

Men'sHealth
BEST LIFE
WHAT MATTERS TO MEN

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THE BEST WAY TO

DETERMINE HOW MANY CALORIES ARE IN A RESTAURANT MEAL



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Breakfast: An egg sandwich has 300 to 600 calories, depending on your choice of bread, cheese, and meat (an English muffin with egg and ham is the healthiest way to go). A stack of pancakes will set you back more than 800 calories, although you can save a couple hundred calories by holding the butter and substituting agave nectar for maple syrup.

Lunch: The salad bar isn't always your friend. Lunch-size salads run anywhere from 500 to 900 calories, depending on what you throw into the bowl. Don't be quick to dismiss fast food either: At 600 calories, Burger King's Whopper has 400 fewer calories than most bistro burgers. But do avoid the value-meal option. The fries and soft drink will double

your calorie count. Opt for seltzer or unsweetened iced tea instead.

Dinner: A Caesar side salad will cost you 400 calories; a bowl of pasta, around 900 calories; and the average eight-ounce steak, about 600 calories (less for sirloin, more for rib eye and strip). The healthiest choice is grilled fish, no sauce, lemon on the side. It will be less than 400 calories every time.

Dessert: A slice of cake or pie packs 600 to 900 calories, so order a small scoop of ice cream instead. At 250 calories, it won't ruin your diet. **MATT GOULDING**

Goulding is the food and nutrition editor for Men's Health and the coauthor of the best-selling Eat This, Not That! book series.