

Getting Facts on Fast Food



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

With today's busy lifestyle, many of us find it easier to drive through a fast food restaurant than to take the time to make a home cooked meal. Use these tips to make healthier choices.

Tips for better health choices

- Have grilled chicken instead of beef. This will reduce fat and calories.
- Avoid breaded meats and deep fried choices.
- Limit or avoid cheese and bacon.
- "Hold the mayo" or ask for reduced-fat mayo to cut back on fat and calories.
- Select a baked potato with reduced fat sour cream instead of French fries.
- Try salads but stick with fresh greens and other fresh vegetables or fruits. Ask for fat free or light salad dressing. If you use regular dressing, use a small amount. Also, 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.
- Be careful with drinks! A large soda is 300 to 400 calories and a large shake can be 850 calories. Pick water, unsweetened tea or low fat milk to cut out these calories.
- Try to eat out no more than 1 to 2 times a week. By limiting the times you eat at restaurants, you will be able to avoid large amounts of calories, fat and sodium.

Making better choices

Portion control is very important! Portion sizes for most restaurant foods and convenience foods have grown to be sometimes 2 or 3 times normal size. Try ordering a kid's meal or the smallest size available to cut back on calories and fat. Here are some examples of calories you can avoid by making better choices. Best choices are usually salads or items that are not deep fried.

Restaurant	Instead of this (calories)	Choose this (calories)	Calorie savings
Arby's www.arbys.com	Roast Beef Max (560) and Curly Fries Large (650)	Jr. Roast Beef Sandwich (210) and Curly Fries Snack (250)	750
Burger King www.bk.com	Whopper Sandwich (630) and Large Onion Rings (500)	Whopper Jr. Sandwich (310) and Value Onion Rings (150)	670

Restaurant	Instead of this (calories)	Choose this (calories)	Calorie savings
Chipotle www.chipotle.com	Burrito with chicken, white rice, pinto beans, fresh tomato salsa, sour cream and cheese (1045)	Burrito bowl with chicken, brown rice, pinto beans, fajita vegetables, fresh tomato salsa and romaine lettuce (555)	490
Kentucky Fried Chicken www.kfc.com	Original Recipe Chicken Breast, Mashed Potatoes with Gravy and a Biscuit (620)	Kentucky Grilled Chicken Breast, Green Beans and Corn on the Cob (270)	350
McDonald's www.mcdonalds.com	Double Quarter Pounder with Cheese (780) and Large French Fries (510)	Cheeseburger (300), Small French Fries (230), Side Salad with Newman's Own Low Fat Balsamic Vinaigrette (50)	710
Subway www.subway.com	6 inch Spicy Italian (480) and Loaded Baked Potato Soup (210)	6 inch Subway Club (310) and Homestyle Chicken Noodle Soup (110)	270
Wendy's www.wendys.com	Baconator (930) and Large Classic Chocolate Frosty (580)	Ultimate Chicken Grill (340) and Jr. Classic Chocolate Frosty (200)	970

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail health-info@osu.edu.