

# Healthy in a Hurry...

## Eating Smart at Fast Food Restaurants

### Strategies to Eating Healthy at Fast Food Restaurants

#### 1. Minimize, not supersize

For fewer calories, fat, sugar, and sodium ask for a small meal.



#### 2. H<sub>2</sub>O!

Shakes and pop contain extra calories, sugar, and fat. Go for skim or 1% milk for a calcium boost, 100% juice for vitamins, or water which is calorie, sugar, and fat FREE!



#### 3. Try the light side

Split an order of French fries or check out other side options. Go for a salad, baked potato, fruit, or slaw. Choose low-fat dressing or no dressing at all to avoid extra calories and fat.



#### 4. Color your sandwich with the good extras!

Add tomato, lettuce, spinach, cucumber, onion, and peppers to your burgers, subs and deli sandwiches if you can.

#### 5. Trim the trimmings

Adding extras such as bacon, cheese, mayonnaise and sour cream adds calories and fat grams to your meal. Avoiding extras may help you avoid extra pounds.

#### 6. Ask for whole grain

Order whole-wheat bread, buns, tortillas, or brown rice if you can.

#### 7 Look for options

Try wraps or stir-fry bowls instead.



#### 8. Think before you buy

If you are asked, "Would you like fries with that?" or "Do you want the value size?" It's okay to say "no"!



#### 9. Indulge your inner child!

Order a kid's meal. Many now offer a choice of low-fat milk and fruits or vegetables instead of fries.