

# FAST FOOD SURVIVAL GUIDE

- 1** Order a kid's meal.  
You will get less food for less money.
- 2** Share your meal with a family member or friend.
- 3** Order water instead of soft drinks.
- 4** Don't super-size. Super sizing usually provides more fries, more soft drink and more calories.
- 5** Think twice when ordering the value meal combo.  
They usually contain larger serving sizes.
- 6** Don't always order the large hamburger.
- 7** Choose fast food only occasionally.  
Eat and prepare more meals at home.



# A FAST WAY TO 5 A DAY



**EATING FAST FOOD DOESN'T HAVE TO BE UNHEALTHY.** Be creative and you can get fruits and vegetables just about anywhere you eat. Here are some ideas:

## IN ANY RESTAURANT

- Ask for extra lettuce, tomato and onion on your burger.
- Order a side salad instead of French fries.
- Order 100% vegetable or fruit juice like orange juice (not Hi-C) instead of soda.

(Source: Centers for Disease Control and Prevention 5 A Day Program)

## EXAMPLES FROM POPULAR FAST FOOD RESTAURANTS

- **Burger King** and **McDonalds** offer garden salads and chicken garden salads. Burger King also offers a veggie burger—an easy way to get a serving. They both also offer 100% orange juice throughout the day.
- **Wendy's** offers innovative salads for more variety. It also offers baked potatoes.
- **Taco Bell** has a veggie fajita and a taco salad. Restaurants serving breakfast also have 100% orange juice available.
- **Subway** offers a veggie deluxe sandwich and several different salads. You can add a serving to any sandwich by choosing lots of colorful veggies. Extra veggies are free.
- **Boston Market** offers Caesar and garden salads as entrees or sides. Several side orders can help to add a serving—steamed veggies, green beans, new potatoes, zucchini marinara, creamed spinach, butternut squash and fruit salad.
- **Bruegger's** offers veggie sandwiches (or ask for extra veggies on any sandwich) and vegetable soups such as minestrone.
- **Pizza** (Pizza Hut, Dominos, Papa John's or your favorite). Most pizza places offer salads or add veggie toppings to your pizza. To get a 1/2 cup cooked serving you need to order at least two veggie toppings.