



Eating Healthier on the Run

DON'T LEAVE YOUR CHOICES TO CHANCE

One of the biggest culprits in bad eating choices – whether at home, at the office, in the car, or on the run – is being in a hurry. Whether you eat fast food only when stranded on a desolate highway with no other choices in sight or you like to treat your kids once a week, it's smart to do a little research now to develop your own “Fast Food Guide” that will let you understand the choices you're making, pick out healthier foods and not be caught off guard.

Use the **My Fast Food Guide** form on the next page to gather information about the foods you like to eat. Get the nutrition guide from each restaurant you eat at on a regular basis. Write down the serving size, calories, carbs, fat grams, and the percentage of calories that come from fat for each of your favorite menu items.

Now decide whether each food is “IN” your eating plan or “OUT” of bounds. Make sure you find healthier choices to put “IN” your plan at each of the restaurants you frequent. Carry your guide in your car, purse or briefcase so that you can refer to it when you're eating on the run.



10 WAYS TO EAT FAST FOOD RIGHT

- 1. **Limit fast food visits** to one or two times per week.
- 2. **Fill up on fiber.** Carry something healthy with you like an apple or mini bag of carrots to add to your meal. If you're ordering at the restaurant, order salads and veggies whenever possible.
- 3. **Split high calorie items with someone.**
- 4. **Order the kid's meal.**
- 5. **Avoid super, double, triple, extra large and jumbo items.** Order smalls instead.
- 6. **Skip the soda.** How about water or unsweetened tea?
- 7. **Hold the cheese.** Leave it off or for things like pizza, ask for half the cheese.
- 8. **Hold the sauce.** Ask for salad dressing “on the side” and leave off other sauces.
- 9. **Choose grilled** instead of fried for chicken sandwiches.
- 10. **Make your own fast food menu.** Next time you're at the restaurant, grab a nutritional guide that lists all the foods with calories and fat. Use the form on the next page to make your own fast food guide that contains each restaurant you go to with a healthy choice you can make.

My Fast Food Guide

Write in each fast food restaurant you visit. Then list your favorite menu items along with their nutritional info. Take a look at the calories and fat calories to decide if that item is IN or OUT of your healthy eating plan!

RESTAURANT:	SERVING SIZE	CALORIE COUNT	CARB GRAMS	FAT GRAMS	% CALORIES FROM FAT	IN or OUT?

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