



## FAST FOOD, HEALTHY OPTIONS

Fast food tends to be fattening food. But, you can make healthy choices when you eat at a fast food restaurant. Avoid fried foods and look for healthier proteins and vegetables, too. Next time you visit a fast food restaurant, try ordering one of these healthier alternatives:

- **Burger King**

- The BK Broiler chicken sandwich (267 calories; 8 grams of fat)

- **McDonalds**

- Chicken McGrill with no mayo (340 calories; 7 grams of fat)
- Regular hamburger without cheese and substitute the fries for a side salad with low fat balsamic vinaigrette
- (280 calories; 10 grams of fat)
- Chicken McNuggets, 4 of them with sweet n sour sauce (220 calories)

- **Domino's**

- 2 slices of a plain, regular, hand-tossed 12" pizza. Spice it up with fresh veggies like mushrooms and peppers (375 calories; 11 grams of fat)

- **KFC**

- Tender Roast Sandwich without sauce (270 calories; 5 grams of fat)
- Honey BBQ Sandwich (300 calories; 6 grams of fat)
- A side of mashed potatoes with gravy (120 calories; 6 grams of fat)

- **Subway**

- 6" Veggie Delight has the fewest calories, but turkey is your best meat choice, followed by ham. Skip the cheese and mayo, and pile on all the veggies you want, with some mustard or salt and pepper (under 300 calories)

- **Wendy's**

- Jr. hamburger (270 calories)
- Grilled chicken sandwich (300 calories)