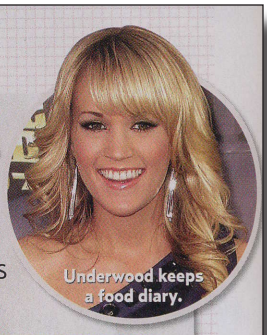
Us WEEKLY

June 2, 2008

Us HOT BODIES

Eating Out Guide

Allan Borushek, author of *The Calorie King Calorie, Fat & Carbohydrate Counter* (**Carrie Underwood**'s a fan!), provides the healthiest options to order at various restaurant chains



Underwood keeps a food diary.

Restaurant	Item	Serving	Calories	Fat	Carbs	Protein
BURGER KING	Tendergrill chicken sandwich (no mayo)	1 sandwich	400	7g	49g	36g
CHIPOTLE	Burrito bowl (with salsa, beans, chicken, no rice, easy on the cheese)	1 serving	440	17g	29g	43g
DAIRY QUEEN	Vanilla or chocolate soft serve (served in cup, no cone)	1 small (4.75 oz)	210	7g	32g	5g
DOMINO'S PIZZA	Thin crust pizza (ham, tomato, veggies), garden salad (no dressing)	2 slices 12" thin crust + 1 salad	400	19g	38g	20g
DUNKIN' DONUTS	Egg and cheese English muffin sandwich	1 sandwich	280	9g	34g	15g
JAMBA JUICE	Jamba light, Berry Fulfilling	16 oz cup	150	0g	30g	6g
OLIVE GARDEN	Linguine alla marinara, side salad (no dressing)	1 meal	570	8g	83g	41g
OUTBACK STEAKHOUSE	Grilled Atlantic salmon (no butter or seasoning) with steamed veggies	1 meal (9 oz filet of salmon)	440	17g	14g	53g
PRET A MANGER (LUNCH OPTION)	No bread grilled chicken Provencal (no dressing)	1 salad	240	16g	20g	17g
STARBUCKS	Tall skim-milk caffe latte	12 oz drink	100	0g	15g	10g
SUBWAY	Turkey on wheat bread with salad toppings and mustard (no cheese)	6" sub	280	5g	46g	18g

FROM TOP: QUASAR/STARMAXINC.COM; C/O BURGER KING; C/O CHIPOTLE; RUSTY HILL FOODPIX/JUPITER IMAGES; STOCKFOOD/GETTY IMAGES; C/O DUNKIN DONUTS; C/O JAMBA JUICE; OLIVE GARDEN/PINK WSFOTO; C/O OUTBACK STEAKHOUSE; WERNER MEDIA; NEWSCOM; C/O SUBWAY