Eat Healthy Portions on Your Mexican Burrito Platter
As served = 1345 calories/40g fat
Half a 12 oz. chicken burrito, 1/2 cup each of beans & rice, and salsa = 735 calories/18g fat
Save 610 calories/22g fat

Order the small, not the super tall!

Ask for SALSA over sour cream or cheese!

Drink 8 oz. Cola Soft Drink
Mega size (44 oz.) = 520 calories
One serving size (8 oz.) = 95 calories
Save 425 calories

Ask for more broccoli and less white sauce.

Tips to help control portions when eating out

Portion sizes are out of control and have been increasing over the years — along with our waistlines! Here are some tips to help you control portions when eating out:

- Ask for a doggie bag to be served with your meal, and place excess portions in it right away.
- Request extra lettuce, peppers, onion and other veggies on your sandwich.
- Ask for specific serving sizes, or order servings from the children’s menu.
- Bypass bottomless refills — except water.

Mega Muffin Mania

Specialty Blueberry Muffin
5 oz. = 750 calories/40g fat

Jumbo Blueberry Muffin
4 oz. = 600 calories/32g fat

Blueberry Muffin
2 oz. = 300 calories/10g fat

Mini Muffin
1 oz. = 150 calories/6g fat

Save 720 calories/34g fat