

KINETIX DINING OUT GUIDE

At Kinetix, we believe enjoying the experience of a restaurant is one of the basic components of a real-life approach to healthy living. Choosing from the menu doesn't mean you're restricted to the salad bar - making smart menu choices are all you need to stay on track. Staying balanced and enjoying your restaurant experience do not have to be at odds.

PREPARATION IS EVERYTHING

- If you have the option, find out where you'll be dining, call ahead or go online to see what menu options might work for you. You will arrive relaxed and ready to enjoy the meal.
- If you don't have the advantage of knowing the menu ahead of time, knowing which words to look for and which to avoid are keys to staying K-Balanced.

INSTEAD OF:	TRY:
Pan-fried	Broiled
Deep-fried	Grilled
Sautéed	Roasted
Creamed	Steamed
Breaded	Poached
Au Gratin	Blackened
Scalloped	Baked
Cream based	Tomato based

ASK FOR WHAT YOU WANT

- The restaurant industry is one of hospitality and customer service. They aim to please.
- Ask how dishes are normally prepared and then ask for substitutions or changes. For example, ask for your fish grilled without butter or oil. If you are not experienced at this, do a little role-playing before you arrive at the restaurant. Most chefs are eager to accommodate your requests.
- Don't be afraid to ask for your salad dressing on the side, your sandwich without mayonnaise or sauces, or your vegetables steamed not sautéed.
- Order a la carte. If you don't see a menu item that can be tweaked to K-Balance, order individual items to compose a meal. For instance, a grilled chicken breast with a small side salad dressed with balsamic vinegar and a small dinner roll makes a great K3.
- Dining out with friends? Be the first to order and you'll be less likely to succumb to the tastes of others.
- If you are unsure of a description on the menu, ask, and use it as an opportunity to order exactly what you would like.

Restaurant portions have doubled over the past few years. Most people will eat ALL of what is placed before them. Knowing what a portion size looks like is a must. Carry along the pocket serving size guide on the next page to help you choose the right portion for your K- Count.

CARBOHYDRATES

1/2 cup of steamed rice, pasta, beans =
1/2 a baseball



1 cup steamed rice, pasta, beans =
a woman's fist



Choose whole grain carbohydrate options for more fiber, vitamins, minerals and sustained energy than refined carbohydrates.

Choices include but are not limited to brown rice, wild rice, oats, corn, whole wheat bread and pasta.

PROTEINS

3-4 ounces of poultry, meat or fish =
a deck of cards



5-6 ounces of poultry, meat or fish =
a checkbook



Lean poultry choices include skinless chicken and turkey breast, ground chicken and turkey breast.

Lean meat choices include flank and loin cuts of red meat.

FATS

1/2 teaspoon olive oil =
tip of your thumb
(from base of thumbnail to tip)



1 teaspoon of butter =
1 die



1 tablespoon of peanut butter =
1/2 a ping pong ball

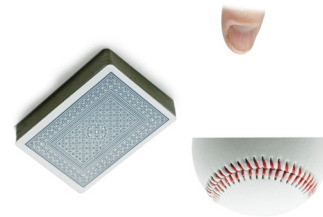


Choose heart-healthy mono and polyunsaturated fats whenever possible. These include nuts, seeds, olive, canola, safflower oil, as well as avocados.

KINETIX POCKET SERVING SIZE GUIDE

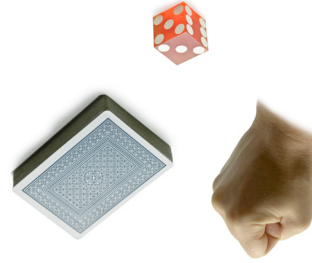
kinetix™

1/2 a baseball size of carbohydrates (beans, rice, pasta, potato)
A deck of cards size of protein
The tip of your thumb for a healthful fat



Looks like:

A woman's fist size of carbohydrate (beans, rice, pasta, potato)
A deck of cards size of protein
1 die size of healthful fat like: olive oil, canola, sunflower, sesame



Looks like:

A woman's fist size of carbohydrate (beans, rice, pasta, potato)
A checkbook size of protein
1 1/2 dice of healthful fat



Looks like:

condiments:
Red or green salsas, low-sodium soy sauce, hot chili sauce (like Sriracha), vinegars, horseradish & wasabi, mustard (avoid honey mustard),

KOs include, but are not limited to, all leafy greens, asparagus, broccoli, cabbage, cauliflower, cucumbers, eggplant, green beans, mushrooms, peppers, radishes, sprouts, tomatoes, zucchini.

