

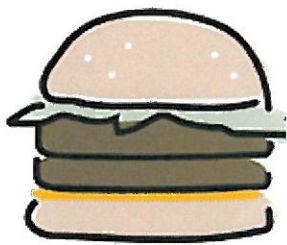
## HEALTHIER FAST FOOD CHOICES

Try not to eat fast food more than once a week.

When you have to eat fast food, make these smart choices:

- Order small size portions.
- The kid's menu offers smaller portions that are better for your children.
- Order a single regular hamburger instead of a burger with two or three meat pieces.
- Choose grilled, baked and roasted options before fried and crispy foods.
- Order skinless chicken when possible.
- Order salads without dressing or with low-fat dressing.
- Eat fruit salad for dessert instead of ice cream or milkshakes.
- Drink water, fat-free or low-fat milk instead of soda.

### BIG PORTION:



Double cheeseburger  
740 calories  
42 grams fat



Large soda  
310 calories  
86 grams sugar

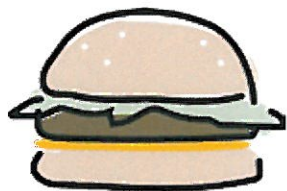


Large French fries  
500 calories  
25 grams fat



**High fat option**  
**67 grams of fat**

### SMALL PORTION:



Cheeseburger  
300 calories  
12 grams fat



Small soda  
150 calories  
40 grams sugar



Small French fries  
30 calories  
11 grams fat



**Lower fat option**  
**23 grams of fat**