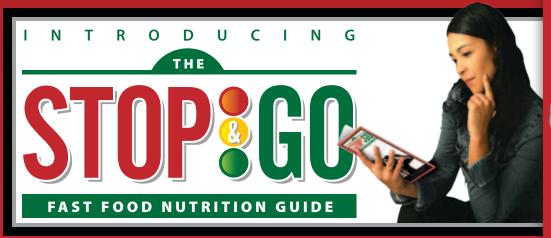
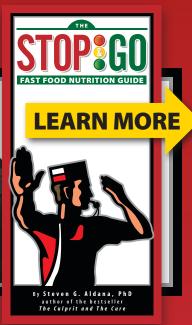
# Do Your Employees Know Which Item Is The Healthiest Choice?



Believe it or not, most people can't find their way through the maze of fast food choices. Until now...





# Help Your Employees To Eat Healthier

#### And The Answer Is...

#### **TACO BELL**

✓ Ranchero Chicken Soft Taco

#### **KRISPY KREME**

✓ Neither Item

#### P.F. CHANG'S

Chang's Spicy Chicken

#### **BURGER KING**

**☑** Whopper Jr.

#### **STARBUCKS**

✓ Caffe Vanilla Frappuccino Without Whip

# Fast Food And Good Health With Three Easy Rules

Rule \*1: Avoid the red foods.

**Rule \*2:** Go easy on the **yellow** foods.

Rule \*3: Eat healthy with the green foods.

#### **Hit The Brakes!**

There are many factors that result in a red code for a food. The number one factor why many foods receive a red code is that they contain more than one gram of trans fat. Almost all of the foods at Taco Bell, for example, are coded red because they contain large amounts of trans fats.

#### **Exercise Caution!**

What about a pizza that doesn't contain any processed meat? Your basic cheese pizza gets a yellow code. Although it doesn't contain trans fats or processed meat, it also doesn't contain any vegetables or whole grains. It's kind of in the middle. That's what yellow foods are like. They aren't good enough to be coded green or bad enough to deserve being branded red.

#### You're Eatin' Healthy!

Green foods are the best. To earn the green badge of honor, a food has to have certain qualities that make it part of a healthy daily diet. Obviously foods made with whole grains, fruits, vegetables, and healthy oils will be coded green. Green-coded foods include vegetable pizza, many sandwiches, salads, eggs, and entrées made with vegetables, such as vegetable stir-fry.

Find out why the **Stop & Go Fast Food Nutrition Guide** will help your employees control their body weight, improve their health, and possibly add ten to twenty years of additional life. And at only \$2.95, it makes the perfect gift or incentive.



## Learn Which Restaurants Are The Healthiest



### **Experts Speak Out**

"I understand how hard it is to eat healthy while traveling. Dr. Steven Aldana and a panel of experts have taken a lot of the guess work out of the issue and have made it easier to make good choices. I realize there are days when you might just want to splurge and 'go for RED,' but having an easy to understand guide of the best choices for good health while having to eat on the run is a 'sweet treat'."

Mike Huckabee
 Governor of Arkansas

"Fast food is a reality for most people. Even the most conscientious eaters have to pass through airports and stop at roadside restaurants where healthy choices are limited. Stop & Go offers practical advice to help you navigate the fast food wilderness and make the best possible decisions about what to eat when in it."

Dr. Andrew Weil
 Author
 Eating Well For Optimum Health

"It's about time a book like this is written! If it does nothing more than generate much needed discussion, it's worth it. Try it for your guide."

T. Colin Campbell
 Cornell University
 Author Of The Best-Seller,
 "The China Study"

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See Which Fast Foods Are The Best And The Worst



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