KOs do not alter the K-Count of food. They simply add flavor, fiber, and lots of micronutrients. Each serving contains no more than 50 calories and 5-5 grams of carbohydrates.

High fiber, high water containing vegetables and 0 carbohydrate drinks.

Are:

K0S

K5

K4

K3

KINETIX DINING OUT GUIDE

BREAKFAST

Breakfast menus can be loaded with high-saturated fat items (like bacon and sausage) and baked goods that are high in trans fats and carbohydrates. Instead, look for carbohydrate choices that include fresh fruit or whole grains and protein choices that include lean ham and Canadian bacon.

INSTEAD OF:	TRY:
Fried or scrambled eggs	Egg white omelet or egg substitute
Bacon or sausage	Lean ham or Canadian bacon
Croissant, pastry, muffin	Whole-grain plain toast or hot cereal

Tips:

- Start your meal with a hot KO beverage. This will help sooth your hunger long enough to make a smarter, more balanced choice.
- Order whole-grain instead of white toast and keep it unbuttered.
- Look for low-fat or fat-free milk on the menu.
- Hot cereals such as oatmeal, grits, cream of wheat or cream of rice can be given a protein boost with a side of lean protein.

LUNCH

Lunch menus are usually filled with high fat, high carb options. Look for items that give you control over what and how much you want to eat. Sandwiches are a great choice and easy to balance. Ask for your sandwich bread “naked” and get low-fat mayonnaise and dressings on the side. Or look for grilled, skinless chicken breast to pair with green salads.

INSTEAD OF:	TRY:
Cream soups	Clear soups and broth-based soups
Fried chicken or fish	Baked, broiled or grilled
Croissants for sandwiches	Pita bread
Buffalo-style chicken wings	Peel and eat shrimp with spicy cocktail sauce
Breaded fried chicken sandwich	Grilled or blackened skinless chicken sandwich
French fries or mashed potatoes	Baked potato, cooked plain rice or small roll

Tips:

- The amount of meat on your sandwich should be about the same thickness as your bread. One slice of reduced-fat cheese is fine.
- Skip the bacon, the avocado, full-fat mayonnaise and pesto. Instead, opt for some spicy Dijon mustard. Pile it high with lettuce, tomatoes, dill pickles and hot peppers.

DINNER

The nighttime meal tends to be the most challenging to keep healthy. Remember to start your meal with water, diet soda or unsweetened tea or coffee instead of a regular soda or alcoholic beverage. Ask your server to hold the bread from the table until the meal has arrived. The fewer temptations at the table the better.

INSTEAD OF:	TRY:
Scalloped potatoes or French fries	Baked potato or steamed rice
Fried calamari	Steamed mussels or clams
Ribeye or T-bone steak	Flank steak or London broil
Caesar or marinated salad	Green salad with low-fat dressing on the side
Fried rice	Steamed rice

Tips:

- Add more flavors to your dish by adding a squeeze of fresh lemon or a dash of flavored vinegar.
- Order all low-fat dressings and sauces on the side. You can portion out what you need with the spoon at your table.
- Out of sight out of mind. When your meal arrives, see if the portion size is larger than what your K-Count will allow, then ask for a to-go box, eat half now and take the rest home for lunch tomorrow.

KINETIX RESTAURANT GUIDE

Whether you're on the road for business or pleasure, there will come a time when you'll need to meet your K-Counts on the run. Luckily, you don't have to panic. We've found a variety of choices at these popular quick service restaurants.

