



# Smart Eating on the Go 2

- \* Order wisely – Limit fried choices. Choose items that are grilled.
- \* Beware of large portions – Choose the smallest option
- \* Be smart with salads – Watch the dressing, crispy chicken, bacon & cheese.
- \* Add on carefully – Limit extras like mayonnaise, sour cream, butter, cheese, bacon and sandwich sauces.
- \* Be smart with sides – Select fresh fruit, salad or baked chips.
- \* Don't drink your meals – Order water, diet drinks, unsweetened tea or low fat milk. Beware of frappes and smoothies.
- \* Look for healthy icons – Check for low fat options at fast food restaurants.
- \* Power your pizza – Limit meat, order with lots of veggies and thin crust.

## What do you usually order from your favorite fast food restaurant?

Use this space to make a list of your choices.

## What changes can you make to your order to create a healthier meal?

Use this space to make a list of your new choices.

# INSTEAD OF THIS...

# TRY THIS!

	<p>Double Quarter Pounder with Cheese with Large Fries</p>  <p>740 calories      500 calories</p>	<p>Regular Cheeseburger with Apple Dippers</p>  <p>300 calories      105 calories</p>
	<p>10-Piece Chicken Nuggets</p>  <p>470 calories</p>	<p>4-Piece Chicken Nuggets</p>  <p>190 calories</p>
	<p>Cajun Filet Biscuit</p>  <p>520 calories</p>	<p>Grilled Chicken Sandwich</p>  <p>365 calories</p>
	<p>Medium Seasoned Fries</p>  <p>301 calories</p>	<p>Pinto Beans, Mashed Potatoes, or Green Beans</p>  <p>113 calories      129 calories      43 calories</p>
	<p>Chicken Strips Salad with Ranch Dressing</p>  <p>460 calories      160 calories</p>	<p>Chargrilled Chicken Garden Salad with Fat-Free Honey Mustard</p>  <p>180 calories      60 calories</p>
	<p>12-Inch Spicy Italian</p>  <p>960 calories</p>	<p>6-Inch Fresh Fit Subway Club</p>  <p>242 calories</p>