



Fast Food Feasting

In general, fast foods are high in fat, calories, and sodium, and low in fiber, and important vitamins and minerals, such as calcium, vitamins A C D and folic acid.

When eating out, there is a way to find healthy alternatives, The following charts will help you uncover healthier options at a variety of fast food places.

Breakfast Shop

Chose these more often:

Instead of:

| | |
|---|--|
| Low Fat whole grain muffin | Danish or doughnut |
| Whole grain bagel with a small amount of light cream cheese, peanut butter, or lower fat cheese | Bagel loaded with cream cheese |
| Poached egg or plain omelet with unbuttered whole grain toast | Fried egg sandwich with sausage or bacon, cheese omelet with hash browns |

Deli or sandwich counter

Chose these more often:

Instead of:

| | |
|--|---|
| Whole grain bread or bun | White bread, croissant |
| Lean meat such as ham, chicken, turkey, roast beef | Higher fat options such as salami, pepperoni, bologna, bacon, meat balls, egg salad, tuna salad, salmon salad |
| Veggie Dog, Turkey Dog | Hot Dog |
| Green salad, fruit salad, bean salad | Ceaser salad, potato salad, macaroni salad |
| Unsweetened fruit juice, low-fat milk | Fruit drink, soft drink |



Fast Food Feasting

Pizza Place

Chose these more often:

Instead of:

Whole wheat or other type of whole grain crust

White crust

Thin crust

Pan

Vegetarian or Hawaiian pizza

Pizza with the works

Lower-fat toppings like, ham, chicken, mushrooms, peppers, tomatoes, zucchini, lower-fat cheese, canadian bacon

Higher fat toppings like regular bacon, sausage, salami, pepperoni, olives, extra cheese

Oriental/Asian eating

Chose these more often:

Instead of:

Steamed dumplings, steamed buns

Deep-fried chicken balls, sweet and sour pork

Grilled, steamed or stir-fried veggies

Deep-fried veggies like tempura

Fresh spring rolls, sushi, cucumber salad

Deep-fried egg rolls

Steamed rice, noodles in soup

Fried rice, fried noodles, chow mein

Light soy sauce, no MSG

Regular soy sauce, salt, MSG



Fast Food Feasting

Chicken Eatery

Chose these more often:

Instead of:

Barbecued, baked, grilled, or stirfried chicken with the skin removed

Deep-fried chick fingers or nuggets

Grilled chicken sandwich or fajita

Chicken salad sandwich made with mayonnaise

Rice, baked potato with low-fat sour cream or yogurt

French fries

Chicken soup with whole grain crackers or whole wheat roll

Chicken pot pie

Green salad with lower-fat dressing

Creamy coleslaw, salads made with mayonnaise

Burger Place

Chose these more often:

Instead of:

Plain or child-sized hamburger on a whole grain bun if available

Double or triple decker burger with cheese

Grilled chicken sandwich, veggie burger

Deep-fried chicken or fish sandwich

Baked potato with either chili or low-fat sour cream

French fries, baked potato with cheese and sour cream

“Light” menu items

Super-sized combo meals

Frozen yogurt cones

Ice cream, cookies, pies

Lower-fat milk, unsweetened fruit juice

Milkshake, soft drinks



Fast Food Feasting

Italian

Chose these more often:

Instead of:

Broiled, baked, grilled or poached fish, chicken or veal

Breaded, fried, or deep-fried fish chicken or veal

Pasta with vegetables in tomato sauce sprinkled with parmesan cheese

Lasagna, pasta in cream sauce

Fresh fruit, fruit crisp

Cheesecake, desserts with pastry or whipped cream

The following are key words on menus to give you clues for healthy eating:

When the menu says this..

It means the food is probably..

Baked, barbecued, broiled, charbroiled, grilled, poached, roasted, steamed, stir-fried

Cooked with little or now added fat

Alfredo, au gratin or in a cheese sauce, battered, breaded, buttered, creamed, crispy, deep fried, fried, hollandaise, Pan-fried, pastry, prime, rich, sautéed, scalloped, with gravy, with mayonnaise, with thick sauce

High in fat and calories

Pickled, smoked, soy sauce

Higher in sodium