

Calorie Challenge

In such a busy world, mealtimes often revolve around our lifestyles. As a result of this, we are doing a lot more dining out. When dining out, we are consuming many extra calories, primarily from fats and the larger portion sizes.

According to the United States Department of Agriculture, “dining out has been increasingly popular for Americans over the past several decades. In 1970, 26 percent of all food spending was on food away from home; by 2005, that share rose to 41 percent.”

The purpose of the **Calorie Challenge** is to provide workplace wellness programs with a tool that will encourage their employees to rethink their dining out menu choices. Employees will be asked to guess the number of calories in various restaurant food items and be STUNNED when they learn the actual amount!

Calorie Challenge Includes:

- Employer Tips for Use
- Employee Handout: *Healthy Tips for Dining Out*
- 20 Calorie Challenge Posters
- 20 Calorie Answer Posters

Calorie Challenge Employer Tips

- Post one challenge a week in your company break room/s or employee kitchen/s. Clip a pen to the sheet to make it easy for employees to submit a guess.
- Post the poster showing the correct answer the following week, along with the name of the employee with the most accurate calorie guess.
- Post reminders, answers and winners on your company's internal/employee website, if possible.
- Provide a small healthy prize to the weekly winners. Everyone loves incentives! Pedometers, exercise balls, resistance bands and water bottles are a few examples.
- We have provided twenty weeks worth of posters. There are many ways to run the **Calorie Challenge** campaign. We suggest you run the campaign for five weeks, 4 times a year, thereby using each poster once in a twelve month period. This will give employees a break between rounds and keep the information fresh!
- We recommend you provide copies of the *Healthy Tips for Dining Out* handout to all employees!
- If you wish to edit this file to add your logo or delete the offer of a prize, we will provide these documents in Microsoft Publisher. Please do not remove our logos or the attribution to *Men's Health*. Email Let's Go! at info@letsgo.org.