



FLiP Newsletter



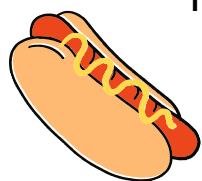
April 6th, Edition #10

CONVENIENT EATING: FAST FOOD SUPPORT

Are you always on the go and find yourself grabbing fast food for convenience? Are you unsure how to eat healthier, but cooking at home isn't an option? Don't worry, you can still make healthy choices while enjoying some of your favorite fast food meals. Here is some information to support making healthier choices when ordering at fast food restaurants:

Healthier Fast Food Places:

- Chipotle
- Chick-fil-a
- Subway
- Panera
- Noodles & Co



These restaurants have options with low trans fat, the opportunity to choose meals with lots of vegetables/fruit and whole grains, as well as many meals that are not fried.



How much fast food is 'too much'?

The answer is not as clear cut as it may seem. The less 'fast food' you eat, the better your diet. However, there is a lot to consider when weighing personal diet. Finances, personal schedule, location, and many other factors can determine how often someone orders food from a fast food restaurant. The important thing to remember is that moderation and variability is key! If you regularly eat fast food 5 times a week, try for 4. If you eat the same order 3 times a week, try for 2. There is little benefit in quitting 'cold turkey' and completely rearranging your diet. Set a goal and start slow!



NUTRITION IN FAST FOOD

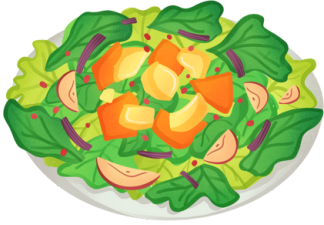
- **Choose grilled or baked options:**

- Instead of fried food, opt for grilled or baked options like chicken, fish, or vegetables. They are lower in calories and healthier for your heart.



- **Consider salads:**

- Salads are a great way to get your daily dose of vegetables. Including meat and salad dressing does not take away the vitamins and minerals gained from the vegetables included!



- **Swap sides:**

- Many fast food restaurants offer healthier side options like fruit, side salads, or baked potatoes. Swap out your fries for a healthier option to save calories and get more nutrients.



- **Skip the sugary drinks:**

- Sugary drinks like soda are high in calories and can easily contribute to weight gain. Instead, opt for water or unsweetened tea.

- **Watch your portion sizes:**

- Fast food restaurants often serve large portions. Try ordering smaller sizes or share a meal with a friend to keep your portion sizes in check.



See the difference in these two orders from Wendys:

INSTEAD OF THIS

490 kcal
470 kcal
490 kcal

Breaded Chicken Sandwich
Large Fries
Large Coca Cola

Total: 1450 calories

TRY THIS

10 kcal
350 kcal
260 kcal

Grilled Chicken Sandwich
Small Fries
Medium Iced Tea

Total: 620 calories