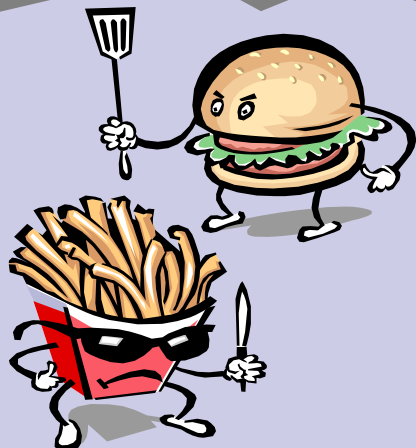


## Good News for Fast Food



### Do You Know ...

*... that fast food chains have made tasty changes to help you eat right?*

Every chain now offers at least a few items that are delicious and nutritious - because that's what people want!

### How can I eat fast and healthy?

- Say NO thanks to combo or “value” meal deals.
- Swap super-size for regular size items.
- Substitute milk, water or 100% juice for soft drinks.

### Two sneaky (and cheap) ways to eat well in the drive-thru

#### KIDDIE-SIZE

- With a kids meal, you get reasonable amounts of your favorite foods, like a burger and fries.
- For your best nutrition buy, ask for low-fat milk, water, or 100% juice with your meal.

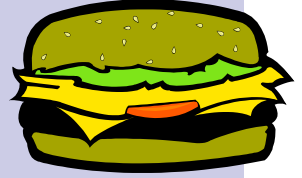
#### SHARE

- There is a smart way to make gigantic portions work for you - share them with a friend!
- When you split a large fries, you eat less fat and fewer calories plus you'll save money.

**Q: *What are my best options in the fast food lane?***

**A: There are tasty, healthy items EVERYWHERE.**

Here are a few of the best fast food picks. Since menus change often, check the web for updated information on your favorite places.



- **ARBY'S:** [www.arbys.com/arb06.html](http://www.arbys.com/arb06.html)
  - ✓ Regular Roast Beef (350 calories)
  - ✓ Asian Sesame Salad (385 calories with 1/3 packet of dressing)
- **BURGER KING:** [www.burgerking.com/Food/Nutrition/index.aspx](http://www.burgerking.com/Food/Nutrition/index.aspx)
  - ✓ Whopper Junior ~ hold the mayo (310 calories)
  - ✓ Fire-Grilled Chicken Baguettes (350 calories)
- **KFC:** [www.kfc.com/kitchen/nutrition.htm](http://www.kfc.com/kitchen/nutrition.htm)
  - ✓ Tender Roast Sandwich ~ (318 calories with 2 teaspoons sauce)
  - ✓ BBQ Beans + small Corn-on-the-Cob (300 calories)
- **McDONALD'S:** [www.mcdonalds.com/usa/eat.html](http://www.mcdonalds.com/usa/eat.html)
  - ✓ Grilled Chicken Caesar Salad (263 calories with 1/3 packet of dressing)
  - ✓ Fruit and Yogurt Parfait with Granola (160 calories)
- **PIZZA HUT:** [www.pizzahut.com/menu/nutritioninfo.asp](http://www.pizzahut.com/menu/nutritioninfo.asp)
  - ✓ Thin 'n Crispy Veggie Lovers Pizza (340-360 calories for two slices)
  - ✓ Thin 'n Crispy Ham/Pineapple Pizza (340-360 calories for two slices)
- **SUBWAY:** [www.subway.com/subwayroot/MenuNutrition/index.aspx](http://www.subway.com/subwayroot/MenuNutrition/index.aspx)
  - ✓ "7 Under 6" sandwiches (210-370 calories)
  - ✓ Mediterranean Chicken Salad (367 calories with 1/3 packet of dressing)
- **WENDY'S:** [www.wendys.com/food/US\\_nutrition\\_topics.jsp](http://www.wendys.com/food/US_nutrition_topics.jsp)
  - ✓ Junior Hamburger (270 calories)
  - ✓ Grilled Chicken Sandwich (360 calories)
- **TACO BELL:** [www.tacobell.com/](http://www.tacobell.com/)
  - ✓ Grilled Steak Soft Tacos (340 calories for two Fresco style tacos)
  - ✓ Bean Burrito (350 calories, Fresco style)

