT THIS:

**6-Inch Roast-Beef Sub**

290 calories, 5 g fat (2 g saturated), 910 mg sodium

**Oatmeal-Raisin Cookie**

200 calories, 8 g fat (2.5 g saturated), 170 mg sodium

NOT THAT:

**Meatball Marinara Sub with Provolone Cheese**

550 calories, 26 g fat (13 g saturated), 1,305 mg sodium

**At the Fast-Food Joint**

**STRATEGY:** Beware special sauces and creamy dips. Likewise, inspect your salad; at some burger joints, they're worse than the burgers. And above all, don't fall for combo meals, which add cost, trans fats, and liquid obesity (high-fructose corn syrup).

 **Chick-Fil-A**

EAT THIS:

**Chargrilled Chicken Sandwich**

270 calories, 3.5 g fat (1 g saturated), 940 mg sodium

**Carrot-Raisin Salad**

170 calories, 6 g fat (1 g saturated), 110 mg sodium

NOT THAT:

**Chicken Deluxe Sandwich (fried)**

420 calories, 16 g fat (3.5 g saturated), 1,300 mg sodium

**Small Waffle Fries**

280 calories, 14 g fat (5 g saturated), 105 mg sodium

 **McDonald's**

EAT THIS:

**Chicken McGrill**

400 calories, 16 g fat (3 g saturated), 1,010 mg sodium

**Side Salad with Low-Fat Balsamic Vinaigrette**

55 calories, 3 g fat (0 g saturated), 740 mg sodium

NOT THAT:

**Bacon Ranch Salad with Crispy Chicken (includes dressing)**

520 calories, 31 g fat (8 g saturated), 1,560 mg sodium

 **Wendy's**

EAT THIS:

**Chili (small)**

200 calories, 5 g fat (2 g saturated), 870 mg sodium

**Baked Potato with Sour Cream**

340 calories, 6 g fat (3.5 g saturated), 40 mg sodium

NOT THAT:

**Spicy Chicken Fillet Sandwich**

510 calories, 19 g fat (3.5 g saturated), 1,480 mg sodium

**At the Diner (7 a.m.)**

**STRATEGY:** Eggs are a potent Powerfood. So regardless of which greasy spoon you're at, start your day with plain eggs, whole-wheat toast, and lean grilled meat.

EAT THIS:

**2 poached eggs**

148 calories, 10 g fat (3 g saturated), 295 mg sodium

**Plain wheat toast**

per slice: 128 calories, 2.5 g fat (0 g saturated), 160 mg sodium

**1 slice Canadian bacon**

44 calories, 2 g fat (1 g saturated), 365 mg sodium

NOT THAT:

**Western omelet**

520 calories, 39 g fat (13 g saturated), 1,280 mg sodium

**Plain biscuit**

280 calories, 12 g fat (3 g saturated), 760 mg sodium

**2 sausage links**

250 calories, 22 g fat (6 g saturated), 370 mg sodium

**At the Italian Restaurant**

**STRATEGY:** Ask for fiber-filled whole-wheat pasta. Or look for entrées that feature lean protein or vegetables as their centerpiece, instead of cheese and carbs.

EAT THIS:

**Minestrone (1 cup)**

100 calories, 1 g fat (0 g saturated), 610 mg sodium

**Chicken Marsala**

460 calories, 25 g fat (7 g saturated), 790 mg sodium

NOT THAT:

**Antipasto (half order)**

315 calories, 24 g fat (8 g saturated), 1,480 mg sodium

**Lasagna**

960 calories, 53 g fat (21 g saturated), 2,060 mg sodium

### At the Sports Bar

**STRATEGY:** Order before alcohol impairs your judgment.

EAT THIS:

**Salted nuts (per ounce)**

168 calories, 15 g fat (2 g saturated), 190 mg sodium

Or

**Plain buffalo wings (half order)**

350 calories, 24 g fat (8 g saturated), 510 mg sodium

NOT THAT:

**Cheese fries with ranch dressing (1 cup)**

750 calories, 54 g fat (23 g saturated), 1,225 mg sodium

Or

**Stuffed potato skins with sour cream (4 skins)**

630 calories, 48 g fat (24 g saturated), 650 mg sodium

### At the Mexican Restaurant

**STRATEGY:** Mexican restaurants can be good places to get vegetables, like the pile of grilled onions and peppers that comes with an order of fajitas. Just be careful of extra cheeses and refried beans, which are packed with fat.

EAT THIS:

**12 chips with salsa (2 ounces)**

340 calories, 17 g fat (3 g saturated), 410 mg sodium

**Chicken fajitas with lettuce and pico de gallo** 850 calories, 30 g fat (6 g saturated), 2,100 mg sodium

**Side of stewed black, kidney, or pinto beans**

120 calories, 2 g fat (0 g saturated), 400 mg sodium

NOT THAT:

**12 chips with queso dip (2 ounces)**

440 calories, 25 g fat (7 g saturated), 920 mg sodium

**Chicken chimichanga**

1,100 calories, 50 g fat (15 g saturated), 3,300 mg sodium

**Side of refried beans**

200 calories, 6 g fat (2 g saturated), 550 mg sodium

### At the Chinese Restaurant

**STRATEGY:** You're in for a big dose of salt, whatever you do, so factor that into your daily meal plan. And pack half your meal away in a to-go box; a single portion will feed you twice.