		K-COUNT	CALORIES
ARBY'S®	Grilled Chicken Cordon Bleu Sandwich order without mayo	K4	368
BURGER KING®	Tendergrill Chicken Garden Salad with one packet fat-free ranch dressing 1% milk	K5	410
CHIK FIL-A®	Chargrilled Chicken Sandwich with light mayo	K3	300
	Chargrilled Chicken Fruit Salad	K3	210
	Chargrilled Chicken Garden Salad with Chocolate milk	K4	310
	Chargrilled Chicken Garden Salad with small fruit cup	K3	220
CHILI'S®	Guiltless Grilled Chicken Sandwich with Swiss cheese	K5	426
CHIPOTLE MEXICAN GRILL®	Order à la carte		
	Grilled Chicken 2 soft flour tortillas Red & green tomatillo salsa	K5	425
	Grilled Chicken Cilantro-lime rice Fajita vegetables Red & green tomatillo salsa	K4	380
	Steak Black beans Corn salsa	K4	390
	Carnitas Black beans Red & green tomatillo salsa	K4	350
KFC®	Tender Roast sandwich (no sauce) Caesar side salad (no cheese no croutons) Light Italian dressing	K4	345
	Grilled chicken breast Mean greens or green beans Slice of lemon meringue pie	K5	460
	Grilled chicken breast and grilled wing Mean greens Baked beans	K5	490
	Grilled chicken breast Plain biscuit Large Corn on the cob	K5	500

		K-COUNT	CALORIES
LONG JOHN SILVER'S®	Freshside Grille Smart Choice Sides		
	Tilapia / Salmon	K3	250-290
	Baked Cod Vegetable Medley 1/2 portion of rice	K3	260
	Grilled Tilapia 1/2 portion Vegetable Medley 1 Breadstick	K4	305
MCDONALD'S®	Premium Caesar Salad with Grilled Chicken 2 sides Buttered Croutons	K4	340
	Premium Southwest Salad with Grilled Chicken	K4	320
	Premium Bacon Ranch Salad with Grilled Chicken Minute Maid apple juice box	K4	350
THE PITA PIT	Order a Build Your Own Pita		
	Pita: Wheat Meat: Dagwood (includes turkey, ham, & roast beef) Toppings: Cucumbers, lettuce, pickles, sprouts, yellow or Dijon Mustard	K4	393
	Pita: Wheat Meat: Tuna Toppings: Avocado, lettuce, mushrooms, sprouts, Cucumbers, yellow or Dijon mustard	K4	380
	Pita: Wheat Meat: Turkey (order double meat) Toppings: Cucumbers, hummus, lettuce, tomatoes, green peppers, mushrooms, yellow or Dijon mustard	K5	465
	Pita: Wheat Meat: Black Forest ham (order double meat) Toppings: Avocado, lettuce, pineapple	K5	490
STARBUCKS®	Vanilla Protein Latte <i>Ask for 2 scoops of Starbucks protein in your drink</i>		
	Tall Soy Sugar-Free Vanilla Protein Latte	K3	260
	Tall 2% Sugar-Free Vanilla Protein Latte	K3	260

KINETIX RESTAURANT GUIDE

		K-COUNT	CALORIES
STARBUCKS®	Tall Whole Sugar-Free Vanilla Protein Latte	K3	280
	Vivanno		
	Chocolate - No Banana. Made with 2% milk.	K3	240
	Orange Mango - No banana. Order whole milk.	K3	240
	Strawberry - No banana. Order whole milk.	K3	260
SUBWAY®	<i>Salads</i>		
	Roast Beef	K2	120
	<i>Sandwiches</i>		
	6-inch Double Turkey Breast Sub add: extra portion Turkey Breast add: 1 slice American cheese	K5	490
TACO BELL®	Ranchero Chicken Soft Taco extra chicken, no cheese or avocado dressing	K3	210
	Custom Chicken Enchirito extra chicken, no beans or cheese	K3	230
	Fresco Chicken Ranch Taco Salad	K3	230
TACO TIME®	Cup of White Chicken Chili with olives	K2	155
	Bowl of White Chicken Chili with low-fat Monterrey Jack cheese and guacamole	K3	218
	Southwest Chop Salad with 1 packet Santa Fe dressing 1 corn tortilla	K4	310
	Light Combo Meal (Crisp Chicken Taco Light and a cup of White Chicken Chili)	K4	315

