

# Let's Eat Out! Healthful Fast Foods

Does your family eat fast food often? If so, try to be smart about fast food choices. Here is why.

## Most fast food meals and snacks are:

- **High** in fat, calories, sodium. *However, you need to limit these.*
- **Low** in fiber, calcium, other nutrients. *However, you need to get enough of these.*
- **Short** on fruits, vegetables, or calcium-rich foods (like milk). *However, you may need more of these.*

## Supersize fast foods may not be a good deal!

Instead, big portions may:

- Overwhelm young children, who have small appetites.
- Provide more than your family needs.
- Encourage people to eat until they feel stuffed, not just satisfied.
- Set the stage for overeating and weight problems. With big portions, children lose their natural ability to follow hunger signals and their appetite.



Check (✓) what you do already.

Circle ○ what you can try right away.

Add your family's ideas.

## Choose smaller portions.

- Look for small and regular-size foods. For a young child, even a small size may be too much.
- Decide how to handle the portion before ordering. Split it with your child.
- Skip value meals. They may provide more food than your family needs.

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## Choose more bone-building calcium.

- Drink lowfat or fat-free milk with fast food.
- Order cheese on a burger or sandwich.
- Buy yogurt.

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## Choose less added sugars.

- Skip soda. Order lowfat or fat-free milk, water, or 100% juice.
- If you drink soda, order a small, not supersize, soda.
- Skip fruit pies. Choose the fruit option or bring an apple, banana, or grapes for something sweet to eat.

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## Choose more fruits and vegetables.

- Ask for tomato, lettuce, and other vegetables on sandwiches.
- Get salad instead of a sandwich and fries.
- Load pizza with veggies.
- Order 100% fruit juice to drink.
- Choose fruit options instead of fries.



## Choose less fat.

- Order regular-size burgers, burritos, and tacos, not deluxe-size.
- Split a small order of fries, or skip them.
- Order grilled chicken, not fried.
- Skip extra cheese on a pizza.
- Go easy on mayonnaise, tartar sauce, special sauces, sour cream, salad dressings, and butter.



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### Try this:

Pick a fast food place with a playground.  
Give your child time to play.

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