

TYPICAL FAST-FOOD IS....

Typical fast-food is generally high in:

- fat
- saturated fat
- cholesterol
- sugar
- salt

These foods may also be lacking in many vitamins and minerals that are usually found in fruits and vegetables. For children, eating regularly at fast-food restaurants can create unhealthy eating habits. Eating fast-foods occasionally is not a problem, but eaten regularly over a lifetime it can promote serious health risks. This is why it is OK to offer children fast-food once in a while, but not on a regular basis.

CHOOSE HEALTHIER FAST-FOOD

When choosing fast-food try to do the following:

- Order milk, instead of soda.
- Choose grilled items, NOT fried.
- Share meals.
- Order side salads with low-fat dressing instead of french fries.
- Ask for ketchup and mustard instead of mayonnaise.
- Don't super size.
- On fast-food days, bring some snacks from home such as carrot sticks, or a banana.



TRY ONE OF THESE ITEMS NEXT TIME!

- Grilled chicken sandwich with ketchup and/or mustard, instead of mayonnaise.
- Small hamburger with ketchup and/or mustard, instead of mayonnaise (ask for extra produce if available).
- Chicken soft taco.
- Bean burrito.
- Green salads with low-fat or fat-free dressing.
- Cheese pizza with regular crust and vegetable or chicken toppings.
- Rotisserie chicken.
- Corn on the cob.
- Deli sandwich with low-fat meats and spread.
- 1% milk.
- 100% fruit juice.
- Baked potato with low-fat toppings or smaller topping portions.
- Yogurt parfait.

DID YOU KNOW?

- A McDonald's Happy meal with 4 chicken nuggets, dipping sauce, small french fries and a child size soda contains:
 - 5.25 tsp fat
 - 9.75 tsp sugar
- A McDonald's grilled chicken sandwich and low-fat milk contains:
 - 2.5 tsp fat
 - 1.75 tsp sugar

Of these two meals,
which would you
choose
for yourself or
your children?

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FAST FOOD: THE HEALTHIER WAY



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