

SNS MONTHLY NEWS

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SMART AND HEALTHFUL FAST FOOD CHOICES

Most fast food meals and snacks are high in fat, calorie, and sodium. They are also low in fiber, calcium, and other important nutrients. In addition, they are short on fruits and vegetables. Following these tips will help make your fast food experience more healthy.

TIPS FOR WHEN YOU ARE EATING OUT

Choose smaller portions.

- ✓ Look for small and regular-size foods. For a young child, even a small size may be too much.
- ✓ Decide how to handle the portion before ordering. Split it with your child
- ✓ Skip value meals. They may provide more food than your family needs.

Choose more fruits and vegetables.

- ✓ Ask for tomato, lettuce, and other veggies on sandwiches.
- ✓ Get salad or fruit as a side instead of fries.
- ✓ Load pizza with veggies.

Choose more bone building calcium.

- ✓ Drink low-fat or fat-free milk with fast food.
- ✓ Order cheese on a burger or sandwich.
- ✓ Buy yogurt, Greek yogurt when possible.

Choose less fat.

- ✓ Order grilled chicken, not fried.
- ✓ Skip extra cheese on pizza.
- ✓ Go easy on mayo, tartar sauce, special sauces, sour cream, salad dressing, and butter. Ask for it on the side.

Choose less added sugars.

- ✓ Skip soda. Order low-fat or fat-free milk, water, or 100% juice.
- ✓ If you drink soda, order a small, not supersize.
- ✓ Skip fruit pies. Choose the fruit option or bring your favorite fruit for something sweet to eat.



Oklahoma City Public Schools

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