

Making the Best Choice:

How To Choose a Healthier Fast Food Meal



High-Calorie Menu Choice:

102 grams of total fat = 25¹/₂ teaspoons of fat

Food Items	Calories	Total Fat	Saturated Fat
Double meat cheeseburger	1,120	76 g	30 g
Medium french fries	360	18 g	5 g
Medium chocolate milkshake	500	8 g	5 g
Total	1,980	102 g	40 g



Lower-Calorie Menu Choice:

14 grams of total fat = 3¹/₂ teaspoons of fat

Food Items	Calories	Total Fat	Saturated Fat
Grilled chicken sandwich, no mayonnaise	330	7 g	1 g
Salad, low-fat dressing	75	5 g	1 g
Low-fat (1%) milk	110	2 g	2 g
Total	515	14 g	4 g

Making the Best Choice:

How To Choose a Healthier Fast Food Meal *(Continued)*

Making the Best Choice

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- Choose a sandwich without mayonnaise or special sauce.
- Order sandwiches without cheese. Choose a regular sandwich, not one with double meat or with more than two pieces of bread.
- Choose not to supersize.
- Have water, unsweetened iced tea, or a diet soft drink instead of a regular soft drink or milkshake.
- Choose a green salad with low-fat or fat-free dressing instead of french fries or onion rings.
- Plan ahead—have a healthy, low-fat breakfast and lunch if you plan to eat out for dinner.