

10 Ways to Stay Fit on the Road • Learning to Cook Low Carb

Low Carb Living

SMART LIVING WELL

20 WAYS TO
BEAT
A CARB CRAVING

TOP 10
HEALTH RISKS
FOR MEN

**KEY TO
SUCCESSFUL
WEIGHT LOSS**
pg. 64

SPECIAL REPORT

**FAST FOOD
NATION GOES
LOW CARE**

The Latest on Hotels, Cruises,
Restaurants, and Beverages

**PROTEIN
POWER vs.
CARB ADDICT'S**
Understanding the Differences

**CAN YOU EAT
MORE CARBS
IF YOU EXERCISE?**

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LOOKING CLOSER

Here's how typical low-carb meals from 15 popular fast-food or sit-down restaurants stack up nutritionally (based on each company's nutritional information).

QUICK SERVICE

ARBY'S MARKET FRESH LOW-CARBYS ROAST TURKEY AND SWISS WRAP: 710 calories, 40 g fat (12 g saturated), 50 g carb (18 g net), 48 g protein, \$4.19

BURGER KING FIRE-GRILLED SHRIMP GARDEN SALAD (WITH TOMATO BALSAMIC VINAIGRETTE): 310 calories, 18 g fat (4.5 g saturated), 21 g carb (18 g net), 21 g protein, \$4.69

CARL'S JR. LOW CARB SIX DOLLAR BURGER: 490 calories, 37 g fat (16 g saturated), 6 g carb (4 g net), 33 g protein, \$4.09

HARDEE'S 1/3-POUND LOW CARB THICKBURGER: 420 calories, 32 g fat (12 g saturated), 30 g protein, 5 g carb (3 net), \$2.89

IN-N-OUT PROTEIN STYLE HAMBURGER WITH ONION (AND SPREAD): 240 calories, 17 g fat (4 g saturated), 11 g carb (8 g net), 13 g protein, \$1.50

JACK IN THE BOX BUNLESS JUMBO JACK: 250 calories, 21 g fat (10 g saturated), 2 g carb (1 g net), 13 g protein, \$1.40

MCDONALD'S GRILLED CHICKEN CALIFORNIA COBB SALAD (WITH NEWMAN'S OWN BALSAMIC DRESSING): 310 calories, 14 g fat (5 g saturated), 13 g carbs (10 g net), 33 g protein, \$4.61

QUIZNO'S OVEN-ROASTED TURKEY SUB (ON LOW-CARB FLATBREAD): 8.4 g net carb (further information not available), \$4.99

SUBWAY ATKINS-FRIENDLY CHICKEN BACON RANCH WRAP: 480 calories, 19 g carb (8 g net), 27 g fat (2 g saturated), 40 g protein, \$4.87

WENDY'S CARB COUNTER CHEESEBURGER MEAL (WITH CAESAR SALAD AND DIET COKE): 490 calories, 40 g fat (14 g saturated), 6 g carb (4 g net), 29 g protein, \$3.69

CASUAL DINING

CHILI'S KNIFE AND FORK MUSHROOM JACK FAJITAS: 24 g carb (13 g net), further information not available, \$10.99

DENNY'S CARB-WATCH ROAST TURKEY (SERVED WITH GREEN BEANS AND TOMATO SLICES): 314 calories, 8 g carb (6 g net), further information not available, \$7.89

RUBY TUESDAY PEPPERCORN CHILEAN SALMON (SERVED WITH SUGAR SNAP PEAS AND CREAMED CAULIFLOWER): 535 calories, 26 g fat, 29 g net carb (19 g net), further information not available, \$12.99

RUTH'S CHRIS STEAK HOUSE 16-OZ RIB EYE WITH SIDE OF SPINACH: 15 g net carb, further information not available, \$41.90

T.G.I. FRIDAY'S SIZZLING NEW YORK STRIP WITH BLUE CHEESE (SERVED WITH BROCCOLI): 6 g net carb, further information not available, \$15.79

And what about all the new products out there — reduced-carb pasta, flour, and ice cream, for instance? Are any of them moving beyond supermarket shelves and turning up on menus? Very few are, aside from wraps and tortillas, the sweetener Splenda, and certain beverages. Light beer, which is naturally low-carb (see page 61 for details and carb counts), is widely available, and Ruby Tuesday serves a whole line of Baja Bob's low-carb margaritas.

With the taste factor still in the development stage on many of these products, most restaurants are content to simply substitute lettuce for buns and broccoli for other sides (as at Friday's, where the menu quips, "With a side of broccoli, you'll wonder what you ever saw in French fries").

As for Olive Garden, the pasta-pushing king of the casual-dining world, whole-wheat pasta still isn't on the menu, but a representative concedes that the chain is considering it for the future.

STAY TUNED — MORE TO COME

Although the restaurant landscape has changed, it's clear that twists lie in the road ahead and new territory must be charted. At least restaurants are waking up to the fact that many people are looking for alternatives to the old burger and fries standard and the low-carb lifestyle is not going away. Only time — and sales — will tell for many restaurants.

Subway says that its Atkins-approved low-carb wraps fared five times better than projected, and that the chain's sales quadrupled after the introduction of its low-carb salads. With numbers like that, shouldn't Atkins stop sharing the wealth and just open its own line of eateries?

Nothing's planned for now, Atkins representatives insist — with 15 books in print, over 280 food products, two major restaurant partnerships, and one Olympic sponsorship (in women's keelboat sailing), the Atkins people have enough on their plates. Just no carbs. ■