Before you go

- See if you can pull-up the menu online.
- Avoid menu items with these descriptions: alfredo, battered, breaded, cheesy, creamy, crunchy, crispy, fried.
- Look for menu items that are poached, grilled, broiled, roasted, steamed, al fresco, and marinara.

Fast Food: Lower Calorie Options When You're in a Hurry

<table>
<thead>
<tr>
<th></th>
<th>Instead of…</th>
<th>Choose this…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Jack’s Chicken Biscuit (560 kcal)</td>
<td>Jack’s Breakfast Wrap (120 kcal)</td>
</tr>
<tr>
<td>Lunch</td>
<td>McDonald’s Quarter Pounder (620 kcal)</td>
<td>McDonald’s Cheeseburger (300 kcal)</td>
</tr>
<tr>
<td>Lunch</td>
<td>Subway Steak and Cheese Footlong (680 kcal)</td>
<td>Subway Turkey Breast 6” (250 kcal)</td>
</tr>
<tr>
<td>Sides</td>
<td>Captain D’s French Fries (330 kcal)</td>
<td>Captain D’s Baked Potato (210 kcal)</td>
</tr>
<tr>
<td>Dinner</td>
<td>Chic-fil-A Chicken Sandwich (440 kcal)</td>
<td>Chic-fil-A Grilled Chicken Sandwich (320 kcal)</td>
</tr>
<tr>
<td>Dinner</td>
<td>Taco Bell Quesarito (650 kcal)</td>
<td>Taco Bell Bean Burrito (350 kcal)</td>
</tr>
</tbody>
</table>

Check the Calorie Count Before You Go

Most restaurants have calorie information on their website. If you can’t find calorie information there, try these websites:

- https://www.calories.info/food/fast-food

Aim for your entire meal to be less than 500 calories. Don’t forget to count calories from drinks, sides, appetizers, and dessert!
At the Restaurant

- Order thoughtfully
- Choose one of the meals you reviewed beforehand
- If you are not sure how menu items are prepared, ask
- Order water, unsweetened tea or diet soft drinks, instead of alcohol or sugar sweetened beverages (soda, tea, mixed drinks)
- Ask for sauces and dressings to be served on the side
- Order smaller portioned meals, like an appetizer or kid’s meal
- If you order an entrée, ask for a to-go box with your meal and put half of your meal into the to-go box before eating

Savor Your Meal

- Eat slowly and pay careful attention to how your food looks, smells and tastes. Enjoy your surroundings.
- Set your utensils or food down in between each bite
- Take sips of water between bites and throughout your meal
- Order coffee or expresso instead of dessert – but be sure to use sweetener instead of sugar and milk instead of cream.