

Let's Eat Out! Healthy Fast Foods

Be smart about fast food choices.

Most fast food meals and snacks are:

- **Low** in fiber, calcium, other nutrients.
- **Short** on fruits, vegetables, or calcium-rich foods (like milk).
- **High** in fat, calories, and sugar.



Super-sized fast foods may not really be a “good” deal for nutrition!

Big portions may:

- Be too much for young children, who have small appetites.
- Provide more calories, fat, and sugar than your family needs.
- Make people eat until they feel stuffed.
- Lead to overeating and weight problems. With big portions, children may lose the ability to follow hunger signals and their appetite.

Ideas for Healthy Choices:

1. Choose smaller portions.

- Look for small and regular-size portions.
- Decide how to handle the portion before ordering. Split it with your child.
- Avoid value meals. They may provide more calories, fat, and sugar than your family needs.

2. Choose more calcium-rich foods.

- Drink milk with fast food.
- Order cheese on a burger or sandwich.
- Buy yogurt if your family likes it.

3. Choose less added sugars.

- Order milk, juice, or water to drink.
- Order a regular, not super-sized, soda.
- Skip fruit pies-order fruit instead.

4. Choose more fruit and vegetables.

- Ask for lettuce and tomato on burgers and sandwiches.
- Order a salad, instead of fries.
- Load pizza with vegetables.
- Order fruit juice.

5. Choose less fat.

- Order regular size burgers, burritos, and tacos, not large sizes.
- Split a small order of fries.
- Order grilled chicken and fish, not fried.
- Skip extra cheese on pizza.
- Go easy on mayonnaise, tartar sauce, butter and others

Try This

Pick a fast food restaurant with a playground. Give your child time to play. This gives them an opportunity to be active in a fun and safe environment.