



## Are Chicken Nuggets the Way to Go?

Just because a food is made of chicken, doesn't make it low in fat. Chicken nuggets are generally made of finely ground dark and light meat with skin, fillers and lots of added fat and breading. Comparable portions of chicken nuggets and hamburgers supply similar amounts of protein and calories. However, the chicken ranges from slightly higher in fat to about double the fat content of hamburgers. Chicken nuggets are slightly lower in cholesterol-raising saturated fat than the burger. But because they are deep-fried, a significant amount of their higher overall fat content is surely trans fat, which raises blood cholesterol. When you go to fast food restaurants, try the unbreaded broiled or grilled chicken – preferably without mayonnaise – for a more nutrition-wise choice. And remember, always opt for a smaller portion instead of a “value” meal.

For information on low fat options when eating out, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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