DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

Expanded Food and Nutrition Education Program

Fast Foods Fit

Heading to a local burger place with friends? Cruising the food court at the mall? Ordering out for pizza?

Most fast-food meals and snacks are high in fat, calories, and sodium and they're low in fiber, calcium, and other nutrients, too. Most orders don't have many fruits, vegetables, or calcium-rich foods (such as milk) either.

You can be smart when ordering fast foods.

For more fruits and veggies…

- ☐ Ask for tomato, lettuce, and other veggies on your sandwich
- ☐ Order a fruit smoothie
- ☐ Get a salad instead of fries
- ☐ Load pizza with veggies
- ☐ _____
- ☐ _____

For more calcium…

- ☐ Drink milk with fast food
- ☐ Order cheese on a burger or sandwich
- ☐ Buy yogurt if you can
- ☐ _____
- ☐ _____

For less fat…

- ☐ Order regular-size burgers, burritos, and tacos
- ☐ Split a small order of fries with a friend, or skip them
- ☐ Order grilled chicken
- ☐ Skip mayonnaise, tartar sauce, sour cream, and butter.
- ☐ _____
- ☐ _____

For less sugar…

- ☐ Order a regular-size soda
- ☐ Skip soda
- ☐ Skip fruit pies
- ☐ _____
- ☐ _____

For more food variety…

- ☐ Try something different: wraps, sushi, veggie sandwich, OR
- ☐ _____
- ☐ _____

TRY THIS!
Write down a typical fast-food meal or snack you might buy.

_____

Check (√) at least three ways you might enjoy these fast foods and still eat smarter. Use the fast-food tips here, or add your own

Adapted from *The Power of Choice Leader's Guide*

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