



Four Strategies to Eating Healthy at Fast Food Restaurants...

1. **Minimize, not supersize.**
You can save extra calories and fat grams by eating smaller portions at fast food restaurants.
2. **H₂O!**
Shakes and pop contain extra calories. Another way to lower the calories and fat grams in your fast food meal is to drink water. Water has no calories and no fat grams.
3. **Try the light side.**
Instead of french fries try having a salad. Garden salads contain no fat grams and are over 200 calories less than a small order of fries. Also try to use low fat dressing or no dressing at all to avoid extra calories and fat grams.
4. **Extras, no thanks!**
Adding extras such as bacon, cheese, and sour cream adds calories and fat grams to your meal. Avoiding extras may help you avoid extra pounds.

Fast Foods High in Calories

(Based on National Brand Averages)

Large Burger	700 Cal
Fried Chicken Sandwich	500 Cal
Large Fries	450 Cal
Large Shake	650 Cal



Fast Foods Low in Calories

(Based on National Brand Averages)

Deli Sandwich	320 Cal
Hamburger	260 Cal
Small Fries	270 Cal
Grilled Chicken Sandwich	370 Cal
Garden Salad Without Dressing	50 Cal
1% Milk	110 Cal
Water	0 Cal

5,000 Copies were printed at a cost of \$.09 by the South Dakota Department of Health.



Healthy in a Hurry...

Eating Smart at Fast Food Restaurants



Calorie Comparisons

What could you save by making different choices at the fast food counter?

Meal # 1

Large Burger

705 calories 45 g of fat

Large Fries

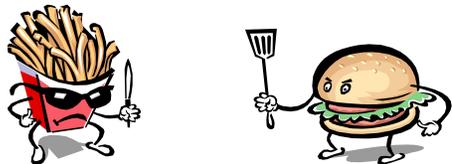
450 calories 20 g of fat

Small Shake

450 calories 15 g of fat

Total Calories for 1 Meal: 1605

Total Fat Grams for 1 Meal: 80



As Compared to this Meal:

Hamburger

255 calories 10 g of fat

Small Fry

270 calories 10 g of fat

1% of milk

110 calories 5 g of fat

Total Calories for 1 Meal: 635 Total

Fat Grams for 1 Meal: 25

Calorie Comparisons



Meal # 2

Fried Chicken Sandwich

495 calories 25 g of fat

Small Fries

270 calories 10 g of fat

Pop (16 oz.)

230 calories 0 g of fat

Total Calories for 1 Meal: 995

Total Fat Grams for 1 Meal: 35

As Compared to this Meal:

Grilled Chicken Sandwich

370 calories 20 g of fat

Garden Salad (without dressing)

52 calories 0 g of fat

Diet Pop

0 calories 0 g of fat

Total Calories for 1 Meal: 422

Total Fat Grams for 1 Meal: 20



Calorie Comparisons

Meal # 3

Hamburger

255 calories 11 g of fat

Garden Salad (Without Dressing)

52 calories 0 g of fat

Pop (16 oz.)

230 calories 0 g of fat

Total Calories for 1 Meal: 482

Total Fat Grams for 1 Meal: 11



As Compared to this Meal:

Ham Sandwich

235 calories 5 g of fat

Garden Salad (Without Dressing)

52 calories 0 g of fat

Water

0 calories 0 g of fat



Total Calories for 1 Meal: 287

Total Fat Grams for 1 Meal: 5