Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie
How to Pick Fast Foods That Are Better for You

Do Order:

A small hamburger
- Try the extra lean hamburger.

A baked potato
- Potatoes are high in fiber.
- Try sour cream as a topping.
- Try onions or chives.

A roast beef sandwich
- It has less fat than a burger.

A chicken sandwich
- Try it grilled.
- Try it on a whole wheat bun.

Skim, 1%, or 2% milk
- Try low fat frozen yogurt.
- Try milk shakes made from low fat milk.

A salad
- Use vinegar and oil as a salad dressing.
- Try a low fat dressing.

A salad at the salad bar
- Choose any raw vegetables or fruits.
- Vegetables and fruits are high in fiber.
- Choose low fat cheeses.
- Choose beans.

A sandwich
- Ask for toppings—lettuce, tomato, onion, and pickles.
- Ask for mustard and ketchup.

Pizza with vegetable toppings
- Try peppers, mushrooms, and onions.
- Try low fat cheeses—part skim mozzarella.

Don’t Order:

A large hamburger
- It has more fat than a small burger.

French fries
High fat toppings
- Butter
- High fat cheese
- Salt

High fat toppings
- High fat cheese—cheddar
- Bacon

Fried chicken
- It is high in fat.

A soft drink
- It has no nutrients.
- It may be high in sugar.

Creamy salad dressing
- It is high in fat.

High fat toppings
- High fat cheese—cheddar
- Fried noodles
- Bacon bits

High fat toppings
- High fat cheese—cheddar
- Bacon
- Butter or mayonnaise

High fat toppings
High salt toppings
- Extra cheese
- Pepperoni
- Sausage