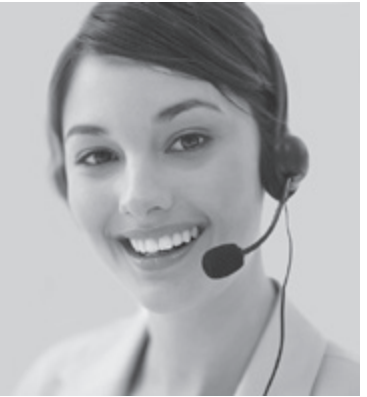


“It was great to talk with you.

Thank you for your interest in healthier choices for fast food meals.
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Fast food places are tempting. Even if you have the best intentions, the menu, sights, and smells are strong cues to order high-calorie, high-fat foods.

But you *can* fit fast food into a healthy lifestyle if you:

- Choose the healthiest items on the menu.
- Limit eating fast food to only *now and then*.

Even when you make low-calorie, low-fat choices:

- Most items are very high in sodium. For example, an Arby’s® Ham 'N Cheese Slider contains only 230 calories and 9 fat grams. But it also contains 750 milligrams of sodium. That’s nearly one-third of the 2,300 milligram daily sodium limit for most Americans. Eating too much sodium is bad for your blood pressure.
- The fat is often solid fat. Solid fats clog your arteries and increase your risk of heart disease.
- Many fast food places offer no or few fresh fruits, vegetables, whole grains, or plant-based protein foods. These foods are key to healthy eating.
- It’s tempting to choose a diet fountain drink. But the best drink in terms of nutrition is low-fat (1-percent) milk, which is on the menu at most fast food places. It’s a great source of many important nutrients. (Keep in mind that “reduced fat” [2-percent] milk is higher in fat and calories.)

Tips for making the healthiest choices

- Look for small, single, junior, or half-size items. A kid’s meal may be a good option.
- Choose grilled or roasted items, not fried. But beware: Even grilled or roasted items can be very high in fat and calories because of added fat or sauces.



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UPMC HEALTH PLAN

Healthier Choices for Fast Food Meals

- Stay away from:
 - Cheese (it is very high in calories and fat).
 - Ham, except for small amounts occasionally. It is very high in sodium.
 - Bacon, except for Canadian bacon in small amounts occasionally.
 - Sausage and pepperoni.
 - Mayonnaise and sauces.
 - Fried food, including french fries.
 - Shakes and sugary drinks.
 - Desserts, except for fresh fruit.
 - Salad dressing, except for nonfat or low-fat dressings.
- What about calories and fat grams? For adults, a good rule of thumb is to aim for 400 to 600 calories and 15 to 20 grams of fat for an *entire fast food meal*. Are you overweight? Talk with your health coach about goals that are right for you.
- Plan ahead. Go online to fast food company websites. Check the Nutrition Facts. Plan two or three meals that fit your goals. When you arrive, don't look at the menu. Stick with your plan. Forgot to plan ahead? Ask to see the Nutrition Facts before you order.
- No fruit or vegetable on the menu? Can't resist ordering a diet fountain drink instead of low-fat (1-percent) milk? Include the healthy items in meals or snacks at home.

Fast Food Choices

Under 350 Calories and 15 Grams of Fat

Food	Calories	Fat Grams
Arby's®		
Light Italian Dressing	20	1
Tree Top® Applesauce	45	0
Chopped Side Salad, no dressing	70	5
Low-Fat (1-percent) Milk	90	2
Roast Beef 'N Cheese Slider	240	11
Ham 'N Cheese Slider	230	9
Chopped Farmhouse Salad with Roast Turkey, no dressing	230	13
Classic Roast Beef Sandwich, no sauce	350	14

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Healthier Choices for Fast Food Meals

Food	Calories	Fat Grams
Boston Market®		
Green Beans	90	5
Fresh Steamed Vegetables	60	3.5
Rotisserie Potatoes	120	2.5
Sweet Corn	130	4
Turkey Breast, Regular	160	4.5
Chicken Noodle Soup	220	8
Burger King®		
Mott's® Applesauce	50	0
Fat-Free Milk	90	0
Kid's Oatmeal	170	3
French Toast Sticks (3 pieces)	230	11
Hamburger	220	8
Cheeseburger	270	12
BK Veggie® Burger, without mayonnaise	310	7
Domino's Pizza®		
One-eighth of a Medium Hand-Tossed Pizza with Tomato Sauce and Regular Cheese. Add one or more of these toppings: fresh baby spinach, tomatoes, green peppers, red peppers, onions, mushrooms, and pineapple.	185-210	7
One-eighth of a Medium Hand-Tossed Pizza with Tomato Sauce and Cheese Only	211	8
KFC®		
Green Beans	25	0
Corn on the Cob (3-inch)	70	0.5
Sweet Kernel Corn	80	0.5
BBQ Baked Beans	240	1.5
Grilled Chicken Breast	210	7

