

## Eating Out Healthy

Fast food used to mean fried food, but today food franchises are offering people more healthy alternatives. Chef salads, grilled chicken sandwiches and frozen yogurt are just three examples.

Beware of topping burgers with cheese, special (mayonnaise-based) sauce and bacon — they add saturated fat and calories.

- Pickles, onions, lettuce, tomato, mustard and catsup add flavor without the fat.
- Steer clear of fried fish sandwiches.
- A baked potato can be a healthy option, but have it with low-fat sour cream instead of butter, full-fat sour cream or cheese.

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)