

# Small Steps to Health and Wealth™ Colorado



## Say “No” to Super-sizing Handout Ten Easy Ways to Downsize Serving Sizes

- 1. Think before you order:** Planning ahead is always smart. Think about how hungry you actually are. Think about sharing with a friend or taking half home.
- 2. Just say no:** Fast food “value” meals may sound like a good deal, but they serve up more calories, fat, and sugar than you need. So, say “no thanks” to the combo offers.
- 3. Swap super-size for smart size:** Order a regular burger, fries, and soft drink and you can enjoy half the calories of the super/biggie/mega-size meal. For example, a cheeseburger with a small fries and soda value meal is 890 calories, compared to a medium value meal which has 1100 calories, and a large value meal which has 1320 calories.
- 4. Share a “biggie” size item:** There is a smart way to make mega-portions work for your health (and wallet) – share! Split an order of fries to cut calories and save money.
- 5. Save calories with a kiddie meal:** Here is another simple way to save money and improve drive-thru nutrition (plus you might get a cool toy, too!).
- 6. Order an appetizer as an entrée:** Appetizer portions are often exactly the right size and a lot less expensive than a full meal in fancier restaurants.
- 7. Savor an entrée twice as much:** Eat half your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
- 8. Share a dessert:** Any menu item can be shared – entrées, salads, sandwiches – and, best of all, desserts. With a shared sweet, you can eat your cake and eat healthy too.
- 9. Think your drink:** A simple switch to low-fat milk, unsweetened tea, and coffee, or water can cut calories quickly. If you choose a soft drink, go with the small plus a large ice water.
- 10. Enjoy new healthful options:** Many chains are responding to consumer demand with new options like combo meals featuring sandwiches, side salads, and bottled water.