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Healthier Choices for Fast Food Meals

Food	Calories	Fat Grams
McDonald's®		
Apple Slices	15	0
Newman's Own® Low-Fat Balsamic Vinaigrette	35	2.5
Newman's Own® Low-Fat Family Recipe Italian Dressing	50	2.5
Low-Fat (1-percent) Milk	100	2.5
Fat-Free Chocolate Milk	130	0
Fruit 'n Yogurt Parfait	150	2
Chipotle BBQ Snack Wrap® (Grilled)	260	8
Honey Mustard Snack Wrap® (Grilled)	250	8
Hamburger (single)	240	8
Fruit and Maple Oatmeal, without Brown Sugar	260	4.5
Ranch Snack Wrap® (Grilled)	270	4
Premium Southwest Salad with Grilled Chicken, no dressing	290	8
Egg McMuffin®	300	13
Subway® (Calories and fat grams for sandwiches include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, and cucumbers. Values do NOT include dressing, condiments, or cheese unless noted. Salads do not include dressing or croutons.)		
Fat-Free Italian Salad Dressing	35	0
Low-Fat (1-percent) Milk	110	2.5
Black Forest Ham Salad, no dressing	110	3
Turkey Breast Salad, no dressing	110	2
Oven Roasted Chicken Salad, no dressing	130	3.5
Roast Beef Salad, no dressing	140	3.5
Veggie Delite® Mini Sub	150	1.5
Subway Club® Salad	140	3.5
Black Forest Ham Kids Meal Sub	180	3.5
Turkey Breast Kids Meal Sub	180	2
Roast Beef Kids Meal Sub	200	3
Sweet Onion Chicken Teriyaki Salad, includes dressing	230	3
Black Bean Soup	210	1
6" Veggie Delite® Sub	230	2.5
6" Turkey Breast Sub	280	3.5
6" Black Forest Ham Sub, without cheese	290	4.5
6" Subway Club® Sub	310	4.5

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UPMC HEALTH PLAN

Healthier Choices for Fast Food Meals

Food	Calories	Fat Grams
6" Roast Beef Sub	320	5
6" Oven Roasted Chicken Sub	320	5
Wendy's®		
Apple Slices	35	0
Low-Fat (1-percent) Milk	90	2
Power Mediterranean Chicken Salad Half-Size	250	9
Jr. Hamburger	240	10
Grilled Chicken Wrap	270	10
Plain Baked Potato	270	0
Chili	170	5

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UPMC HEALTH PLAN

Healthier Choices for Fast Food Meals

Take Action

Check when completed

My SMART* goal for this week

Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.

Staying on the path to wellness

From time to time, review the ideas on this tip sheet for healthier fast food choices.

1. On a separate piece of paper, plan three fast food menus for yourself that each total 400 to 600 calories and 15 to 20 grams of fat for the entire meal. Example from McDonald's:

	Calories	Fat (g)
Southwest salad with grilled chicken, no dressing	290	8
Newman's Own® low-fat Italian dressing	50	2.5
Apple slices	15	0
Low-fat (1-percent) milk	100	2.5
Total	455	13

2. Choose two strategies on this tip sheet for making healthier fast food choices. Set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.

SMART goal 1:

SMART goal 2:

When you reach your goals, share your success with a supportive friend or family member. Celebrate together each step you take to move in the direction of healthier eating!



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UPMC HEALTH PLAN

Healthier Choices for Fast Food Meals

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “I will go to McDonald’s on Saturday. I will order the Premium Southwest Salad with grilled chicken and low-fat Italian dressing, the apple slices, and 1-percent milk.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Sources:

Company websites and materials (accessed January 26, 2018) for:

- Arby’s (<http://arbys.com/build-a-meal>)
- Boston Market (www.bostonmarket.com/nutrition)
- Burger King (www.bk.com/pdfs/nutrition.pdf)
- Domino’s Pizza (https://cache.dominos.com/olo/4_2_2/assets/build/market/US/_en/pdf/DominosNutritionGuide.pdf)
- KFC (www.kfc.com/nutrition/full-nutrition-guide)
- McDonald’s (<http://nutrition.mcdonalds.com/usnutritionexchange/nutritionfacts.pdf>)
- Subway (www.subway.com/en-us/menunutrition/nutrition)
- Wendy’s (www.wendys.com/en-us/nutrition-info)



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