

Nutrition On Your Own

Healthy Choices To Go

Like most families, your family probably loves to eat out. Unfortunately, fast foods often don't measure up to home-cooked meals. But don't worry. You and your children don't have to stop eating out in order to eat healthy. Fast food doesn't have to be "fat food." You just have to know how to make choices that are high in nutrients and low in fat. The following tips will help you to make smart choices when eating out without giving up the fun and great taste that fast food offers.

Tip #1

Skip the mayonnaise, tartar sauce, sour cream, or "special sauce" on sandwiches and try mustard, ketchup, salsa, or barbecue sauce. This can remove over 100 calories and 10 grams of fat from your meal.



Tip #2



Skip the french fries and chips and try a baked potato, vegetable soup, plain pretzels, or a tossed side salad with low-fat dressing instead. This can cut more than 15 grams of fat and 250 calories from your meal.

Tip #3

Choose broiled or grilled foods instead of breaded or fried. These items have fewer calories and much less fat.

Tip #4



Don't wash your meal down with a high-calorie, sugary soft drink or milk shake. By drinking skim or 1% milk or juice you will add vitamins and minerals to your meal. Also, this cuts over 200 calories. And remember, most restaurants serve ice water for free!

Tip #5

Pass over items that are “deluxe,” “double,” “super,” or “jumbo.” The extra meat, bacon, cheese, and sauces on these items make them high in fat and calories. Order a plain item instead and dress it up with extra lettuce, tomatoes, pickles, onions, and other low-fat toppings.



For a healthy change when eating out, you may want to try...

- plain cheese pizza (ask for half as much cheese and add extra sauce)
- a turkey or roast beef sandwich without the mayonnaise
- grilled or roasted chicken
- a tossed salad with low-fat dressing and chicken noodle or vegetable soup
- a baked potato topped with vegetables and salsa
- soft tacos (chicken) or a bean burrito

How Much Fat is in Fast Food?

Food	Teaspoons* of fat
Bean burrito or small hamburger	
Regular roast beef sandwich, or roast beef submarine sandwich, or small cheeseburger	
6 chicken nuggets, or extra crispy chicken wings, or a medium order of fries	
Bagel with bacon, or 2 slices pepperoni pizza	

*1 teaspoon = 4 grams of fat

Food	Teaspoons* of fat
Breaded chicken or fish sandwich	
Sausage biscuit or quarter-pound cheeseburger	
Large taco salad with fried shell	

*1 teaspoon = 4 grams of fat

What have you learned?

Look at the charts on page 3 and circle the three healthiest choices in the list below:

large taco salad

pepperoni pizza

bean burrito

small hamburger

chicken nuggets

fish sandwich

quarter-pound cheeseburger

roast-beef sandwich

True or False:

1. Fast food is always high in fat.

True False

2. Skipping the mayonnaise, cheese, and bacon on a burger will lower the fat.

True False

Think about the last fast-food meal you ate. What would be a healthier choice for next time?

Smart Choices at Fast Food Restaurants

McDonald's:

- hamburger
- chicken fajita salad
- side salad
- grilled chicken deluxe
- low-fat frozen yogurt

Wendy's:

- grilled chicken sandwich
- baked potato
- salad bar with low-fat dressing
- small chili

Burger King:

- BK Broiler chicken sandwich

Taco Bell:

- "light" menu items
- bean burrito
- chicken burrito

Jack in the Box:

- chicken Fajita Pita
- hamburger without "secret sauce"

Arby's:

- light roast beef deluxe
- light roast turkey deluxe
- light roast chicken deluxe
- grilled chicken sandwich
- chicken noodle soup
- roasted chicken salad



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