



Healthful Fast Food Tips

Reduce fats, saturated fats and cholesterol

- Choose plain burgers or sandwiches; leave off the sauce, mayonnaise, cheese and bacon – try mustards.
- Avoid fried foods—fish, French fries, onion rings.
- Select broiled or poached instead of fried.
- Drink water, diet pop, tea, coffee or lowfat milk.
- Skip the fatty breads like croissants and biscuits.
- Eat raw veggies and green salads less/no dressing.
- Choose small portions.
- Use chips less often – once a month instead of weekly.
- Try eating out at fast foods less often.

Limit sugar

- Use less ketchup, pickle relish, jelly, honey, BBQ sauce.
- Avoid gelatin salads.
- Avoid canned fruit in heavy syrup – use fresh, frozen or canned fruit in its own juice or in water.
- Avoid sweetened soft drinks and shakes—ask for milk, water, diet soft drinks, tea or coffee.
- Skip sweet desserts.

Increase fiber

- Eat a high fiber cereal most mornings.
- Choose fresh vegetables & fruits at the salad bar.
- Select sandwiches with tomatoes and lettuce.
- Choose whole grain or multi-grain buns.
- Eat baked potatoes & the skins--limit the toppings.

Don't Forget Water

- Offer water instead of juice or milk when a child requests something to drink in-between meals.
- Drink water with your meals.
- Drink extra water in hot weather or when exercising.

Avoid the Super Sizes or Jumbo Sizes

- Select regular size fries and drinks at fast food restaurants and if you can, share them.
- Use child size portions for children not adult portions.

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