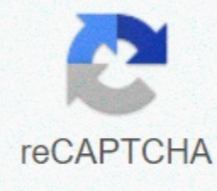




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How to work out calories in restaurant food

Slobo Mitic McDonald's Three tasty salads — Asian, Caesar, and Bacon Ranch — each have only 220 to 300 calories when topped with grilled chicken. Diet downfall: Adding the wrong dressing doubles the calories (your best bets are low-fat balsamic, 40 calories for three tablespoons, or a half packet of Ranch, 85 calories). Choosing the crispy-chicken versions of the salads bumps up the calories by 100. Wendy's Garden Sensation Salads have only 170 to 340 calories — before the dressing. Diet downfall: Extras like crispy noodles and croutons can add up fast. A packet of full-fat dressing will add as many as 260 calories, so use half or pick a light dressing. Taco Bell Just say "fresco style" when you order any item on the menu to get Fiesta Salsa in place of cheese or calorie-packed sauces. For instance, a Gordita Baja Fresco Style has 90 fewer calories than the original. Diet downfall: Say no to the Fiesta Taco Salad — it has 860 calories! Burger King Great choices here include the Whopper Junior Sandwich (290 calories) and a BK Veggie Burger with reduced-fat mayo (340 calories). Diet downfall: The seemingly harmless Tendergrill Chicken Sandwich has 510 calories, the equivalent of a bacon double cheeseburger! Pizza Hut Fit 'N Delicious pizza has half the cheese plus veggies and lean meat. Two medium slices with diced chicken, red onion, and green peppers are only 320 calories. Ordering in? You can also get a bag of salad with your pizza. Diet downfall: The Veggie Lover's personal pan pizza has a whopping 560 calories. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Credit: Quentin Bacon Brunch treats you won't believe are light! Credit: Quentin Bacon 77 CaloriesWhole Foods Two-Bite Blueberry Cafe Scone Advertisement Advertisement Credit: Quentin Bacon 58 CaloriesNancy's Petite Quiche Credit: Quentin Bacon 77 CaloriesCombine 1 ounce fresh orange juice, 1 ounce pomegranate juice, and 2 ounces sparkling wine Advertisement Credit: Quentin Bacon 78 CaloriesTop 1/2 Thomas' 100% Whole Wheat Bagel Thin with 3/4 tablespoon Philadelphia Light Smoked Salmon Cream Cheese Credit: Quentin Bacon 79 CaloriesTop 3 Van's Mini Totally Natural waffles with 1/2 tablespoon maple syrup—a secret natural ingredient! Credit: Quentin Bacon 74 Calories1/2 grapefruit drizzled with honey and broiled Advertisement Advertisement Credit: Quentin Bacon 60 CaloriesStarbucks VIA Ready Brewvanilla-flavored coffee Credit: Quentin Bacon 60 Calories2 pieces Applegate Farms Organic Sunday Bacon This guide to healthy portions keeps calories in check. But if you stick to lean meats and veggies, you can even go back for seconds. Roast Turkey 2 slices roast turkey breast; 1 Tbsp turkey gravy90 caloriesTIP: Turkey breast is the leanest meat choice. Baked Haddock 4 oz baked haddock; 1 Tbsp lemon-butter sauce230 calories TIP: Skip the sauce and it's half the calories.Roast Ham 3 oz slice210 caloriesTIP: Watch portions—it's fattier than ham from the deli.Flank Steak 3 oz slice170 calories TIP: Drain off sauce when you scoop it to save calories. Fried Chicken 1 breast360 calories 1 drumstick190 calories TIP: The skin, batter, and frying oil equals high calories. Order your copy of the 400 Calorie Fix today! [pagebreak]Rice Pilaf1 c serving230 calories TIP: Oil and other ingredients make it higher in calories than plain white or brown rice.Dinner Roll1 small roll90 calories TIP: A small roll weighs about an ounce and should fit in your cupped hand. Glazed Carrots1/2 c serving110 calories TIP: The glaze adds 80 calories to an otherwise low-calorie option. Potatoes 1/2 c roasted potatoes90 calories TIP: Calories will be higher if they're shiny or sitting in a pool of oil. Green Beans Amandine1/2 c serving90 calories TIP: Calories are estimated based on 1 teaspoon each oil and almonds per serving; if it's shiny and drenched in sauce, amounts could be higher. Order your copy of the 400 Calorie Fix today! [pagebreak]SMART 400-CALORIE COMBOSCombo Dish #1: 2 slices turkey1 Tbsp gravy3/4 c green beans amandine1/2 c roasted potatoes1 small dinner rollTotal calories: 405 Combo Dish #2: 4 oz baked haddock1 Tbsp lemon-butter sauce1/4 c glazed carrots1/2 c rice pilaf Total calories: 400 Order your copy of the 400 Calorie Fix today! This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io You all know that, when it comes to what you eat, it's not only the calories in food that you should be worrying about. Fat, fibre, protein, levels