

Out & About Around Town

Are you out and about for most of the day? Maybe grabbing lunch or dinner at your favorite fast food joint? Here are some tips to help you choose the most nutritious options.

Better Your Burger

- If a hamburger is what you crave, a hamburger is what you should eat. To cut the calories, order the smallest hamburger available. Look for words such as regular, junior, small, and single.
- Pair it with a side salad and a glass of water or milk for a complete, nutritious meal.
- If you're craving fries, order the smallest size or split them with a friend.
- When having fries, avoid adding more salt. If you need a little extra zest, reach for the pepper shaker.
- Try mustard and ketchup instead of mayo on your burger. Mustard is also an awesome low calorie dipping sauce option!
- Add lettuce, tomato, and onions for some extra veggies.
- Say no to toppings such as cheese, bacon, mayo, sour cream, onion strings, etc. Each contributes to calories and saturated fat.

Choose Chicken

- Chicken is a healthy lean protein choice, just choose baked or broiled skinless chicken breasts over fried.
- Add on the veggie toppings such as lettuce, tomato, and onion.
- Watch out for special sauces and mayo - these are sneaky sources of saturated fat. Ask for them on the side to avoid overdoing it.

Salad, Salad & More Salad!

You can find salads at most fast food stops, but always choose wisely.

Super Salads:

- *Go for the green!* Choose dark green leafy lettuce (when available).
- *Make it colorful.* Add carrots, green or red peppers, broccoli, tomatoes, mandarin oranges, and more.
- *Keep it lean.* Choose lean meats such as grilled chicken or turkey.
- *Go lightly!* Choose lite or oil based salad dressings. Ask for the dressing on the side, or when offered a packet, use less than 1/2 of the packet.



More Fast Food Fun

- Chili is a high fiber, zesty change of pace!
- Baked potato is great, when you go lite on the toppings.
- Yogurt is a tasty calcium treat.