

# Nine Tips for Healthier Fast-Food Meals



Fortunately for the millions of Americans who eat at fast-food restaurants each day, choices are no longer limited to burgers, fries, and shakes. Most chains offer fruits, salads, baked potatoes, soups, and whole wheat products in addition to traditional choices. Here are some suggestions for more nutritious fast-food meals.

- Read nutrition information on the fast food restaurant's Web site, brochures in the restaurant, or on the package.
- Avoid fried foods. Choose baked or broiled ones instead. If you order fried food, remove the breading (it sops up most of the grease).
- Order pizza with mushrooms, onions, tomatoes, and peppers instead of pepperoni and sausage.
- Avoid mayonnaise-laced salads. Instead, opt for fresh, unadorned fruits and vegetables. Use low-fat or fat-free salad dressings.
- Steer clear of bacon bits, croutons, rich salad dressings, and fried noodles.
- Use high-sodium condiments like mustard or pickles sparingly. And do not add salt to fast food. It doesn't need it.
- Ask for low-fat milk, fruit juice, or plain water instead of soft drinks.
- Use skim or low-fat milk instead of cream or nondairy creamer in your coffee or tea.
- Avoid high-fat, calorie-rich pastries and dessert. They offer very little nutrients. Opt for fruit cups and apple slices.