of vitamins and antioxidants and, of course, types of sugar, should also be getting your attention when it comes to what and how much to serve. But calories are like your relationship with a weighted deadlift, long-standing and comfortable. And, besides, if you're looking for more than these lazy ways to burn calories, knowing what to swap your mid-avo banana for, or whether to have Pinot Grigio or Merlot post work, can be the magic key to shaving off calories in food without even noticing it. And, turns out, even if you think you're in control of what's on your plate, you're probably not. According to findings published by the Office for National Statistics, the average person is eating 50% more calories than they realise with women underestimating their intake by around 800 calories a day. Think you know how many calories are on your plate, think again. So, it would seem that we could all do with being a bit better informed about the calories in food. Read on for the calories in food you've been googling most. (Fyi: we used My Fitness Pal throughout, to keeps things consistent). CALORIES IN FOOD: THE 12 MOST GOOGLED Calories in a banana 90 cals 0g fat 23g carbs 1g protein Calories in a boiled egg 89 cals 7g fat 0g carbs 8g protein Calories in an apple 60 cals 0g fat 0g carbs 0g protein Calories in a bottle of wine Note, we've given you deets per glass. If you're drinking a bottle in a oner (which we wouldn't recommend), you do the maths. Red (125ml) 90 cals 0g fat 2g carbs 0g protein White (125ml) 85 cals 0g fat 1g carbs 0g protein Calories in grilled chicken breast (142g) 200 cals 5g fat 0g carbs 33g protein Calories in an orange 60 cals 0g fat 21g carbs 1g protein Calories in an avocado (half a Hass) 100 cals 5g fat 3g carbs 0g protein Calories in broccoli (1 tbsp, sliced) 7 cals 0g fat 1g carbs 1g protein Oh, and because what's a week without treats here's your most Googled chocolate. Calories in a Freddo 95 cals 30.5g fat 56.5g carbs 7.5g protein Wondering how many calories are in the food at Costa? Here's what a nutritionist would recommend you serve – and swerve – from the Costa menu. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io So what happens if you take in more or fewer calories than your body burns? You either gain or lose fat, respectively. An accumulation of 3,500 extra calories is stored by your body as 1 pound of fat -- fat is the body's way of saving energy for a rainy day. If, on the other hand, you burn 3,500 more calories than you eat, whether by exercising more or eating less, your body converts 1 pound of its stored fat into energy to make up for the deficit.One thing about exercise is that it raises your metabolic rate not only while you're huffing and puffing on the treadmill. Your metabolism takes a while to return to its normal pace. It continues to function at a higher level; your body burns an increased number of calories for about two hours after you've stopped exercising.Lots of people wonder if it matters where their calories come from. At its most basic, if we eat exactly the number of calories that we burn and if we're only talking about weight, the answer is no -- a calorie is a calorie. A protein calorie is no different from a fat calorie -- they are simply units of energy. As long as you burn what you eat, you will maintain your weight; and as long as you burn more than you eat, you'll lose weight.But if we're talking nutrition, it definitely matters where those calories originate. Carbohydrates and proteins are healthier sources of calories than fats. Although our bodies do need a certain amount of fat to function properly -- an adequate supply of fat allows your body to absorb the vitamins you ingest -- an excess of fat can have serious health consequences. The U.S. Food and Drug Administration recommends that a maximum of 30 percent of our daily calories come from fat. So, if you eat 2,000 calories a day, that's a maximum of 600 calories from fat, or 67 grams of fat, per day. However, many doctors and nutritionists now set the maximum number of fat calories at 25 percent of our daily caloric intake. That's 56 grams of fat per day for a 2,000 calorie diet.Here are some calorie and fat contents that may surprise you:FoodServing SizeCaloriesFat GramsCanola oil1 cup1,674218Peanut butter1 cup1,520129Cheddar cheese1 cup53144Granola1 cup2708Chocolate syrup1 cup8373Sugar1 cup7740Coca-Cola1 can1400For more information on calories, dieting, nutrition and related topics, check out the links on the next page!

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