

# FAST FOOD: BETTER CHOICES

*Fast food is great and couldn't be easier, but to have a healthy meal, avoid too much high fat food and watch portion sizes.*

<b>Choose</b>	<b>Flavor with</b>	<b>Forget</b>
Regular hamburgers, singles	Onion, tomatoes, lettuce, ketchup, mustard, pickles	Special sauces, mayonnaise, supersizing
Grilled or broiled chicken, fish	Cocktail sauce, lemon juice, mustard, ketchup	Breading, skin, mayonnaise, tartar sauce, special dressing
Pizza	Green pepper, onion, mushrooms, broccoli, ham	High fat meats, sausage, pepperoni, extra cheese
Soft tacos or bean burritos	Fat-free sour cream, tomato, extra salsa	Fried items, regular sour cream
Salads - all the veggies you want	Low-cal or fat-free dressings	Prepared salads - potato, pasta, macaroni, regular dressing
Sandwiches - regular or Jr. size, roast beef, ham, turkey on whole wheat or regular bread	Mustard, barbecue sauce	Deluxe size, mayonnaise, special dressings, bacon, croissants

Source: Fast Food: How to Make Better Choices, WCHP of OCHD

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*The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.*