

## 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.

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