



Healthy Families Better fast food choices



Eating fast food now and then is OK. But be choosy. Follow the quick tips on the back for a healthier fast food meal.

Follow these tips for a healthier fast food meal:

- **Order the smallest size.** For example, order a small hamburger and small fries.
- **Skip the sauce and extra cheese.** Order a grilled chicken sandwich without the sauce. Or order a hamburger instead of a cheeseburger.
- **Order a healthy side.** Try carrots, yogurt, apple slices, or a small salad instead of fries.
- **Choose your drink wisely.** Order fat-free milk or bottled water instead of a soft drink.
- **Eat at fast food restaurants that have play places, and use them.** Being active burns calories.

Healthier fast food choices

Instead of	Order
Quarter-pounder hamburger	Small hamburger
Hamburger	Bowl of chili or small roast beef sandwich
Large French fries	Small fries or a plain baked potato
Chicken nuggets (10 pieces)	Chicken nuggets (4 pieces) or grilled chicken wrap or salad with grilled chicken
12" meatball submarine sandwich	6" turkey submarine sandwich
Fish sandwich	Grilled chicken sandwich without the sauce
Deep dish pizza	Thin crust pizza
Thin crust sausage pizza	Thin crust cheese and veggie pizza
Taco salad	Beef or chicken soft taco
Cookie, apple pie, or sundae	Fruit cup or yogurt parfait with fruit
Large soft drink	Small soft drink, diet soft drink, fat-free or 1 percent milk, or bottled water

Source: *Happier Meals for Kids at the Drive-Thru*. Elizabeth M. Ward, MS, RD. Academy of Nutrition and Dietetics. Available at www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/happier-meals-for-kids-at-the-drive-through. Accessed August 21, 2015.

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