

FAST FOOD BASICS

It is inevitable that a college lifestyle leads to fast-paced meals and a fair amount of restaurant food. Although it is very tempting and convenient to eat out the nutritional implications aren't so good. Restaurant foods, especially 'fast foods', are usually high in unhealthy fats, sodium and unnecessary calories and lack fiber and important vitamins and minerals. Here are some tips to help you get the most nutrition out of your visit.

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 up with a side salad and a glass of 100% juice and milk for a complete nutritious meal.
- If you must have fries order the smallest size or split them with a friend. Don't supersize!
- 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. Some of the dipping sauces such as honey mustard are oil based so they are not a winning choice.
- Add lettuce, tomato and onions for some extra veggies.



- Say no to toppings such as cheese, bacon, mayonnaise, sour cream, sautéed mushrooms etc. They can contribute a huge amount of calories and fat.

Make Mine Chicken

- Chicken is a healthy choice, just choose baked or broiled skinless chicken over fried.
- Add on the veggies such as lettuce, tomato and onion.
- Watch out for the special sauces or mayo, ask for it on the side or avoid it all together.

Salad, Salad and more Salad!

- You can find salads at most fast food stops, but be sure to choose wisely.



Super Salads:

- Go for the green – choose dark green leafy lettuce (when available)
- Make it colorful – add carrots, green or red pepper, broccoli, tomatoes, mandarin oranges and more
- Keep it lean – choose lean meats such a grilled chicken or beef
- Go lightly -- choose lite or low fat salad dressings. Ask for the dressing on the side or if it comes in packets use less than 1/2 of the packet

Other Fast Food Options:

Chili – zesty change of pace
Baked potato – go lite on the toppings
Yogurt – tasty calcium treat
Fruit Cup – a colorful nutritious addition