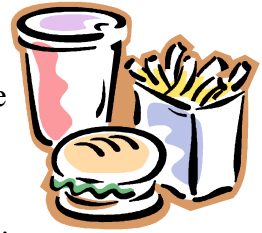


Eating Well While Eating Out



Today, many of us find it easier to drive through a fast food restaurant than to take the time to make a home cooked meal. Most fast food chains offer a wide variety of good choices, such as grilled chicken sandwiches, broiled fish, salads and low fat milk. However, you need to know how to choose wisely. In addition to making healthier choices, it is important to watch portion sizes. This handout gives you some general tips on making better choices when it comes to fast foods. There are also websites for you to check the nutritional information on your favorite fast food menu.

Tips for Better Health Choices

- Avoid breaded meats and deep fried choices.
- Limit cheese and bacon.
- "Hold the mayo" or ask for reduced-fat mayo to cut back on fat and calories.
- Select a side salad, yogurt or chili instead of French fries.
- Try salads and other fresh vegetables or fruits. Ask for fat free or light dressing. Try salsa on the side to use as a dressing.
- Try fat free or light condiments like ketchup, mustard, lettuce and tomatoes on sandwiches. They add flavor without as many calories and fat.
- Portion control is very important! Try ordering a kid's meal or the smallest size available to cut back on calories and fat.
- Choose grilled, baked or broiled instead of FRIED!
- Order a la carte instead of value meals
- Choose water or diet sodas instead of regular drinks
- Load up on the veggies on sandwiches
- AVOID super-sized portions



Choose the better option

Menu 1:

Quarter Pounder with cheese
Large French Fries
Large Coke
Apple Pie
(1585 Calories, 64g fat, 1740 mg sodium)

Menu 2:

Hamburger
Side Salad w/ Balsamic Vinaigrette
Water
Yogurt Parfait (without granola)
(440 calories, 13g fat, 1310 mg sodium)

Did you know???

- People unintentionally eat more when faced with larger portions
- The average American eats approximately 5.6 meals away from home each week
- One-third of children and teens eat at a fast food restaurant on any given day
- One-third of calories are eaten away from home
- The average burger in 1977 weighed 4.7 ounces
- Restaurant portions are much larger than standard serving sizes