



BROOKLYN_BORN

 [Change Banner Image](#)154,963
SparkPoints

Info



Photos



Feed



Blogs



Awards

More



Do restaurants take advantage of “healthy eaters?”

Friday, October 24, 2014

Because of a sudden unexpected trip, my last 6 meals were on the road. This included take-out food since no one was cooking given the circumstances of our visit.

The further south you go, the fewer healthy choices I found.

This is the story of one meal. DH and my in-laws ordered burgers and Reuben sandwiches. The portions were huge and included side dishes (beans and slaw). Both sandwiches had to be eaten with a knife and fork. You couldn't hold anything that big in your hand. The cost was \$7.49 and \$8.49 for those entrees.

I ordered the “lighter fare” - grilled chicken and steamed broccoli. It cost \$6.49. Here it is.



There are exactly 4 piece of broccoli there.

I remember when I first tried the chicken salad at McDonalds and realized that I paid \$5 for a plate full of lettuce with 4 little chicken chunks plus a few slivers of tomato and cucumber. DH had an enormous pile of food for less money.

It may be different now since I haven't been there in years.

However, I do understand how someone would be tempted to get more for their money.

You need determination to eat healthy. Too bad you also seem to need a bigger wallet.

Note: I didn't photograph the other dinners since it seemed rude to do that. Trust me, they were HUGE.

[Edit Blog Entry](#) | [Delete Blog Entry](#)[Share This Post With Others](#)[Report Inappropriate Blog](#)[Add a Blog Entry](#)[See Today's Featured Member Blog Posts](#)

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)[Avoiding Our Wedding Anniversary - 6/4/2021](#)[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)[View All >](#)

Member Comments About This Blog Post



FEISTYLIZARD
Wow! What a rip off! What is up with restaurants? It seems like they're either charging way too much for very little (like this, that's such a joke), or they're flat out lying about their healthy options. A person is usually better off getting what they'd actually want and just packing up half of it, than trying to order something "healthy".



Travelling is the worst for food. I end up packing my own healthy (not always super delicious) snacks when I travel just so I can skip the fast foods and bad restaurants as much as possible.

Anyways, hope you are well and feeling healthy on your travels. :)
2419 days ago



WALLAHALLA
You're right. They charge you out the wazoo to eat healthy in a restaurant, and you typically leave hungry.
2421 days ago



MARYJEANSL
I think it may well be that restaurants take advantage. But maybe the fresher, leaner ingredients cost them more. I will say that that broccoli looks fresh and not overcooked, even if there isn't much of it.
2421 days ago



PHEBESS
All I can think is maybe the fresh stuff costs the company more? I don't know - I agree it isn't right or fair. And frustrating.
2421 days ago



TERI-RIFIC
You are right! But your meal looks good even though overpriced.
2421 days ago



BOOKAPHILE
I hope you soon can be back in the kitchen producing just what you need without feeling (being!) cheated. Eating out is a convenience, but not necessarily one that yields balanced nutrition and lower calories.
2422 days ago




KOHINOOR2

2422 days ago



WATERMELLEN
This has always struck me when travelling in the USA -- it's way cheaper to eat unhealthy food. And that's why whenever possible I rent a condo and make my own food!! Tastes better too. (I know, clearly not possible on your recent trip).
2422 days ago







DOVESEYES

2422 days ago



ONEKIDSMOM
I've noticed the same thing... a reason to avoid eating out, in my opinion, unless I'm forced to... which obviously, in this case, you were. It is worth it. But if I can't get my own fresh-built salad... some of the offerings "out" just pale by comparison!

Hang in there... it's temporary, and you're tough!
2422 days ago



SUNSET09
 Everyone does! Have you noticed how much a salad costs?!?!?!? I make it point not to mention how big the amounts are as you best believe, they are not cheating themselves.  I also make sure I have some leftovers for lunch the next day!  
2422 days ago





GIVEUP30

you so right it is harder on the road we usually get the streamed meal some places have
2422 days ago

v



CD4114015

The title to this really caught my eye! And I totally agree with you! I have noticed the same thing!
2422 days ago

v



JAMIRBLAZE

Agreed! At least, yours was less money. Usually grilled meat and a veggie costs more than a huge plate of grease and cheese, and is paltry on the veggies.
2422 days ago

v



LINDAKAY228

I think they do take advantage! You can eat out cheaper if your want unhealthy food unfortunately. Even though they are offering more on their menus for healthier eaters there is a price!
2422 days ago

v



CD4300142

I have noticed this too. When I order a vegetarian entree sometimes that has everything else the same as someone else at a restaurant except the meat, I don't get a discount. I think that's unfair! And yes, healthier entrees typically cost as much or even more than the full fat meaty meals that are overflowing the plate. Really annoying. We do notice that a higher percentage of our income goes to groceries than we would like. We keep trying to figure out how to reduce cost without reducing the healthiness. It is tough. Those coupon queens out there are typically filling their carts with highly processed foods with long shelf lives. Not the types of foods that comprise a healthy diet (mostly).



Hope you have a happy and healthy weekend!
2422 days ago

v



GETHEALTHY83

I agree! You can get so much junk cheap to eat and feel extra full but yet it costs so much more to eat healthy and they're skimpy on the veggies. I mean it's expensive to buy veggies and fruit so I know why they're charging us so much when we order it.
2422 days ago

v



DR1939



2422 days ago

v



TX_WILDHEART

i agree bigtime. They are so ripping us a new one!!
2422 days ago

v



EVIE4NOW

The reverse story to yours is super sizing. A few restaurants are now getting "it" but most aren't.
2422 days ago

v



BBEAGAN

I know! even the SAME price for a smaller, healthy meal would seem reasonable to me, but when they charge MORE than for the 'junk' food?? When you know that if you were making it at home, the healthy meal would cost less? Really, how much more would it cost the restaurant to triple the amount of broccoli!
2422 days ago

v



LIVINGLOVINLIFE

There are restaurants that offer healthy choices and do not charge more for them but you really have to look for them and choose carefully. You definitely did not get your money's worth on the chicken and broccoli.
2422 days ago

v



2BDYNAMIC

You asked if they took advantage of healthy' eaters Remember one thing about restaurants/ fast foods and all it is BUSINESS to them period. They could care less



about anyones cholesterol or waistline They are there to make and LOTS of it That is how the Managers make their big bonuses! And they take classes in strategy and how to seduce the consumer Notice the word consumer Because we CONSUME so we have to be wary and outsmart them. And those veggies

v

are usually cooked to death! Grim but true.
2422 days ago



CD13376265

Lol!! You got ripped off! I had to laugh when I saw your meal. It is healthy but they obviously do not cater to anyone wanting to eat truly appetizing and healthy food. Travelling is hard. Once you get out of large urban centres, the quality of restaurants usually drops.
2422 days ago



WILSONWR

It's a shame, but that is the truth. They seem to charge extra for "healthy" items (or give you much less). It's hard to healthy when you think you're getting "ripped off."
2422 days ago



MISCHAKEO

That is true. You get larger portions of unhealthy foods in restaurants such as fries. You got a healthy but small meal. Good luck on your travels. I traveling also.
2422 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

☐ Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.