

DID YOU KNOW?

- A fast food child's meal with chicken, dipping sauce, small French fries, and a child-size soda can contain:
 - 5.25 tsp fat
 - 9.75 tsp sugar
- A grilled chicken sandwich and low-fat milk only contains:
 - 2.5 tsp fat
 - 1.75 tsp sugar

Of these two meals,
which would you
choose
for yourself or
your children?

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For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

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FAST FOOD: THE HEALTHIER WAY



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TYPICAL FAST-FOOD IS....

Typical fast-food is generally high in:

- fat
- saturated fat
- cholesterol
- sugar
- salt

These foods may also be lacking in many vitamins and minerals that are usually found in fruits and vegetables. For children, eating regularly at fast-food restaurants can create unhealthy eating habits.

Eating fastfoods occasionally is not a problem, but eaten regularly over a lifetime it can promote serious health risks. This is why it is OK to offer children fast-food once in a while, but not on a regular basis.

CHOOSE HEALTHIER FAST-FOOD

When choosing fast-food, try to do the following:

- Order milk, instead of soda.
- Choose grilled items, NOT fried.
- Share meals.
- Order side salads with low-fat dressing instead of French fries.
- Ask for ketchup and mustard instead of mayonnaise.
- Don't super-size.
- On fast-food days, bring some snacks from home such as carrot sticks, or a banana.



TRY ONE OF THESE ITEMS NEXT TIME!

- Grilled chicken sandwich with ketchup and/or mustard, instead of mayonnaise
- Small hamburger with ketchup and/or mustard, instead of mayonnaise (ask for extra produce if available)
- Chicken soft taco
- Bean burrito
- Green salads with low-fat or fat-free dressing
- Cheese pizza with regular crust and vegetable or chicken toppings
- Rotisserie chicken
- Corn on the cob
- Deli sandwich with low-fat meats and spread
- 1% milk
- 100% fruit juice
- Baked potato with low-fat toppings or smaller topping portions
- Yogurt parfait