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presented by  
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# Healthy Eating at a Fast Food Restaurant is Possible!

Here are some tips:

1. Skip the extras on your burger. Don't go for the sauces, cheese or bacon. Instead choose lettuce, tomato and onion. Your best bet, however, is to not eat hamburgers at all or eat them only occasionally.

*Don't order foods with the words "Double," "Ultimate," "Big" or "Monster." Fast food restaurants have new products using these terms. Skip them or you'll be munching a monstrous dose of calories and fat.*

2. Ask for a salad instead of fries.

*Use low-calorie or nonfat dressing and don't add Chinese noodles or tortilla chips.*

3. Choose salads that have lots of greens.

*A Caesar salad is a good choice. (You don't have to use the Caesar dressing that comes with it.) Also look for salads with veggies such as broccoli or tomatoes.*

4. Order nonfat milk or water instead of soda.

5. Instead of a burger, get a baked potato.

*Just don't load it with sour cream, butter or cheese. Ask for these on the side and use sparingly.*

6. Choose grilled or broiled foods.

*Many restaurants offer grilled chicken either on a salad or in a sandwich. Some even offer deli-style turkey. These can be tasty and a leaner alternative to burgers. Just don't order them smothered in cheese or creamy sauces.*

7. If you choose a fast food pizza restaurant, opt for hand-tossed or thin-crust pizza, avoid meat toppings, and eat only one or two slices.

8. Get the fruit cup.

*Some restaurants offer it to go along with meals or in kid's meals.*

9. Skip the yogurt parfait.

*These can be loaded with calories.*

10. Chew your food slowly.

*It takes 10 to 15 minutes for your brain to register that your body is full. Don't feel compelled to eat everything.*

Ask for Nutrition Facts information from the restaurant staff. The store should either have them posted or have a brochure. You can also check out a list of Gaston County restaurant websites following this link: <http://www.visitgaston.org/gaston-county-restaurants.html>