

Eating *Fast* and Healthy

If you eat fast food...try the following tips for healthier choices:

- **French Fries**
 - Choose the small size.
 - Share with family or friend.
- **Hamburgers**
 - Ask for your burger without the cheese and sauce.
 - Ask for extra veggie toppings like lettuce, tomato, and onion.
- **Sandwiches**
 - Choose smaller sizes with lean meats such as grilled chicken, turkey or ham.
 - Leave out the high fat additions like cheese, bacon and mayo.
 - Choose whole grain breads and buns.
- **Meat, Chicken, and Fish**
 - Look for roasted, grilled, baked, or broiled meats.
 - Avoid breaded or fried choices.
 - Request for dressings and sauces to be served on the side, so you can limit your intake.
- **Salads**
 - Limit the amount of high-fat additions such as dressing, bacon bits and cheese.
 - Vegetables should be the majority of the salad; choose grilled meats rather than breaded or crispy.
 - Choose low-fat dressings, and get them on the side.
- **Drinks**
 - Soda can add an extra 200 calories to your meal. Choose water, diet soda, or unsweetened tea instead.
- **Desserts**
 - Choose low-fat choices such as frozen yogurt, fruit ices, sorbets and sherbets.
 - Reduce the portion size of the high fat and calorie items.

Less Healthy Choices

1. Double-patty hamburger with cheese, mayo, special sauce, and bacon
2. Fried chicken sandwich
3. Fried fish sandwich
4. Salad with toppings such as bacon, cheese, and ranch dressing
5. Breakfast burrito with steak
6. French fries
7. Milkshake
8. Chicken "nuggets" or tenders
9. Adding cheese, extra mayo, and special sauces

Healthier Choices

1. Regular, single-patty hamburger without mayo or cheese
2. Grilled chicken sandwich
3. Veggie burger
4. Garden salad with grilled chicken and low-fat dressing
5. Egg on a muffin
6. Baked potato or a side salad
7. Yogurt parfait
8. Grilled chicken strips
9. Limiting cheese, mayo, and special sauces

Chicken

Less Healthy Choices

1. Fried chicken, original or extra-crispy.
2. Teriyaki wings or popcorn chicken
3. Caesar salad
4. Chicken and biscuit “bowl”
5. Adding extra gravy and sauces

Healthier Choices

1. Skinless chicken breast without breading
2. Honey BBQ chicken sandwich
3. Garden salad
4. Mashed potatoes
5. Limiting gravy and sauces

Mexican Food

Less Healthy Choices

1. Crispy shell chicken taco
2. Refried beans
3. Steak chalupa
4. Crunch wraps or gordita-type burritos
5. Nachos with refried beans
6. Adding sour cream or cheese

Healthier Choices

1. Grilled chicken soft taco
2. Black beans
3. Shrimp ensalada
4. Grilled “fresco” style steak burrito
5. Veggie and bean burrito
6. Limiting sour cream or cheese

Sandwiches

Less Healthy Choices

1. Foot-long sub
2. High-fat meat such as ham, tuna salad, bacon, meatballs, or steak
3. The “normal” amount of higher-fat (cheddar, American) cheese
4. Adding mayo and special sauces
5. Keeping the sub “as is” with all toppings
6. Choosing white bread or “wraps” which are often higher in fat than normal bread

Healthier Choices

1. Six-inch sub
2. Lean meat (roast beef, chicken breast, lean ham) or veggies
3. One or two slices of lower-fat cheese (Swiss or mozzarella)
4. Adding low-fat dressing or mustard instead of mayo
5. Adding extra veggie toppings
6. Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced

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Asian Food

Less Healthy Choices

1. Fried egg rolls, spare ribs, tempura
2. Battered or deep-fried dishes (sweet and sour pork, General Tso's chicken)
3. Deep-fried tofu
4. Coconut milk, sweet and sour sauce, regular soy sauce
5. Fried rice
6. Salads with fried or crispy noodles

Healthier Choices

1. Egg drop, miso, wonton, or hot & sour soup
2. Stir-fried, steamed, roasted or broiled entrees (shrimp chow mein, chop suey)
3. Steamed or baked tofu
4. Sauces such as ponzu, rice-wine vinegar, wasabi, ginger, and low-sodium soy sauce
5. Steamed brown rice
6. Edamame, cucumber salad, stir-fried veggies

Italian Food and Pizza

Less Healthy Choices

1. Thick-crust or butter-crust pizza with extra cheese and meat toppings
2. Garlic bread
3. Antipasto with meat
4. Pasta with cream or butter-based sauce
5. Entrée with side of pasta
6. Fried ("frito") dishes

Healthier Choices

1. Thin-crust pizza with half the cheese and extra veggies
2. Plain rolls or breadsticks
3. Antipasto with vegetables
4. Pasta with tomato sauce and veggies
5. Entrée with side of veggies
6. Grilled ("griglia") dishes

The information above was taken from the following sources:

- Milwaukee County WIC Nutrition Education module, "Fast Food Choices"
- http://www.helpguide.org/life/fast_food-nutrition.htm