

# Pick a **BETTER** **FAST FOOD** OPTION

**Stopping for lunch in the mall food court?**

**Grabbing a quick dinner on the way home from a soccer game?**

**Late night stop with your friends?**

Sometimes fast food is the easiest choice, but we know it is not the most nutritious.

Let's Go! has created this guide to help you navigate your way through fast food menus!

MaineHealth  
**LET'S GO!**  
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## **Burger Joints**

- Try a grilled chicken salad with balsamic vinaigrette.
- Pick grilled chicken over fried chicken sandwiches, salads, or wraps.
- Choose a single patty burger rather than getting burgers with 2-3 patties.
- Opt for a veggie burger and substitute fries with a side of apple slices or a small salad.

## **Coffee Shops**

- Ask for your egg sandwich on an English muffin rather than a bagel.
- Add a side of fruit.
- Choose a yogurt parfait or unsweetened oatmeal.

## **Sandwich Shops**

- Choose whole wheat bread.
- Ask for extra vegetables instead of cheese.
- Ask for mustard (honey, brown, or yellow) instead of mayonnaise or oil.
- Pick a salad and ask for dressing on the side.

## **Mexican Fast Food**

- Choose a salad or bowl without the taco shell.
- Add your favorite vegetables, brown rice, black beans, or grilled chicken.
- Try a bean burrito with a side of Pico de Gallo.
- Choose a chicken soft taco with a side of black beans and salsa.
- Try beef soft tacos on corn tortillas with extra lettuce and tomatoes.

**Many fast food places also list nutrition information on their websites, drive-thru menus, or have it available at the register. Don't be afraid to ask!**

## **Quick Tips**

- Be mindful of your **portion sizes**. Opt for smalls or mediums when selecting your food items.
- **Watch your condiments.** Ask for dressings and sauces on the side.
- **Change up your sides!** Look for apple slices, fresh fruit cups, or side salads in place of French fries and onion rings. If you opt to have French fries or onion rings, choose the small size to go along with your sandwich or burger.
- **Add extra vegetables.** They will fill you up!
- **Pick your drink carefully.** Choose water, milk, unsweetened iced tea or black coffee in place of sugary drinks like soda.

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