

FAST FOOD GUIDE

FAST FOODS ... are often **FAT FOODS**. However, fast food restaurants are adding more healthy choices to their menus. Try these tips when eating out:

- ✓ Order **PIZZA** with peppers, onions, mushrooms or broccoli (skip the pepperoni, sausage and meatballs). Be wary of “extra cheese” or stuffed crust pizzas!



- ✓ **CHICKEN** ... is naturally lower in fat (and calories) than hamburger UNTIL it is breaded and fried - even "skinless" fried chicken has a thick, greasy crust. Choose a broiled or roasted chicken sandwich without the sauce.

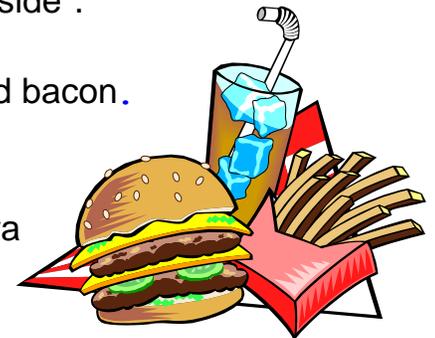
- ✓ Eat your **BREAD**. Bagels, plain rolls and breadsticks are low in fat and calories. Croissant sandwiches are higher in fat - biscuits are worse with over ½ their calories from fat.



- ✓ Eat a large tossed **SALAD** with low fat dressing. If you crave high fat blue cheese or caesar dressing, ask for it “on the side” and use sparingly. Avoid high fat toppings like croutons, bacon bits, cole slaw or potato & macaroni salads at the Salad Bar.

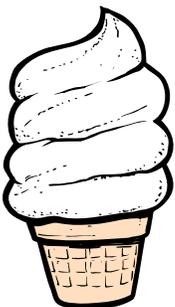
- ✓ Have a **BAKED POTATO**. Skip the fries (most get 45-50% of their calories from fat) and have a plain baked potato. Ask for butter or sour cream "on the side".

- ✓ Have a **PLAIN BURGER** instead of one loaded with cheese and bacon. Add lots of tomato, lettuce and pickles from the “Fixin’ Bar”.



- ✓ **SKIP THE "SPECIAL SAUCE"** ... as well as mayonnaise, extra cheese and tartar sauce which can double the calories. Add extra flavor with ketchup, salsa, honey or bar-b-que sauce.

- ✓ Drink your **MILK** ... if it's low fat. A shake is really a high fat, high calorie dessert, and even the low fat version may not be low calorie (it's still loaded with lots of sugar). Or ask for **WATER** - it's no calorie, fat and sugar free.



- ✓ Choose a healthy **DESSERT**: many fast food chains now offer low fat ice cream, yogurt & fruit parfaits, single-serve cups of fruit or applesauce.
- ✓ Be wary of the **SUPER-SIZED** specials which can add up to 25% more fat and calories. Although they're a bargain for the money, you'll be tempted to eat the whole meal for a super-sized calorie and fat deal!