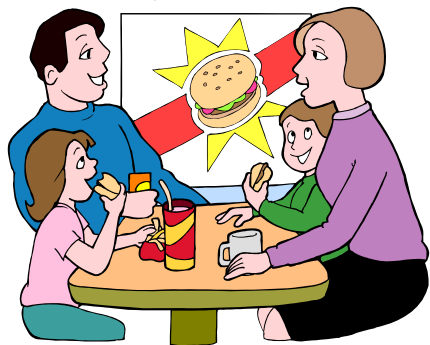


If you're like most people, you probably enjoy the convenience of eating at a fast-food restaurant every now and then. There is no doubt that fast food is inexpensive and satisfying. But without careful selections, fast food choices can be loaded with fat and sugar! You may wonder if it's even possible to choose healthy foods at a fast food restaurant. Well, believe it or not, it is! Whether you're driving through or sitting down, use these eight smart tips to help you eat conveniently and healthy, too!



Your Fast Food Survival Guide



1. **Avoid Portion Distortion.** Swap super-size for smart-size. Instead of getting the bigger meal ask for a small portion or kids portion. Don't clean your plate.
2. **Say "No" to Combo Meals.** Getting a "value" meal may seem like a deal but can be a nutrition disaster. The fast food chain makes more money and you get more food than you need.
3. **Slow Down to Slim Down.** It takes about 20 minutes from the time you eat a food before the brain starts to know you're getting full. Take time to sit down and savor the flavor of your food.
4. **Vegetarian Does Not Mean Low Fat.** A lot of vegetarian dishes are soaking in oil. Even if the food is cooked in olive oil, remember it is still fat and high in calories.
5. **Stick with a Few Favorite Restaurants.** This lets you get to know the menu and what choices are prepared healthy ways and are best for you. You will also learn what substitutions and alternatives the restaurant will let you make.
6. **Don't Starve Yourself.** Skipping meals before going out to eat can cause you to "pig out". It's much easier to stay in control if you eat sensibly throughout the day. Try to drink a pint of water before you eat as well. This will help you feel fuller and not overeat.
7. **Try to Order First.** When you order first you are not tempted or swayed by what other people order.

8. **Ask for Milk or Water.** Opting to stay away from soda, juice and other sweet drinks can trim over 200 calories from your meal. Most fast food places now offer milk with their meals. Just ask!
9. **Ask for a Doggy Bag.** These are your best friends when it comes to helping you cut down on portions. Just ask for one right when your food comes and box 1/2 of it for another meal.
10. **Split Dessert with Pals.** If you absolutely have to get dessert, split it with several people. A few bites is enough to satisfy a sweet tooth.
11. **Ask Questions.** Ask how foods are prepared. Ask for substitutions. Ask if your food can be altered to be healthy. Ask for healthier side dishes like salad.
12. **Order Baked, Broiled, Steamed or Grilled.** Avoid fried, breaded and sautéed. Also avoid gravies, sauces, mayonnaise, and "special" sauces.
13. **Get Your Greens.** Trade in your fries for a side salad. Eat your vegetables first and then move on to other foods.
14. **Walk or Bike for Your Food.** Get a little exercise by using your body to get you to the restaurant instead of a car. You need to get more exercise if you don't want to gain weight.

Worst Offenders

Double Whopper with Cheese or Big Mac
 Double Cheeseburger or Bacon Cheeseburger
 King Size French Fries
 Chili Cheese Fries
 Sour Cream & Chive or Bacon & Cheese Potato
 Crispy Chicken Sandwich
 Breakfast Burrito
 Macho Beef Taco
 Macho Nachos
 Big Beef Burrito Supreme
 Quesadilla
 Onion Rings
 Deep Dish Pizza with Pepperoni or Sausage
 Supreme Pizza
 Milkshakes
 Sourdough Jack Burger
 Italian Sandwich (Salami, Pastrami, or Meatball)
 Egg Rolls
 Bacon & Cheddar Potato Wedges
 Fried Chicken
 Chicken Pot Pie

Top Picks

Charbroiled Chicken Sandwich (No Dressings)
 Grilled Chicken Breast Sandwich (No Dressing)
 Garden Salad with Light Dressing
 Bean & Cheese Burrito
 Light Roast Turkey Sandwich
 Plain Kids Hamburger
 Boca Burger without Cheese
 Chicken Fajita Pita
 Plain Tostada
 Sushi
 Steamed Vegetables
 Soft Taco
 Chili

