

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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State of New York
Department of Health

Meals Under 600 Calories



iChoose to
order less.
Weigh less.

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. In some New York counties, certain fast food and chain restaurants (those with more than 15 locations nationally) are required to provide the number of calories next to each item on the menu and menu boards.



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

iChoose 600 Calorie Meals

While people's caloric needs vary, the average person needs 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 posting 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 mothers across the state are:

- Using menu labeling
- Choosing less
- Weighing less
- Eating meals under 600 calories when they go out to eat

Find us on Facebook today!

Join the community, gain helpful knowledge and tips, and even win great prizes.