



# Wellness Buddy Wednesday Tip

## Choosing Fast Foods

### Consider these tips for healthy fast-food choices:

- Order the regular sandwich instead of the double or deluxe size.
- Enjoy salad bars. Go heavy on fresh fruits and vegetables, but light on creamed salads and dressings. One ladle often holds 2 tablespoons (30 ml) of dressing, which can be 150 calories.
- At potato and pasta bars, avoid overloading sauces, sour cream, and butter.
- Avoid breaded chicken and fish sandwiches. Order lean meats and grilled chicken and fish instead.
- Skip high-fat, high-sugar desserts.
- Choose low-fat or non-fat milk instead of a soft drink for added nutrients.
- When fixing your sandwich, load up on lettuce, tomato, & onion.
- Skip the French fries or fried onion rings, especially if you order a fried poultry or fish sandwich. At the very least, order a small serving with no salt.

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