

Fast Food Tips

It's easy to eat an entire day's worth of fat, salt, and calories in just one fast-food meal. But it's also possible to make wise choices and eat a fairly healthy meal. What you order is the key. Here are some tips to get you started:

General Tips

- Order the smallest size for sandwiches, burgers, and sides.
- Split larger sandwiches or sides, like French fries.
- Ask for a salad or fruit instead of French fries.
- Avoid breaded and fried meats.
- Look up nutrition information on your phone or online before you go.

Drinks

- Drink water or other sugar-free drinks like unsweetened tea, coffee, light lemonade or diet soda.
- Avoid sugary drinks such as regular soda, sports drinks, sweet tea or coffee drinks with sugar and cream.

Sandwiches and Burgers

- Order the smallest sandwich or burger.
- Ask for grilled instead of fried chicken.
- If grilled is not available, remove breading and skin from chicken.
- Add extra vegetables like lettuce, tomato, and onion.
- Order it without cheese, bacon, mayonnaise or special sauces.
- Use mustard, salsa, hot sauce, or ketchup instead.
- Get sauces on the side and add it yourself so you use less.
- If available, ask for a whole wheat bun, wrap or bread.
- Scoop out some of the bread if it is a large bun or roll.

Sides

- Ask for fruit or a side salad instead of fries or chips.
- If you order fries, order a small and split it with someone.

Salads

- Ask for grilled chicken instead of fried.
- Ask for a lowfat dressing.
- If lowfat dressing is not available, ask for a vinegar and oil mix. It doesn't stick to the lettuce leaves as easily so you eat less.
- Always ask for the dressing on the side and plan to use less than half.
- Dip your fork into the dressing and then stick the food.
- Ask for salad without cheese and bacon.
- Avoid macaroni, potato and other salads with mayo or dressing.

Fast Food Meal Makeover

Your choices make a big difference. See our meal makeovers to help you make healthier choices.

FAST FOOD BURGER MEAL MAKEOVER

| Original | Better Choice | Best Choice |
|--|-----------------------------------|---|
| Large hamburger, large fries, large coke | Hamburger, small fries, diet coke | Hamburger, side salad with lowfat Italian dressing, water |
| 1330 calories | 470 calories | 300 calories |
| 51 g fat | 19 g fat | 9 g fat |
| 188 g carbohydrate | 62 g carbohydrate | 41 g carbohydrate |
| 1230 mg sodium | 610 mg sodium | 690 mg sodium |

▶ The best choice saves over 1,000 calories, 40 grams of fat, 145 grams of carbohydrate and 540 mg sodium.

- Choose a smaller burger.
- Add mustard instead of mayonnaise.
- Choose a side salad instead of fries.
- Add a sugar-free drink.

FAST FOOD FRIED CHICKEN MEAL MAKEOVER

| Original | Better Choice | Best Choice |
|---|--|---|
| Fried chicken breast (with skin), fries, large coke | Grilled chicken breast (no skin), fries, diet coke | Grilled chicken (no skin), green beans, water |
| 1330 calories | 510 calories | 245 calories |
| 54 g fat | 22 g fat | 7 g fat |
| 179 g carbohydrate | 35 g carbohydrate | 4 g carbohydrate |
| 2,195 mg sodium | 1,635 mg sodium | 990 mg sodium |

▶ The best choice saves over 1,000 calories, 45 grams of fat, 175 grams of carbohydrate, and 1,200 mg sodium.

- Change to a grilled chicken instead of fried.
- Remove the skin from chicken.
- Choose a side salad instead of fries.
- Add a bottle of water or other sugar-free drink.

FAST FOOD SUB SANDWICH MEAL MAKEOVER

| Original | Better Choice | Best Choice |
|--|--|--|
| 6-inch cheesesteak sub, chips and large coke | 6-inch turkey breast sub, chips, diet coke | 6-inch grilled chicken sub, apple, water |
| 920 calories | 440 calories | 315 calories |
| 27 g fat | 13 g fat | 4 g fat |
| 164 g carbohydrate | 61 g carbohydrate | 52 g carbohydrate |
| 1465 mg sodium | 855 mg sodium | 670 mg sodium |

▶ The best choice saves over 600 calories, 23 grams of fat, 112 grams of carbohydrate and 800 mg sodium.

- Change to a lean type of protein.
- Add mustard instead of mayonnaise.
- Choose fruit instead of chips.
- Add a bottle of water or a sugar-free drink.

Looking for healthy recipes and food tips?

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1-800-DIABETES
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