

# Q FOR EATING FAST FOOD QUICK STARTS



## Positive Picks

- Small size burger
- Grilled chicken salads or sandwiches
- Low fat dressings and sauces (or none at all)
- Fruit or fruit and yogurt
- Wraps on whole wheat tortillas without dressing
- Baked potato with vegetables instead of cheese, butter, or sour cream

## Avoid

- “Super size” anything
- Fried or breaded food items
- Chicken nuggets
- High fat sauces and dressings
- Extra cheese
- Croissant breakfast sandwiches
- Onion rings
- Large and jumbo size fries

- Look for the nutrition information at fast food restaurants.
- Avoid extras, such as salad dressing, cheese, sour cream, and mayonnaise.
- Large cola (32 oz) = 310 calories. Save the calories by drinking diet cola, skim milk, or water.
- Order your sandwiches without sauce and extras to cut calories.