





Fast Food Tips

Most Americans go out for fast foods at least occasionally. It is useful to know how to make healthier choices from the menus offered. Food can be tasty, easy, *and* healthy.

How to eat less fat at restaurants

General guidelines:

1. Eat *smaller amounts* of fats
2. Eat fats *less often*
3. *Substitute* other tasty ingredients for fats
4. Eat *more foods which are low in fat* such as fruits and vegetables

Specific tips:

- **Stay away from the fattiest foods on the menu.**

Example: Burger King's Whopper with cheese, McDonald's Quarter Pounder with cheese; Kentucky Fried Chicken Extra Crispy dinners, Pizza Hut Supreme Pizza.

- **Eat less fried foods.**

Example: french fries, deep-fried chicken or fish. Avoid extra-crispy meats. Substitute grilled or broiled meat for fried meat or remove fried skin. Substitute baked potato for french fries.

Example: Burger King BK Broiler has 10 grams of fat compared with 40 grams in a fried chicken sandwich.

- **Eat less processed meats.**

Example: pepperoni, sausage. Substitutes: low-fat ham, vegetables such as peppers, broccoli, onions, mushrooms.

- **Eat less cheese.**

Example: burgers or pizza with less cheese, with low-fat cheese or without cheese.

Substitutes on pizza: more tomato sauce, low-fat mozzarella cheese. Regular cheese is high in fat however it does provide important nutrients.

- **Eat less sauces on burgers and other meats.**

Example: BBQ, tartar, ranch, mayonnaise.