

# Hit the Food Court!

Sure there are diet offenders (hello, sticky buns!), but today's mall fare can also be deliciously diet friendly.

It always feels good to shop the mall for smaller sizes—even at the food court. Whether you're buying back-to-school clothes or starting your holiday shopping, the right fuel can energize you without blowing your diet. Just follow our food-court survival guide:

### Check out the new merchandise

While the typical food court is still packed with fattening fare, many chains based in malls are lightening up. Quiznos now offers Lite Selections and Taco Bell allows you to order any item Fresco Style (the sauce and cheese will be replaced with salsa).

### Mix and match accessories

Sometimes classic favorites are the best picks, but you can make them more exciting by accessorizing: Order a side salad and pile



^ Fry fanatic? If you can't resist food-court fries, get a small order and split it with a friend.

## PERFECT-FIT MENUS

When switching modes from shopping to eating, try on one of these delicious deals:

PIZZA PLACE	MULTI-STAND MEAL	SNACK COMBO
<ul style="list-style-type: none"> <li>• 1 large slice of thin-crust cheese pizza (6 POINTS value)</li> <li>• 1 mixed-green salad with vinegar or 2 Tbsp. fat-free Italian dressing (0 POINTS value) ✓</li> <li>• 1 small (8-oz.) caffe latte with fat-free milk (2 POINTS value) ✓</li> </ul> <p>Total POINTS value: 8</p>	<ul style="list-style-type: none"> <li>• Chicken-breast sub with lettuce, tomatoes, onions, pickles, and olives (7 POINTS value)</li> <li>• Steamed broccoli with soy sauce (0 POINTS value) ✓</li> <li>• 1 c. egg-drop soup (1 POINTS value)</li> <li>• 16-oz. iced tea, unsweetened (0 POINTS value) ✓</li> </ul> <p>Total POINTS value: 8</p>	<ul style="list-style-type: none"> <li>• 1 soft jalapeño pretzel (without butter) (5 POINTS value)</li> <li>• 1 small (½-c.) fat-free soft-serve frozen yogurt (2 POINTS value)</li> <li>• 1 apple or 1 packet of fresh apple slices (such as McDonald's plain Apple Dippers) (1 POINTS value) ✓</li> <li>• 16-oz. bottled water (0 POINTS value) ✓</li> </ul> <p>Total POINTS value: 8</p>

✓ Denotes a Core Food.

it on your thin-crust pizza, load salsa on to a baked potato or a grilled-chicken sandwich, or smear deli sandwiches with Asian mustard from the Chinese-food concession.

**Exchange when possible** Choose brown rice instead of fried rice and ask whether stir-fries can be steamed (sauce on the side), order a side salad instead of fries, or opt for fat-free milk instead of soda.

**Try on a smaller size** Order child-size portions for lunch. At dinnertime, ask whether you can order off the lunch menu (which generally has smaller portions).

**Watch for misleading labels** Though a smoothie may seem healthful, don't be fooled: Many smoothies pack as many calories as a meal. For your beverage, stick to unsweetened iced tea or water.

**Spend your calories** After you've refueled, head back to your favorite stores and burn those calories! Wear a pedometer to track your steps: The more you shop, the more (weight) you'll drop. ■