

Eat Fast Food— Lose Weight

(NAPS)—Traveling does not have to wreak havoc on your diet—if you pack along some advice from the experts.

Here are a few ideas from eDiets.com (www.eDiets.com), the leader in personalized diet programs:



Go on the road and stay on a diet? It is possible, say the experts.

- When ordering fast food, choose kid-sized meals or small-sized meals.
- When ordering a sandwich, avoid the mayonnaise—use ketchup, mustard or both.
- Skip the soda, which is loaded with calories; drink bottled water instead.
- Add lettuce, tomato and onion to your sandwich for more flavor, fiber and crunch.

So that Road Warriors can enjoy the convenience of eating on the run while keeping their diet on track, eDiets has introduced “eDiets Express,” a fast food option that allows busy dieters to easily identify suitable fast food substitutes for their personal diet plan with just a click of the mouse.

“Nearly every fast food restaurant has items that fit into an eDiets meal plan,” said Susan Burke, eDiets’ Director of Nutrition Services. “It’s all in the portion size and food choices.”

eDiets combines convenience, privacy and safe supermarket food choices in an online alternative to traditional weight-loss programs—no embarrassing meetings, no expensive “special” food items.

The online diet and fitness leader also provides support services 24 hours a day, seven days a week.