

# Getting Facts on Fast Food



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With today's busy lifestyle, many of us find it easier to stop at 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 calories and a large shake is 800 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
<b>Arby's</b> <a href="http://arbys.com">arbys.com</a>	Double Roast Beef (510) and Curly Fries Large (650)	Roast Beef Slider (210) and Curly Fries Snack (250)	700
<b>Burger King</b> <a href="http://bk.com">bk.com</a>	Whopper Sandwich (678) and Small Onion Rings (280)	Whopper Jr. Sandwich (340) and Small Onion Rings (280)	338
<b>Chick-fil-A</b> <a href="http://chick-fil-a.com">chick-fil-a.com</a>	Breaded Chicken Sandwich (440) and French Fries (420)	Grilled Chicken Sandwich (380), Fruit Cup (60), and Kale Crunch Side (120)	300

Restaurant	Instead of this (calories)	Choose this (calories)	Calorie savings
<b>Chipotle</b> <a href="https://chipotle.com">chipotle.com</a>	Burrito with chicken, white rice, pinto beans, fresh tomato salsa, sour cream, and cheese (1,085)	Burrito bowl with chicken, brown rice, pinto beans, fajita vegetables, fresh tomato salsa, and romaine lettuce (570)	515
<b>McDonald's</b> <a href="https://mcdonalds.com">mcdonalds.com</a>	Double Quarter Pounder with Cheese (740) and Large French Fries (480)	Cheeseburger (300), Small French Fries (230), and Apple Slices (15)	675
<b>Subway</b> <a href="https://subway.com">subway.com</a>	Italian BMT on Plain Wrap (680)	6 inch Italian BMT Sandwich (360)	320
<b>Wendy's</b> <a href="https://wendys.com">wendys.com</a>	Baconator (960) and Large Classic Chocolate Frosty (590)	Grilled Chicken Sandwich (350) and Jr. Classic Chocolate Frosty (200)	1,000

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