



Fast Food Tips

Fast food is a convenient option for a quick meal. However, fast food can be high in fat and calories, which may make weight maintenance or weight loss difficult. It is possible to choose healthier options with a little knowledge and planning.

The following tips for reducing calories may help maintain weight when eating at fast food restaurants:

- ★ Order burgers without mayo to save 160 calories. Omit the cheese to save an additional 90 calories.
- ★ Leave the cheese off of a 6-inch sub sandwich to save 100 calories. Using mustard instead of mayo saves 110 calories per tablespoon.
- ★ Limit or skip the fries. The largest size fry has 400 more calories than a small order of fries.
- ★ Order a thin crust pizza rather than thick crust and save 50 or more calories per slice. Skip the bread sticks to save 140 calories per stick. Leave off the garlic sauce to save 240 calories.
- ★ Salads are a great option, but regular dressings add up to 200 calories per packet. Choose salads with grilled chicken and go easy on the condiments.
- ★ Order breakfast sandwiches on English muffins vs. biscuits or croissants to save 110 calories.
- ★ Order frozen yogurt, sherbet, or sorbet vs. regular ice cream and save 70 to 140 calories per scoop.

Always balance food with physical activity. In addition to regular exercise, burn calories by taking a walk after meals, riding bikes, walking the dog, or using the stairs.

For more information on ways to eat out and stick to your eating plan, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

Shape Your Future... Your Weigh!™