

Fast Food Survival Guide



CHOOSE FAST FOOD LESS OFTEN...

When you do go, try these healthier options

Adults

- Sauces and condiments with little or no fat
- Grilled chicken sandwich with no mayo
- Baked potato with low-fat toppings
- Salad with low-fat or fat-free dressing
- Small hamburger

Kids

- Milk or water instead of soft drinks
- Small hamburger
- Fruit instead of fries
- Salad with low-fat dressing

- 1 Order a kids meal. You will get the right amount of food for less money.
- 2 Share your meal with a family member or friend.
- 3 If you order fries, order a small.
- 4 Don't order the large hamburger.
- 5 Think twice before ordering the combo meal.
- 6 If you order a soft drink, order a small or choose a diet soft drink. Better yet, order water instead of a soft drink.
- 7 Choose fast food only occasionally. Eat and prepare more meals at home.



Oven Fries

Makes 6 servings | Serving Size: 10 fries

Ingredients

- Non-stick cooking spray
- 4 medium baking potatoes or sweet potatoes
- 2 tablespoons oil
- Seasonings (optional)*



*Try one or several of these seasonings: pepper, garlic powder, onion powder, chili powder, paprika

Directions

1. Preheat oven to 475°F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about 1/2 inch thick.
5. Put oil in a plastic bag. Add potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
6. Spread strips in a single layer on a baking sheet and place in preheated oven.

7. Bake at 475°F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn potato strips over.
9. Immediately return sheet to oven and bake at 475°F for 15 more minutes.

Nutrition information Per Serving

SWEET POTATO OVEN FRIES		OVEN FRIES	
120 calories		160 calories	
Total Fat	4.5 g	Total Fat	5 g
Saturated Fat	0.5 g	Saturated Fat	0.5 g
Protein	1 g	Protein	3 g
Total Carbohydrate	17 g	Total Carbohydrate	25 g
Dietary Fiber	3 g	Dietary Fiber	3 g
Sodium	50 mg	Sodium	15 mg
 Excellent Source of Vitamin A		 Excellent Source of Vitamin C	
 Excellent Source of Vitamin C			

Micro-Baked Potato

Makes 1 serving
Serving Size: 1 potato


Ingredients

- 1 medium baking potato
- You can make more than one baked potato at a time. Just multiply the number of potatoes times 6 minutes to get the total amount of cooking time.*

Directions

1. Wash baking potato.
2. Pierce potato with fork several times.
3. Place potato in microwave on a microwave safe plate.
4. Microwave on high for 6 minutes or until soft.
5. Remove from microwave and wrap in aluminum foil and let sit for 20-30 minutes before serving.

Nutrition information

Per Serving	
170 Calories	
Total Fat	0 g
Saturated Fat	0 g
Protein	5 g
Total Carbohydrate	37 g
Dietary Fiber	4 g
Sodium	25 mg
 Excellent Source of Vitamin C	
 Good Source of Iron	



Make a List

Get your family together and make a list of activities that everyone can enjoy. For example, your list might include softball, going for a bike ride, tag, or a game of basketball. Put your list on the refrigerator. Plan the days you are going to do each activity. Make the commitment to try at least one activity together this week!