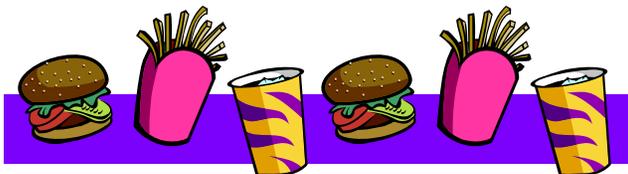


Fast Food? More like **FAT** Food



In our fast paced world, it is surprising we have time to eat at all. More and more people are turning to fast food for their daily nourishment. However, most food offered at these restaurants is not ideal in a healthy diet. Generally, fast food meals are higher in calories, sodium and fat, and often lacking in important vitamins and minerals. Restaurant meals tend to include too much fat, salt, or sugar, and portions are almost always larger than normal. With some smart decision making skills, you can find the best foods on the menu and avoid the fast food fad that is sweeping the nation.



Here is a list of websites you can go to for more health and nutrition information:

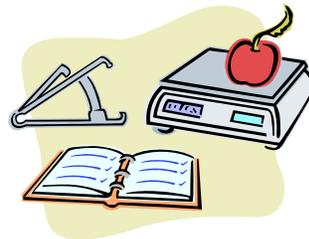
American Dietetic Association
www.eatright.org

The Food Guide Pyramid
www.mypyramid.gov

General Nutrition Information
www.nutrition.gov

Federal Health Services
Healthfinder.gov

BMI Calculator
<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>



**University of Dayton
Dining Services**

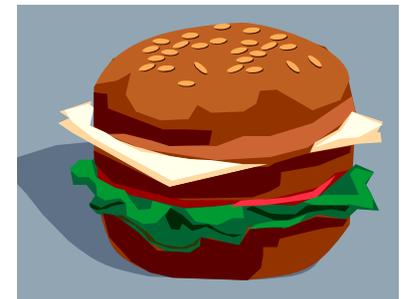
Wylan Ganote RD/LD

**Prepared By Rebecca Wehner
03/28/08**

Email Questions to :
Wylan.Ganote@notes.udayton.edu



Fast Food Nation



**A guide to eating out fast
and keeping track of
what you eat**

Stay away from fried foods

These foods have the most saturated and trans fat which can clog your arteries and lead to heart problems later in you life. They also contain the most calories and the most sodium of all the items on the menu.



Here are some examples of nutrition facts at McDonald's. These are available online at www.mcdonalds.com

Double Quarter Pounder w/Cheese
740 Calories
42 grams of Fat
1380 mg of Sodium

Premium Crispy Club Sandwich
660 Calories
28 grams of Fat
1860 mg of Sodium

Large French Fries
570 Calories
30 grams of Fat
330 mg of Sodium

Sausage McMuffin
370 Calories
22 grams of Fat
850 mg of Sodium



Making Healthy Choices is Easy!!!



Fast food restaurants are making it easier for people to eat healthy. They are offering more and more salads, alternatives to desserts including fruit and yogurt as well as more grilled chicken options.

—If you are craving a hamburger, be aware of the toppings! Avoid bacon, cheese and special sauce.

—Watch your portion sizes! Steer clear of double hamburgers, and super sizing.

Instead of:	Try:
Danish	Small bagel
Jumbo cheeseburgers	Grilled chicken, sliced meats or even a regular 2 oz. hamburger on a bun with lettuce, tomato and onion
Fried chicken or tacos	Grilled chicken or salad bar (but watch out for high-calorie dressings and ingredients)
Fried chicken pieces	Chicken fajita pitas
French fries	Baked potato with vegetables or low-fat or fat-free sour cream topping
Potato chips	Pretzels, baked potato chips
Milkshake	Juice or low-fat or fat-free milk or a diet soft drink. (Limit beverages that are high in calories but low in nutrients, such as soft drinks)



Use mypyramid.gov

MyPyramid.gov is a useful tool to keep track of what you eat and how much you should eat. The mypyramid plan offers a detailed assessment of your food intake and physical activity level. Use the advice from “Inside MyPyramid to help you

- Make smart choices from every food group
- Find the balance between food and physical activity
- Get the most nutrition out of your calories
- Stay within your daily calorie needs

Be active!!! Being physically active is an important part of a healthy lifestyle

