

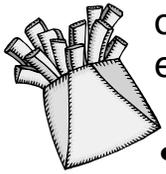


# Senior Nutrition Services

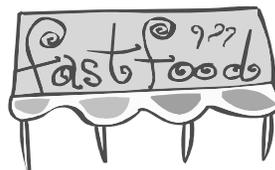


## Making healthy choices when choosing Fast Food

The convenience and appeal of cheap and delicious food-on-the-go has many of us breezing through menu choices without considering what we are eating. The “super-sized” trend gives us more for our money, but often it is harmful to our bodies. Extra calories, salt, and heart-threatening fat add up when eating french fries, a fried sandwich or hamburger, and a soda in one meal. Eating frequently at fast food places can contribute to obesity, diabetes, vascular disease, and hypertension. Here are some tips on how to make nutritious choices at fast food restaurants while still enjoying the taste.



- Skip the mayonnaise and other sauces –they can add up to 10g of fat or more. Replace with mustard and ketchup.
- Avoid added sugar – soft drinks and sugared juices. Try diet soda or better yet, drink milk or orange juice.
- Beware that side dishes can easily give more fat (since many are fried) and give larger than normal serving sizes.
- Order a salad instead of fries and choose a low-fat or fat-free dressing.
- Get a junior-sized sandwich instead of regular or king-sized portions.
- Avoid supersizing and getting an extra value meal, even though it may seem like a better deal. An extra large order of fries has 610 calories and 29 g fat compared to 210 calories and 10g fat in a small order.
- Order fries “without salt” – this requires you to wait while they fry a new batch, but you’ll get fresh fries and less sodium.
- If you have a choice between grilled and breaded/fried foods, pick the grilled. At McDonalds, a Filet-O-Fish has over twice the grams of fat than a regular hamburger does.
- Subway offers 7 sandwiches under 6g of fat or less.
- Beware of shakes – sometimes they have more fat than a hamburger.
- Split side dishes when eating with others. Often, only a few bites are enough to “hit the spot”.
- Ask the cashier for a listing of the restaurant’s nutrition facts.
- Know when to stop eating! It takes 20 minutes for your brain to register that you are full. By eating slowly and enjoying your food, you will be less likely to overeat.



To help you make more informed choices about fast food, contact these restaurants:

**Carl's Jr:** (877) 799-7827(toll free)

**McDonalds:** (800) 244-6227

**Subway:** (800) 888-4848

**Wendy's:** (614) 764-3100 (out of state)

**Burger King:** (305) 378-3535 (out of state)

Lauri Woo, UC Davis Intern, March 2004

