

FAST FOOD TIPS – ASK FOR IT YOUR WAY!

Occasional visits to fast food restaurants can be part of a healthy diet. Many restaurants offer menu options with lower amounts of fat, calories, sugar and sodium. *You can take control of your health **by asking for what you want.** Have it your way!*

Follow these tips to make healthier choices.

Instead of...

- ❖ Fries, order a side salad
- ❖ Soda, have water, low-fat milk or a small juice
- ❖ Fried or “crispy” chicken, choose grilled chicken
- ❖ Regular salad dressing, ask for low fat or fat free.
- ❖ Mayo or "special sauce," use ketchup, mustard or salsa
- ❖ Hard shelled (fried) tacos, choose soft tacos
- ❖ Refried beans, choose whole beans

Hold...

- ❖ The goop—this includes sauces, dressings, and sour cream
- ❖ The cheese
- ❖ The butter or margarine on pancakes
- ❖ The croutons

And More Tips...

- ❖ If you want fries, share them with a friend
- ❖ Use only half the packet of salad dressing
- ❖ Order the chicken "skinless"
- ❖ Limit the guacamole on your tacos
- ❖ Whenever possible, choose regular instead of “super-sized” (burgers, beverages, chicken pieces, etc.)

