



10 Tips for Fast Food & Eating Out

1. Opt for grilled, not fried.
2. Skip the sugary beverage, choose water or low fat milk instead.
3. Avoid extra sauces like mayonnaise, honey mustard, BBQ, etc. they can contain a lot of added salt, sugar, and fat.
4. Look for green! Finding fresh ingredients like salad or fresh fruit provide more nutrients than their brown counterparts.
5. Beware of salads loaded with bacon, creamy dressing, cheese, and croutons. They can pack in well over 1,000 calories.
6. Look at the menu ahead of time and find lower calorie options, try to keep the meal under 500 calories.
7. Substitute French fries for fresh fruit or side salad.
8. When your meal arrives, ask for a “to-go” container and reduce your portion size or choose to split a meal with a friend.
9. Order an appetizer instead of an entrée to cut back on the portion size.
10. Choose to eat at home!