



We are excited to once again kick off our annual Healthy HSA campaign!

This campaign is about empowering you and your family to establish and maintain healthy lifestyle choices, to prevent diseases and achieve excellent health.

As many of us are aware, just by eating healthy and being physically active can prevent a number of chronic diseases, such as high blood pressure, high cholesterol, diabetes, and heart disease. In the next few months, we hope to provide you with practical tips and useful resources to help you take your own steps towards better health.



Eating out, whether it is a quick lunch from a fast food place, or a relaxed dinner with family or friends in a restaurant, happens quite often. Let us start by testing our knowledge on some popular restaurant food choices . . .

1. Which of the following breakfast items that are served at Denny's restaurants do you think has the fewest calories:
 - a. Original Grand Slam
 - b. French Toast Slam
 - c. Smoked Sausage Scramble
 - d. Steakhouse Strip and Eggs
 - e. Belgian Waffle Platter

2. Which of the following items that are served at Chili's restaurants, do you think has the least salt (sodium):
 - a. Cajun Ribeye Steak
 - b. Original BBQ Ribs w/Classic BBQ Sauce
 - c. Guiltless Chicken Platter
 - d. Oldtimer Burger with Cheese
 - e. Cajun Chicken Sandwich

3. Which of the following items that are served at Romano's Macaroni Grill restaurants, do you think has the most fat:
 - a. Traditional Lasagna
 - b. Chicken Caesar Salad
 - c. Chicken Canelloni
 - d. BBQ Chicken Pizza
 - e. Spaghetti and Meat Sauce

4. Which of the following items served at McDonald's restaurants do you think has the most calories:
 - a. Two Big Macs
 - b. Two Egg McMuffins
 - c. One large (32 oz) Chocolate Triple Thick Shake
 - d. Four regular hamburgers
 - e. Two large Fries

5. What would be your best choice, considering both calories and fat content, of the following menu items from Baja Fresh restaurants?
 - a. Steak Bare Burrito
 - b. Steak Baja Burrito
 - c. Steak Side by Side
 - d. Steak Fajita with Corn Tortilla
 - e. Steak Quesadilla

6. Which of the following items from El Pollo Loco restaurants would you consider a healthy choice. Check all that apply.
 - a. The Original Pollo Bowl
 - b. Taco al Carbon
 - c. Classic Chicken Burrito
 - d. Chicken Tostada
 - e. Skinless Breast Meal

Watch for the answers and helpful tips on eating out and other health information via your outlook, Meditech, and on the Intranet.

Remember, every journey begins with just one step.

Follow these simple steps for a lifetime of better health:

- Choose more nutrient-rich foods such as fruits, vegetables and whole grains
- Maintain a healthy weight
- Drink plenty of water
- Be physically active
- Get plenty of sleep
- Minimize stress



...brought to you by Health Promotion and Nutrition Services