

Eating Fast Foods the Healthy "Weigh"

Fast food has become the American way of eating. While there is no doubt that fast food is cheap and satisfying, it is also loaded with fat and sugar! Whether you're driving-thru or sitting-down, these six smart tips can help you eat conveniently - and healthfully too!!

1. **Say NO thanks to combo meals**

Buying a combo or "value" meal may seem like a real deal, but it's often a nutrition disaster. The fast food chain makes more money - and you lose control of your choices. It's easy to get what you really want - just say "no" whenever they offer you a combo.

2. **SWAP super-size for smart-size**

Order a regular burger, fries and drink at Burger King® and you get 700 calories, 24 fat grams and about 10 teaspoons of sugar. That's a serious savings over a Whopper® with king-sized fries and drink at 1,730 calories, 46 fat grams and 27 teaspoons of sugar.

3. **SHARE a biggie size with friends or family**

There is a smart way to make gigantic portions work for you - share them! By splitting one large portion, you can save money, while cutting calories and fat. Wendy's Great Biggie® fries have 250 less calories (530 calories) than two medium fries (780 calories).

4. **SAVE money and calories with kiddie meals**

With kiddie meals, you get reasonable portions of your favorite fast foods - and a fun toy too!! Still feel hungry after a Happy Meal® at McDonald's? Order a yogurt parfait - or better yet, bring a piece of fresh fruit for the ride back to work or school.

5. **SUBSTITUTE power drinks for soft drinks**

A 44-ounce soft drink has about 450 calories and $\frac{3}{4}$ cup of sugar (with no nutritional value). Skip the liquid candy - and enjoy the power of milk (with protein, calcium and vitamins); orange juice (with vitamin C and folic acid); or refreshing, calorie-free water.

6. **SWITCH to the healthful options**

Several national chains offer tasty, healthier options, like Quizno's® and Subway® low-fat sandwiches on whole-grain breads. Many have grilled chicken salads and sandwiches. Some local or regional restaurants specialize in healthful choices, like burritos or wraps.

