

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

LEARN MORE



By Steven G. Aldana, PhD
author of the bestseller
The Culprit and The Cure

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.

Items	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Delayed (mg)
Wendy's								
Jr. Cheeseburger	1 item	280	9	4	1	30	600	1
Jr. Cheeseburger Deluxe	1 item	320	13	6	1	40	810	1
Jr. Bacon Cheeseburger	1 item	360	16	6	1	45	880	2
Hamburger (Kids' Meal)	1 item	380	18	7	1	55	810	2
Cheeseburger (Kids' Meal)	1 item	320	13	6	1	40	810	1
Classic Single w/ everything	1 item	430	20	7	1	65	890	2
Big Bacon Classic	1 item	580	29	12	2	95	1390	3
Homestyle Chicken Grill Item	1 item	360	7	2	0	75	1090	2
Spicy Chicken Fillet Item	1 item	510	19	4	2	55	1480	2
Homestyle Chicken Fillet	1 item	540	22	4	2	55	1320	2
Garden Sensations Salads & Fresh Fruit								
Homestyle Chicken Strips w/ salad w/ dressing	1 salad	440	22	8	3	70	1180	5
Creamy Ranch Dressing	2.25 oz.	230	23	4	0	15	580	0
Swing Mix Salad w/ro dressing or dressing	1 salad	180	11	6	0	30	220	5
Swing Roasted Pecans	7.5 oz.	130	13	2	0	0	65	2
Swing Vinaigrette Dressing	2.25 oz.	190	18	3	0	0	750	0
Chicken BLT Salad w/o dressing or toppings	1 salad	330	18	9	0	105	840	4
Homestyle Garlic Croutons	5 oz.	70	3	0	0	0	125	0
Swing Mustard Dressing	2.25 oz.	280	26	4	0	25	350	0
Mandarin Chicken Salad w/ dressing or dressing	1 salad	170	2	1	0	60	480	4
Spicy Honey	5 oz.	60	2	0	0	0	170	0
Swing Honey	7.5 oz.	130	11	1	0	0	70	2
Swing Strawberry Dressing	2.25 oz.	190	11	2	0	0	490	0
Taco Supreme Salad w/o salsa/sour cream/chips	1 salad	380	17	9	1	65	1000	9
Salsa	3 oz.	30	0	0	0	0	440	0
Sour Cream	1 oz.	60	5	4	0	20	20	0
Taco Chips	1.5 oz.	210	9	2	3	0	240	2
Fresh Fruit Bowl w/ yogurt	1 bowl	130	1	0	0	0	35	3
Low-Fat Strawberry Flavored Yogurt	3 oz.	90	1	0	0	5	50	0
Side Salads								
Side Salad	1 salad	35	0	0	0	0	20	3
Cheese Side Salad	1 salad	70	5	2	0	15	150	2
Homestyle Garlic Croutons	5 oz.	70	3	0	0	0	125	0
Caesar Dressing	1 oz.	150	16	3	0	20	240	0

Items	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Delayed (mg)
Wendy's Continued								
Side Salads Continued								
Wendy's Orange Cup	5 oz.	80	0	0	0	0	15	1
Wendy's Fruit Cup	5.5 oz.	60	0	0	0	0	10	1
Lighter Salad Dressings								
Low-Fat French Dressing	2.25 oz.	80	0	0	0	0	210	0
Low-Fat Honey Mustard Dressing	2.25 oz.	110	3	0	0	0	340	0
Reduced-Fat Creamy Ranch	2.25 oz.	100	8	2	0	15	550	1
Baked Potatoes								
Bacon	1 item	270	0	0	0	0	25	7
Sour Cream & Chives	1 item	340	6	4	0	10	40	7
Broccoli & Cheese	1 item	440	15	3	0	10	540	9
Bacon & Cheese	1 item	560	25	7	0	40	850	8
French Fries, Nuggets & Chili								
French Fries (Kids' Meal)	3.25 oz.	280	14	3	4	0	270	3
French Fries (medium)	5 oz.	440	21	4	5	0	430	5
Chili (small)	8 oz.	220	6	3	0	35	780	5
Chili (large)	12 oz.	330	9	4	1	55	1170	8
Homestyle Chicken Strips	3 item	410	18	4	3	60	1470	0
Low-Fat Honey Mustard Dressing	1.25 oz.	170	16	3	0	15	210	0
Swing Southwest Chiptole Sauce	1.25 oz.	140	13	2	0	20	170	0
Swing Ranch Sauce	1.25 oz.	200	21	4	0	20	280	0
Chicken Nuggets (Kids' Meal)	4 item	180	11	3	2	25	390	0
Chicken Nuggets	5 item	220	14	3	2	35	490	0
Chicken Strips	1 oz.	40	0	0	0	0	160	0
Swing & Snow Sauce	1 oz.	45	0	0	0	0	120	0
Swing Mustard Honey Sauce	1 oz.	130	12	2	0	10	220	0
Beverages								
Fizzy (small)	12.8 oz.	90	0	0	0	35	150	0

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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"

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See Which Fast Foods Are The Best And The Worst



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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:

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Credit Card: VISA MasterCard American Express

Credit Card # _____

Exp. Date _____

Signature _____

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Company Name _____

Contact _____

Address _____

City/State/Zip _____

Phone _____

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