

## Fast Food

### Some Fast Food Tips

- If you want a fast food burger – keeping it simple is best. Limit fats like cheese, bacon, and mayonnaise and go for mustard instead. Load up your burger with vegetables such as tomato, onion, and lettuce. Also, instead of soda, get low-fat milk to drink. It's a great way to sneak some calcium into your day.



- If you're craving Mexican food – try a soft tortilla. Avoid deep fried taco shells and edible salad bowls because these contain a lot of fat. And while they may sound like a big no-no, often refried beans are just mashed up beans with little or no added fat and loads of healthy fiber.



- If you must have pizza – go for a thin crust with veggie toppings instead of thick crust with meat toppings. Don't eat more than one to two slices of a 10-12-inch pizza. To kick the nutrients in your meal up a notch, add a salad that has greens and veggies with a drizzle of oil and vinegar over the top.

### General Fast Food Guidelines

If you are ordering more than just a hamburger from your favorite fast food restaurant, share the meal with a friend or order a small or children's size if you're eating alone. Many fast food places offer a variety of salads. Choose one with grilled chicken (not fried) with light or no salad dressing.