

Here are the answers to the restaurant quiz sent out last week:

- 1) Lowest calorie choice at Denny's
 - Steakhouse Strip and Eggs – 560 calories
 - (Highest was the Smoked Sausage Scramble – 1480 calories)
 - 2) Least sodium choice at Chili's:
 - Cajun Ribeye Steak – 730 mg of sodium
 - (Highest was BBQ ribs – 3970 mg)
- It is recommended that we consume less than 2300 mg of sodium per day!
- 3) Most fat at the Macaroni Grill:
 - Chicken Caesar salad – 69 grams – This is more than a whole day's requirement (based on a 2000 calorie/day diet).
 - Lowest was the BBQ Chicken Pizza – 24 grams
 - 4) Highest calorie at McDonalds:
 - Large Chocolate Triple Thick Shake – 1160 calories
 - The least was 2 Egg McMuffins – 600 calories.
 - 5) Best choice at Baja Fresh:
 - Steak Bare Burrito – 650 calories, 7 grams of fat
 - Worst – Steak Quesadilla – 1430 calories and 87 grams of fat!
 - 6) Healthiest choice at El Pollo Loco:
 - The Original Pollo Bowl – even though it has 540 calories, it has only 7 grams of fat.
 - The worst choice would be the Chicken Tostada with 840 calories and 40 grams of fat!

Healthy Heart Tip #1

As you can see, most restaurant choices still give us more calories, sodium and fat than we really need.

It is wise to take a good look at the nutrient breakdown before you visit a restaurant or fast food outlet.

Most have their nutrition information online. Check it out for yourself and go prepared with the best information.

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