

Healthy Choices for Eating Out

Simple ways to work with restaurant menus for healthy living.

Fast food: It's cheap.

It's quick. It's convenient.

But salt, fat and calories hide behind the fast food counter.

Tips for healthier fast food.

It's all a matter of choice.

- Choose a small or junior hamburger or sandwich instead of the deluxe or supersize sandwich. Half the size means half the fat and calories.
- Opt for smaller portions. A large order of fries has around 400 calories. A small order has 220, saving you 180 calories.
- Ask that sauces and mayonnaise be left off your hamburger or sandwich. One tablespoon of mayo is 100 calories. One tablespoon of mustard is 11 calories. Top your sandwich with low-calorie items like ketchup, mustard, relish, tomatoes, onions and lettuce. This is a great way to bypass fat and calories at the fast-food restaurant.
- Avoid fried fish and fried chicken sandwiches. A fried chicken sandwich can contain up to 400 calories and contains more fat than a small hamburger which, with lettuce, mustard and ketchup, runs around 260 calories.
- Choose water or skim milk over high-calorie, low-nutrient sodas and shakes. A large (32-ounce) cola has about 300 calories. Water has zero.
- Don't forget to review the nutrition information posted at most fast-food restaurants. It'll make healthier fast-food choices a lot easier.

Save money and eat healthy, low-calorie meals by taking snacks when you travel.

- Try a high-fiber muffin, milk, smoothie or fruit for breakfast.
- A low-fat cheese stick, carrots, celery and whole wheat or rice crackers make a great lunch.
- Try some pretzels, fruit or small cut-up veggies for a great, healthy snack.



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