

Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track October 12, 2009

If you find yourself at Starbucks you're best bet is a Frappuccino light blended coffee. The grande (medium) sizes have only **140-180 calories!**



Need to eat on the run?
Try these healthier
fast food options!

Subway: 6" subs with 6g of fat or less
Taco Bell: the fresco style menu
Wendy's: a cup of chili or baked potato
Burger King: tendergrill chicken sandwich
or a veggie burger

Think twice about those French fries!

A 6oz serving of fries has 500cal and 25g fat
A 6oz potato has 130 cal and no fat....
That's 370 calories and 25g of fat from pure oil!

A fried fish sandwich has **TWICE** the fat and calories of a hamburger!

Potato chips have **MORE** calories and ten times **MORE** fat than pretzels!



Milkshakes have 310 **MORE** calories and 13g **MORE** fat than ice cream floats!

Onion Rings

1 large onion
1/2 cup Fiber One bran cereal
1/4 cup fat free liquid egg substitute
Dash of salt
Makes 1 serving

This healthy version of onion rings has 153 calories, 1g fat, 379mg sodium, and 16g fiber for the whole recipe!

- Preheat oven to 375 degrees
- Cut the ends off the onion and remove outer layer.
- Cut onion into 1/2 inch wide slices and separate into rings.
- Using a blender or food processor, grind Fiber One to breadcrumb like consistency. Pour into a small dish and mix in the salt.
- Fill a small bowl with the egg substitute. One by one, coat each ring in egg, shake off excess then in breadcrumbs.
- Evenly place rings on a baking dish sprayed with non stick spray.
- Cook for 20 to 25 minutes flipping rings over halfway through.