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!

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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!