EAT THIS:

**Egg-drop soup**

60 calories, 3 g fat (1 g saturated), 1,000 mg sodium

### **Stir-fried vegetables**

750 calories, 19 g fat (3 g saturated), 2,150 mg sodium

NOT THAT:

### **Chicken or pork egg roll**

200 calories, 10 g fat (1 g saturated), 450 mg sodium

### **General Tso's chicken**

1,600 calories, 60 g fat (10 g saturated), 3,200 mg sodium

## **AT THE GROCERY STORE**

**STRATEGY:** Make a list before you step into the Zone of Certain Temptation. Be specific: Instead of writing "snacks" and buying the entire Dolly Madison collection, write "yogurt" or "sliced almonds." This way, you'll be able to make tactical strikes: Buy only what you need, instead of the crap they're trying to palm off on you.

## **Produce**

**WORK THE GREENS** Green vegetables and berries form a crucial part of the Abs Diet. Most produce is just as nutritious frozen as it is fresh, so be judicious. If you rarely use vegetables, buy frozen. If you burn through greens like Ernie Els, stick with fresh.

### **Top of the list:**

#### **Mixed-green salad blend**

*Best buy:* The more colors, the more antioxidants. Look for one with red radicchio, pale green endive, and dark green spinach.

#### **Broccoli**

*Best buy:* Tight buds mean fresh broccoli.

#### **Nuts**

*Best buy:* Look for unroasted and unsalted loose nuts, to cut sodium.

## **Meat**

**YOUR MUSCLE MAKER:** The Abs Diet is partial to turkey, but that doesn't mean other meats are off-limits. The key is getting the most lean protein for the least amount of saturated fat. Turkey does the job exceptionally well--but only if you buy breast meat. Mixed ground turkey can contain as much saturated fat as beef.

### **Top of the list:**

#### **Fresh turkey or chicken cutlets**

*Best buy:* Check the label for sodium; some raw meats are plumped with a salt solution you don't need.

#### **Fresh salmon**

*Best buy:* Fillet cuts (the oblong strips) cook quicker and more evenly than steaks (the U-shaped cuts).

#### **Lean ground beef**

*Best buy:* Pick the 95 percent lean, to dodge saturated fat. Mix in vegetables like chopped onions or spinach, to add moisture and flavor.

## **Dairy products**

**THE GREAT WHITE HELP:** Think of the dairy section as fat-loss central--if you play the

percentages.

### **1% milk and reduced-fat yogurt**

*Best buy:* Horizon and Stonyfield Farms organic varieties. Cow antibiotics are for sick cows, not healthy guys.

### **Eggs**

*Best buy:* Eggland's Best. They're fortified with an extra shot of heart-healthy omega-3 fatty acids.

### **Shredded cheeses**

*Best buy:* Sargento Reduced Fat Shredded Cheese. Why grate your own? These melt evenly, unlike most other low-fat cheeses.

And when you're in the health-food store or GNC, pick up this great muscle-boosting, fat-cutting by-product of the dairy industry . . .

### **Whey protein**

*Best buy:* Look for protein powder that also includes casein, another dairy-based muscle builder.

### **Canned Foods**

**WHAT'S IN STORAGE** Canned foods are guy foods: They last forever. Just watch out for sodium, the hypertensive preservative.

### **Canned tomatoes**

*Best buy:* Del Monte Diced Tomatoes, No Salt Added--low sodium and no high-fructose corn syrup.

### **Tuna**

*Best buy:* StarKist Premium Chunk White Albacore Tuna in Water. Water cuts the fat, but the no-draining-needed bag seals the deal.

### **Peanut butter**

*Best buy:* Crazy Richard's Natural. Peanuts--and just a touch of salt--are its only ingredients.

### **Olive oil**

*Best buy:* Extra virgin, which means the goods haven't been damaged by mixing with other lesser oils.

### **Grains and baked goods**

**THE INCREDIBLE BULK:** Fiber is crucial to weight loss, and the best place to find it is in whole-grain baked goods. If the first ingredient listed isn't "whole grain" or "whole wheat," keep looking.

### **Whole-wheat bread**

*Best buy:* Pepperidge Farm or Milton's. Both offer a variety of high-fiber whole-wheat breads.

### **Pasta**

*Best buy:* DeCecco Whole Wheat. Although it's high in fiber, this brand isn't too tough or chewy.

### **Oats**

*Best buy:* Arrowhead Mills Steel

Cut Oats will take 7 to 9 minutes in the microwave, but pack a potent 16 g fiber per 1/2 cup.

### **Frozen foods**

**COLD COMFORT:** Shop here last and you'll likely make it home with your ice cream intact.

"Ice cream?" you say. Right. This plan is designed for human beings rather than robots.

**Berries and fruit**

*Best buy:* Cascadian Farms Organic. Go organic. Berries and fruit often top the lists of high-pesticide produce.

**Waffles**

*Best buy:* Van's Gourmet Flax. Slightly sweet whole-wheat flavor, with 1.6 g omega-3 fatty acids.

**Ice cream**

*Best buy:* Edy's Grand Light is sweet and creamy, and has two-thirds less saturated fat than regular.