		K-COUNT	CALORIES
WENDY'S®	Mandarin Chicken Salad with Crispy Noodles No almonds, no dressing	K3	250
	Chicken Caesar Salad 1 packet fat-free ranch dressing croutons 1% milk	K5	420
	Ultimate Chicken Grill Sandwich <i>Custom Made Sandwich</i>	K4	320
	Ultimate Chicken Grill Fillet with 1 strip of bacon sliced tomato, lettuce and dill pickles 1 packet honey mustard sauce	K3	285

Kinetix nutritional information was determined using manufacturer's information and ESHA Research database analysis. Information is based on standard product formulations, however slight variations may occur due to seasonality, use of an alternate supplier, region of the country and/or small differences in product assembly. Customer requests for ingredient variations from standard product formulations will also result in different nutritional values.

KINETIX SALAD BAR GUIDELINES

If you're looking to add a little more "green" to your diet, the "build your own" salad bar is a great choice too - just follow this list of classic combinations.

	K-COUNT	CALORIES
SNACK SALAD	K2	171
1/4 cup grated carrots 1/4 cup green peas 2 cups romaine lettuce chopped 1/2 cup 1% cottage cheese 1 tablespoon shredded cheddar cheese		
THE STARTER	K3	259
1/4 cup high carb veggies* 1 small 2-inch whole grain roll or 1 slice of bread 3 ounces deli meat 1 1/2 tablespoons low-fat dressing 1 teaspoon nuts or seeds		
CHICKEN CAESAR	K4	346
10 regular croutons 3 cups romaine lettuce chopped 1 small 2-inch whole grain roll 3 ounces skinless chicken breast 3 tablespoons fat-free Caesar dressing 1 tablespoon Parmesan cheese		
THE BASIC	K4	323
1/2 cup high carb veggies* 1 small 2-inch whole grain roll, slice of bread, or crackers 4 ounces deli meat 2 1/2 tablespoons low-fat dressing 1 teaspoon of nuts or seeds		

	K-COUNT	CALORIES
THE COBB	K5	413
1/4 cup chopped tomatoes 1/2 cup chopped cucumber 3 cups romaine lettuce chopped 1 small 2-inch whole grain roll, slice of bread, or crackers 1 tablespoon dried cranberries 2 tablespoons shredded carrots 2 ounces deli ham 2 ounces skinless chicken breast 3 cooked egg whites 1/2 tablespoon crumbled blue cheese 3 tablespoons low-fat blue cheese dressing		
SALAD NIÇOISE	K5	466
1/4 cup cooked new potatoes 1 tablespoon green onion chopped 1/4 cup chopped tomatoes 2 cups romaine lettuce chopped 1/4 cup cooked green beans 1 small 2-inch whole grain roll 3 tablespoons fat-free dressing 4 ounces canned tuna, in water, drained 3 cooked egg whites 3 pitted kalamata olives		
BIG SALAD	K5	467
1/2 cup high carb veggies* 2 slices of bread 6 ounces deli meat 2 1/2 tablespoons low-fat dressing 1 teaspoon nuts or seeds		

Know your KO's and heap your plate! You can add more of these to any of the salad options.

High carbohydrate vegetables include; carrots, corn, beets, potatoes.*

Lean meat choices include; chicken breast, turkey breast, boiled ham, lean roast beef.

A one-ounce, level ladle is equal to 2 tablespoons (ladle size is usually marked on the handle).

Not all carbs are created equal! Croutons and dried or fresh fruit do not substitute for breads.