

Just the Basics

Lesson 3: Choose a Lunch to Cheer About

Kids a Cookin'
& Movin'



Eating on the Go

Eating at a fast food restaurant may be easier than you think **IF** you make good choices.

Sandwiches—look for these words: regular, small, junior size or single burger and ask for a whole wheat bun. Try ketchup, mustard or BBQ sauce on your burger instead of mayo. Bacon, cheese and sour cream add lots of calories and fat. Ask for pickles, lettuce, tomato and onions for some extra veggies!

Chicken is a healthy choice—choose baked or broiled over fried. Ask for special sauces and mayo on the side or order without!

Roast beef sandwiches, soft shell tacos with veggies and sub sandwiches can be healthy choices too.

Fries—serving sizes of French fries have gotten much larger and people are eating more than they used to! Order the smallest size fries or split them with a friend. Or, instead of fries, get a kid's meal with apples or Mandarin oranges.

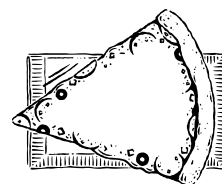
Salads—go for the greens! Add a fresh salad with carrots, peppers and tomatoes. Choose lite or low fat salad dressings. Ask for the dressing on the side or if it comes in packets, use less than 1/2 of the packet or try a twist of fresh lemon.

Order thin crust pizza and ask for "1/2 the cheese" on top, try veggies instead of meat.

Choose low fat milk—either white or chocolate, water or 100% juice instead of soda. A 12-ounce can of soda has 10 teaspoons sugar. A 44-ounce, supersized soda has 36 teaspoons or 3/4 cup sugar, lots of calories and no nutrition.

Meal combos and value meals are typically high in fat and short on fruits, vegetables and whole grains.

Many fast food restaurants have a chart on the wall with the nutrition information or a brochure to take home. Make informed healthy choices!



Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider.

This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Physical activity:

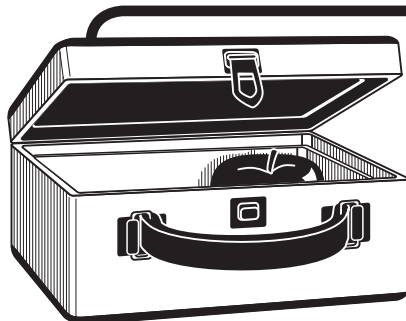
Give kids a step counter (pedometer) and have them guess how many steps it takes to walk around the block or the length of the foot ball field. Do it. See how close they were!

Fitness experts say that adults need to take at least 10,000 steps a day! That's about 5 miles. It's good for kids to take even more steps than that each day.

- walk to a friend's house instead of getting a ride
- walk up the stairs in stead of taking the elevator
- walk around while talking on the phone with a friend
- get UP to change the channel



The Dietary Guidelines recommend at least 60 minutes of physical activity most days of the week. Balancing what you eat with physical activity is important to be healthy.



Pack a Lunch to go!

Stock up on "fast food" while grocery shopping—apples, oranges, mini carrots, string cheese, yogurt, cereal squares or o's, juice boxes, dried fruit, whole wheat tortillas and crackers—all make great "packables!"

Let kids make sandwiches with favorite fillings. Add fruit and veggies to the meal and pack it in a clean bag. By packing a nutritious meal, you save time and money. You don't have to depend on vending machines, convenience stores or fast food restaurants if you pack it to go.

Take food from all the food groups. Remember to keep cold foods cold: Freeze water in plastic bags ahead of time or use insulated bags. Keep cut-up veggies in the cooler so they will be crisp when you are ready to munch.

After lunch, plan time for a hike or bike ride for some great outdoor fun.