



# Smart Eating on the Go

- ★ 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!



Double Quarter Pounder with Cheese  
with Large Fries



740 calories      500 calories

Regular Cheeseburger with  
Apple Dippers



300 calories      105 calories

10- Piece Chicken Nuggets



470 calories

4-Piece Chicken Nuggets



190 calories



Cajun Filet Biscuit



520 calories

Grilled Chicken Sandwich



365 calories

Medium Seasoned Fries



301 calories

Pinto Beans, Mashed Potatoes, or  
Green Beans



113 calories      129 calories      43 calories



Chicken Strips Salad with  
Ranch Dressing



460 calories      160 calories

Chargrilled Chicken Garden Salad  
with Fat-Free Honey Mustard



180 calories      60 calories



12-Inch Spicy Italian



960 calories

6-Inch Fresh Fit Subway Club



242 calories