

# "Fast Food" Doesn't Have To Be "Bad Food"

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When was the last time you ate at a fast food restaurant? Last month, last week, maybe even lunch today? If you are like many busy Americans, eating fast food has become part of the daily routine. Many people know that fast food is often high in calories, fat and sodium. But did you know that fast food doesn't mean it has to be "bad food"? Become a fast food sleuth. Find ways to reduce the calories, fat and sodium in the foods you choose. Here are a few great tips:

## Reducing Fat and Calories

- ◆ Top your sandwich with fresh veggies, olives, pickles, light mayonnaise, and mustard.
- ◆ Have it your way! Ask to hold high fat toppings like cheese, bacon, regular mayonnaise, and "special" sauces.
- ◆ Try fat free salad dressing or honey mustard sauce to add flavor to your sandwich and salad.
- ◆ Choose foods that have been baked or grilled instead of fried.
- ◆ Choose diet soda instead of regular. Don't like the taste of diet? Try squeezing a lemon or lime wedge into your diet soda.
- ◆ Cut fat and calories by watching your portion sizes! Order regular size- not super size.

## Reducing Sodium

- ◆ Limit cheese, bacon, salt, mustard, mayonnaise, olives and pickles.
- ◆ Veggies A Plenty-top sandwiches with lettuce, tomato, green peppers, and onions.
- ◆ Just Bake It! Choose foods that have been baked or grilled instead of fried.

Instead of	Try	Calories Saved	Fat Saved	Sodium Saved
Cheese slice	Tomato	100	9 gm	250 mg
Bacon slice	Lettuce	45	3 gm	133 mg
Mayonnaise (1 tbsp)	Honey Mustard	100	11 gm	75 mg
Salad Dressing (2 tbsp)	Fat Free Dressing	90	10 gm	180 mg
Regular Cola (small)	Diet Cola	150	0 gm	0 mg