

Do Your Employees Know Which Item Is The Healthiest Choice?

TACO BELL



Ranchero Chicken Soft Taco



Beef Crunchy Taco

KRISPY KREME



Original Glaze



Traditional Cake

P.F. CHANG'S



Cantonese Roasted Duck



Chang's Spicy Chicken

BURGER KING



Cheeseburger



Whopper Jr.

STARBUCKS



Caffe Vanilla Frappuccino Without Whip



Cinnamon Spice Mocha Without Whip

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

INTRODUCING

THE

STOP & GO

FAST FOOD NUTRITION GUIDE



THE

STOP & GO

FAST FOOD NUTRITION GUIDE

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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.

The image shows two pages from the 'Stop & Go Fast Food Nutrition Guide'. The left page is titled 'Wendy's Items' and lists various menu items with columns for Serving, Calories, Total fat (g), Saturated fat (g), Trans fats (g), Cholesterol (mg), and Sodium (mg). Items are color-coded: green for healthy (e.g., Garden Sensations Salads & Fresh Fruit), yellow for caution (e.g., Garden Sensations Salads & Fresh Fruit), and red for unhealthy (e.g., Garden Sensations Salads & Fresh Fruit). The right page is titled 'Wendy's Continued' and lists more items like Side Salads, Lighter Salad Dressings, Baked Potatoes, French Fries, Nuggets & Chili, and Beverages, also color-coded and with nutritional data.

FOR ONLY \$2.95 Per Copy Plus S&H



Now Your Employees Can Eat Out And Eat Healthy

Learn Which Restaurants Are The Healthiest

What Experts Are Saying About The **Stop & Go Fast Food Nutrition Guide:**



ORDER FOR YOUR EMPLOYEES TODAY!

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"

ORDER NOW!

See Which Fast Foods Are The Best And The Worst



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ESTORE

ITEM	QUANTITY	PRICE	TOTAL
STOP:GO	_____ X _____	_____	_____

Subtotal _____

Shipping & Handling (\$10.00 minimum or 10%) _____

Sales Tax _____
(NE residents only add 7%)

TOTAL _____

Please allow 7-10 business days for delivery

BILLING INFORMATION:

Purchase Order Number _____

Credit Card: VISA MasterCard American Express

Credit Card # _____

Exp. Date _____

Signature _____

SHIP TO:

Company Name _____

Contact _____

Address _____

City/State/Zip _____

Phone _____

Fax _____

E-mail _____

BILL TO: (if different from shipping address)

Company Name _____

Contact _____

Address _____

City/State/Zip _____

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