



Healthy Fast Foods

Need a quick lunch between meetings? Dinner on-the-go on the way to soccer practice? A quick family meal at the end of a long, busy day?

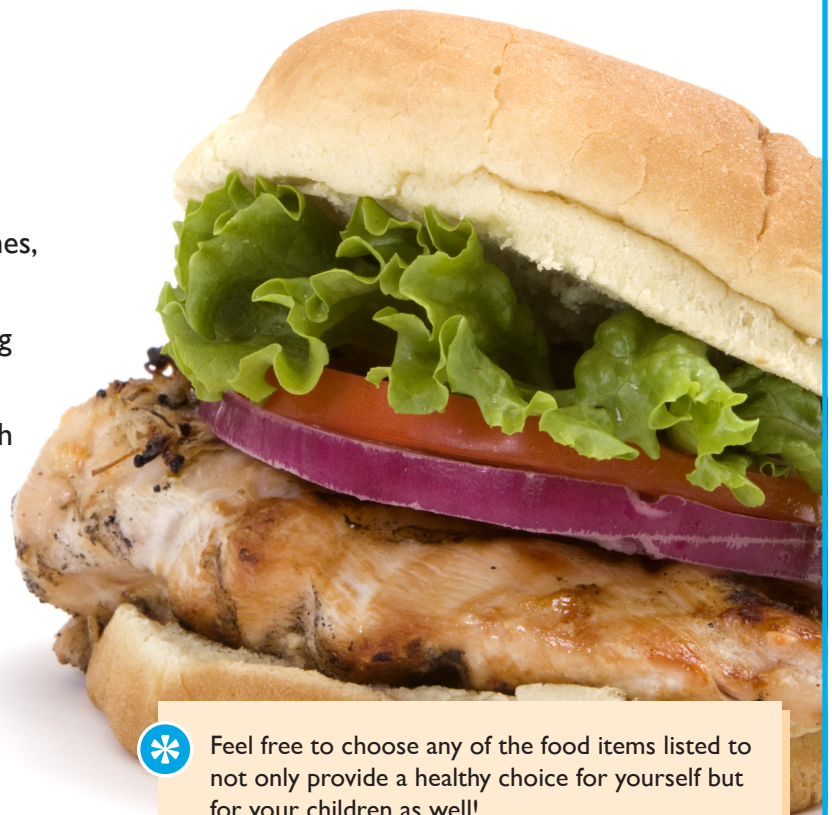
Sometimes the drive-thru is the easiest choice, but we know it is not the most nutritious. *Let's Go!* has created this handy guide to help you navigate your way through the drive-thru!

Burger Joints

- Try a grilled chicken salad with low-fat 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

Chain Coffee Shops

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



Feel free to choose any of the food items listed to not only provide a healthy choice for yourself but for your children as well!



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 a low-fat, oil-based dressing like balsamic vinegar or Italian

Mexican Fast Food

- Choose a bowl over a tortilla
- Add your favorite vegetables, brown rice, black beans or 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. Pick low-fat, oil-based dressings like balsamic vinegar or Italian instead of creamy dressings.

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.

