

A GUY'S GUIDE TO GRUB

HOW TO EAT POORLY WITH ZERO GRAMS OF GUILT

BY RICH LEVINE PHOTOGRAPHS BY KATIE NOBLE

adies, it's not your boyfriend's fault. It really isn't. Blame the celebrities. We men marveled over Catherine Zeta-Jones falling in love with old man Michael Douglas. We sat in disbelief as Julia Roberts fell for lantern-jawed Lyle Lovett—pompadour, acne scars and all. Angelina and Billy Bob? Yeah, we caught that one too.

The secret's out: When it comes to the opposite sex, you're just far less appearance-conscious than we are, and for that reason it shouldn't come as a surprise that daily gym regimens and calorie-counting aren't always our top priorities. But that's not to say we don't try and stay a little fit for you. We'll jog from the T stop to our office and call it a workout; every

once in a while we'll do a set or two of crunches during the commercials of a Red Sox or Pats game (unless it's nationally televised—they go to commercials too often); and starting now, when we sit down at a diner at 2:30 on a Saturday morning or need a quick snack on the way to work, we're going to make the healthy choice (or at least the healthiest one available), and we're going to do it all for you.

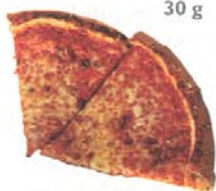
That's because, with a little help (OK, a lot) from Mike D'Angelo, personal trainer, exercise physiologist and founder of Body Evolver Fitness and Training on Boylston Street, we got the skinny on the best of the bad foods.

TWO SLICES OF PIZZA VS. CHEESEBURGER

Two slices of Domino's cheese pizza (regular crust)

Cheeseburger with lettuce and grilled onions

750	Calories	440
22 g	Fat	24 g
110 g	Carbs	36 g
30 g	Protein	23 g



D'Angelo's take: I'd eat the cheeseburger. Why? The protein and veggies. Pizza has few benefits, except maybe a little from the cheese. The white flour in the crust spikes glucose levels in your blood, and tomato sauces typically are loaded with sugar. With the burger, you're at least getting quality protein with the fat. A little bit of fat—even saturated—is healthy, though unsaturated is better. The bread isn't great, but it has fewer carbs than the pizza. So eat the burger, top it with lettuce and grilled onions, and use mustard instead of ketchup, which is loaded with sugar. Even better: Eat it open-faced, with only half the white-flour bun.

CHICKEN CAESAR SALAD VS. GRILLED CHEESE SANDWICH



Chicken Caesar salad



Grilled cheese sandwich

541	Calories	510
34 g	Fat	30 g
15 g	Carbs	40 g
37 g	Protein	19 g

D'Angelo's take: Go for the chicken Caesar salad with dressing on the side. The salad has more of what you need (fiber and protein) and less of what you don't (empty calories). The fiber is great for filling you up, and chicken is a lean form of protein. A little of the dressing should go a long way; it's the one thing that takes the "health" out of the Caesar salad, so use it sparingly and you'll have yourself a decent meal. A better choice is to order a greener salad, like a house salad with balsamic vinaigrette, with a side of chicken. The vinaigrette is a tasty and lower-calorie choice and has the healthy unsaturated fat in it, as opposed to the creamy Caesar dressing, which has saturated fat. Try using only a little dressing on your salad and keep the rest on the side for backup.

CHICKEN PARM OVER ZITI VS. MEATBALL SUB

Chicken parm over ziti		Meatball sub	
1,026	Calories	586	
35 g	Fat	27 g	
117 g	Carbs	50 g	
60 g	Protein	36 g	



D'Angelo's take: Look at the calories in the chicken parmesan over ziti! From a calorie standpoint alone, the meatball sub is a better choice. The chicken is breaded, fried in oil and layered with cheese; then comes a big carb load in the form of ziti. Instead, order chicken, broccoli and ziti and eat only half the ziti. Request the chicken baked or grilled, not fried. Broccoli speaks for itself: packed with great nutrients and loaded with fiber, so it's filling.

BIG MAC VS. CHICKEN MCMUGGETS



Big Mac		Chicken McNuggets w/ honey-mustard sauce	
560	Calories	485	
30 g	Fat	25 g	
47 g	Carbs	40 g	
25 g	Protein	25 g	

D'Angelo's take: I'd have to go with the nuggets, but without the honey-mustard sauce. Dip them in regular mustard instead, a lower-calorie but still flavorful option. Obviously, neither the nuggets nor the burger is very good for you. A better fast food choice is the grilled chicken sandwich. Get two sandwiches, take one of the pieces of chicken out (throw the bun away) and stuff the chicken into the other sandwich. Top with veggies and mustard.

BACON, EGG & CHEESE BAGEL VS. CHOCOLATE DONUT & COFFEE

Bacon, egg & cheese bagel (plain bagel)		Chocolate donut & coffee	
461	Calories	308	
19 g	Fat	15 g	
53 g	Carbs	44 g	
22 g	Protein	4 g	



D'Angelo's take: Grab the bacon, egg and cheese; there's too much straight sugar in the donut and coffee. But be careful, because these numbers reflect a medium-sized bagel. Some large bagels start at 460 calories before adding the bacon, egg and cheese. A better option? Go with turkey, egg and cheese on a wheat bagel. Turkey is better than ham or bacon for quality, nutrient-dense protein, and the wheat bagel, with its more-beneficial complex carbs, trumps a plain white bagel.

SIX-PACK OF ULTRALIGHT BEER VS. FOUR JACK & WATERS

Six-pack of ultralight beer		Four Jack & waters	
580	Calories	316	
0 g	Fat	0 g	
15.6 g	Carbs	0 g	
0 g	Protein	0 g	



D'Angelo's take: When you're out on the town drinking, eat light and eat clean. Choose your calories: Either drink them or eat them, but don't do both. And in this case, I'm reaching for Jack. Beverages of this sort are high in alcohol sugar, which increases the calories (alcohol sugar is seven calories per gram). If you're going to eat, focus on protein and veggies, then drink your carbs. Just make sure that your booze isn't mixed with sugar—cola, fruit juices, mixers. You want a tip to nip that hangover in the bud? When you get home, eat pickles and drink water. The combination of sodium in the pickles and water helps to rehydrate your body, particularly your brain. Also, quality alcohol is less hangover-inducing than cheap booze. So treat yourself and drink the good stuff!

There you have it. And girls, keep this story handy for the next time you're about to give your boyfriend an earful as he mows down a burger with a side of nuggets and a liter of Jack. Take a deep breath, re-read and remember to lay off. He's trying to be healthy. **18**