



What is your portion size?

Just Say NO to Supersize

The trend to “supersize” appeals to Americans’ wallets. The true price of larger portions is larger calories and larger waistlines. Keeping extra cents in your wallet means keeping extra pounds off your body. Here are some ideas for how to make good choices when eating out.

Say NO thanks to combo meals

Buying a combo or “value” meal may seem like a real deal, but it’s often a nutrition disaster. The fast food chain makes more money – and you lose control of your choices. It’s easy to get what you really want – just say “no” whenever they offer you a combo unless you plan to share it.

SWAP supersize for smartsize

Order a regular burger, fries and drink at Burger King® and you get 700 calories, 24 fat grams and about 10 teaspoons of sugar. That’s a serious savings over a Whopper® with king-sized fries and drink at 1,730 calories, 46 fat grams and 27 teaspoons of sugar.

SHARE a biggie size with friends or family

There is a smart way to make gigantic portions work for you – share them! By splitting one large portion, you can save money, while cutting calories and fat.

SAVE money and calories with kiddie meals

With kiddie meals, you get reasonable portions of your favorite fast foods – and a fun toy too!! Still feel hungry after a Happy Meal® at McDonald’s? Order a yogurt parfait – or better yet, bring a piece of fresh fruit for the ride back to work or school.

SUBSTITUTE power drinks for soft drinks

A 44-ounce soft drink has about 450 calories and 3/4 cup of sugar (with no nutritional value). Skip the liquid candy – and enjoy the power of milk (with protein, calcium and vitamins); orange juice (with vitamin C and folic acid); or refreshing, calorie-free water.

REQUEST healthy changes to existing menu items

Order a sandwich without mayonnaise or ask for your dressing on the side so you can control the amount you use. Ask for more lettuce and tomato.

SWITCH to the healthful options

Several national chains offer tasty, healthier options, like low-fat sandwiches on whole-grain breads. Many have grilled chicken salads and sandwiches, burritos or wraps.

ASK for nutrition information

Talk to the manager and ask for competitively priced “value meals” that include healthier side dishes like salads or that include meals with small fries and beverages. Ask policy makers to require clear nutrition information at the point of purchase.

Sources: Eat Right Montana and From Wallet to Waistline: the Hidden Costs of Supersizing. The National Alliance for Nutrition and Activity.

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