

The Healthy Way to Eating Fast Foods

Fast food has instilled itself as a facet of the American way of eating. Although fast food is cheap and satisfying, it is filled with fat and sugar! The next time you're eating fast food, consider these six smart tips to help you eat more conveniently and healthfully:

1. Pass up combo meals.

Purchasing a “value” or combo meal may appear like a good deal, but it is usually a nutrition catastrophe. You lose control of your choices while the fast food chain increases their revenue. It's easy to get what you want – say no thanks to combo meals.

2. Stick with a smart-size instead of super-size

If you order a Whopper® with king-sized fries and drink from Burger King®, you are taking in 1,730 calories, 46 fat grams and 27 teaspoons of sugar. On the other hand, if you order a regular burger, fries and drink, you take in 700 calories, 24 fat grams and about 10 teaspoons of sugar!

3. Split a super-sized portion with friends and family

Make biggie-sized meals work for you – share them! By splitting one large portion, you save money, while cutting back on calories and fat. Wendy's Great Biggie® (530 calories) contains 250 less calories than two medium fries (780 calories).

4. Grab a kid's meal to save money and calories

Kiddie meals have reasonable portions and a fun toy too! If you still feel hungry after a Happy Meal®, order a yogurt parfait or bring a piece of fresh fruit with you for your commute to and from work or school.

5. Go for nutritional alternatives rather than power drinks

A 44-ounce soft drink contains 450 calories, $\frac{3}{4}$ cups of sugar and no nutritional value. Skip the soda and enjoy milk (with protein, calcium and vitamins), orange juice (with folic acid and vitamin C), or calorie-free water.

6. Choose more healthful options

A variety of national chains offer delicious and healthy options; Subway® and Quiznos® offer low-fat sandwiches on whole-grain breads. Several have grilled chicken salads. There are also regional and local restaurants that specialize in healthful choices, like wraps or burritos.

For more information or a 1:1 wellness consultation, please contact Julie Chobdee, MPH, Wellness Program Coordinator, at Julie.Chobdee@ucr.edu or x2-1488.

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