

# Healthy Fast Food Choices

Fast foods fit our busy lifestyles. As a nation, we consume 200 fast-food hamburgers per second. When making a meal out of fast food, the key is not to overdo it.



Remember, adults need calcium as well as kids. Order a carton of low-fat milk instead of a soft drink.

## Fast Food Trade-Offs

To begin with, don't get into a rut when you order. Balance high-fat foods with low-fat choices. Try the following trade-offs.

### If you order:

- French fries
- Milkshake
- A salad with cheese, avocado, or bacon
- Fried chicken
- A large burrito

### Balance it by:

- Having a plain hamburger or grilled chicken sandwich and a carton of low-fat milk.
- Ordering a grilled chicken salad with low-fat dressing (or order a low-fat milkshake).
- Having corn on the cob and mashed potatoes on the side.
- Taking the skin off the chicken.
- Having a side order of beans instead of nachos.



## Examples of Creative Ordering

Take-out foods don't have to be high in fat or strictly limited to what's on the menu. When you place an order, don't hesitate to make special requests. Most carryout places will be glad to work with you.

- Ask for a half a sandwich with a cup of soup instead of a whole sandwich.
- Order your sandwich without mayonnaise or “special sauce.” Ketchup and mustard are low-fat alternatives.
- Order a side of lettuce and tomato instead of chips and pickles.
- Swap the traditional side of potato or macaroni salad for some pasta salad with vinaigrette dressing or a tossed salad.
- Eliminate high-fat extras. If you don't want the chips that come with your sandwich, ask that they not be included.