



# fitting in fast food

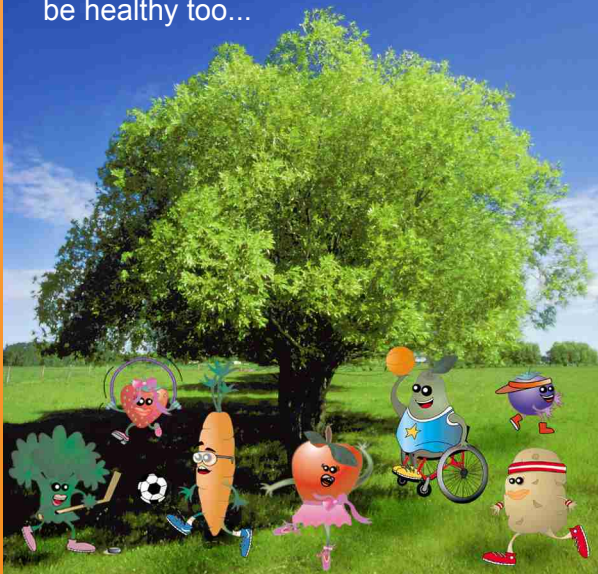
Eating at your favourite fast food place with your family and friends can be fun!

*Here's what you need to know...*

Fast food usually has more fat and salt than foods prepared at home.

You need to limit the amount of fast food that you eat and fit in some extra physical activity to compensate for these extras.

Check out these ways for you and your family to eat fast food once in a while and be healthy too...



# helpful hints

**Avoid the “drive-through”.** By parking your car and walking into the restaurant, you will add some extra physical activity to your day.

**Try something “new”.** Rather than the usual burger and fries, try grilled chicken on a salad. Limit the amount of dressing since it often contains a lot of hidden fat.

**Order only what you need and want.** While combo meals seem cheaper, you may feel pressured to eat the entire meal.

**Be size wise.** Watch out for words like JUMBO, giant or deluxe. Order a regular or junior size instead.

**Choose fries less often.** If you choose fries, have a small order.

**Take a look at what you are drinking.** Milk or real fruit juice tastes great and gives you vitamins and minerals. Water quenches thirst too.

**Remember the doggy bag option.** If you are served too much food, you can take the extra food home to eat later.

**Set a good example!**

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