Cut Back On Fast Food Calories Before Your Wedding

Losing weight is never easy, but now you are checking out photographers, picking out invitations, having your gown bustled, getting your gifts registered, and that's all in one weekend. The easiest, and most tempting thing to do is eat fast food. Maybe it's not a matter of convenience but you really love the food at McDonald's, Kentucky Fried Chicken and Taco Bell. There are smart choices you can make that won't undermine your diet and add unwanted weight before your wedding day. In general, the biggest sources of saturated or trans fat in fast food are: pizza, cheeseburgers, hot dogs, french fries, fried mozzarella sticks, onion rings, fried chicken and fried fish. In other words, avoid any food that is fried. Here are some foods that are lowest in saturated fat and calories: · Subway's "7 subs with 6 grams of fat or less" (6 inch) · Wendy's Grilled Chicken Sandwich · McDonald's Fruit 'n Yogurt Parfait with granola · Taco Bell chicken soft taco, bean burrito, chicken or steak gordita, chicken or steak fiesta burrito Many restaurants have food items containing more than 1,000 calories and up to 4 days worth of saturated fat. Avoid these foods completely: cheese fries with ranch dressing, movie theater popcorn with "butter" topping, stuffed potato skins with sour cream, beef and cheese nachos with sour cream and guacamole, as well as any slice of cake from The Cheesecake Factory. Common sense will be your guide when shopping at the mall. A cup of minestrone soup at Schlotzsky's Deli has 90 calories while a cup of Boston clam chowder has 230 calories. A Slim & Trim, Orange-Vanilla smoothie at Smoothie King is 200 calories and a Cranberry Supreme is 580. And walk right past Cinnabon and treat yourself to a pretzel without butter at Auntie Anne's and save yourself 330 calories.

About the Author

Pristine forests offer the rare primates a much healthier diet, an anthropologist says, in a finding that may shape future protection efforts.

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