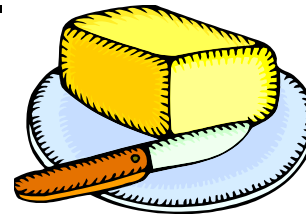




Is fast food good for you??

- It's high in:

- Fat
- Calories
- Preservatives
- Salt
- Sugar



- Fast food usually doesn't have lean protein, whole grains, fruits or vegetables

- It can cost a lot!!



- If eaten regularly it can contribute to weight gain, diabetes, and heart disease



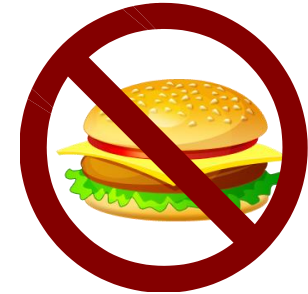
Try these ideas next time you eat fast food

Grilled chicken



Instead of...

A hamburger



Milk or water



Instead of...

Soda (pop)





More Healthier Options

**An apple, plain baked
potato or carrot sticks**



instead of...

French fries



Or you can add extra **VEGGIES** to your sandwich!





Words to Look For

Typical Fast Food

Fried or Battered



Fried or “Tempura”

Slathered or Smothered



Super Sized or Large

Special Sauce or Mayonnaise

Healthier Options

Baked, Broiled, Grilled



Steamed or Fresh

Seasoned or Plain



Small or Medium

Mustard or Ketchup

Check out the nutrition facts on the Internet!



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Burgers & Sandwiches																						
Angus Chipotle BBQ Bacon†+++	10.3 oz (294 g)	800	350	39	60	18	88	2	145	49	2020	84	66	22	4	14	16	45	10	2	25	35
Angus Bacon & Cheese	10.2 oz (291 g)	790	350	39	60	17	87	2	145	49	2070	86	63	21	4	14	13	45	10	4	25	35
Angus Deluxe	11.1 oz (314 g)	750	350	39	60	16	82	2	135	45	1700	71	61	20	4	16	10	40	15	8	25	35
Angus Mushroom & Swiss	10 oz (283 g)	770	360	40	61	17	85	2	135	46	1170	49	59	20	4	16	8	44	8	0	40	35
Big Mac®	7.5 oz (214 g)	540	260	29	45	10	50	1.5	75	25	1040	43	45	15	3	13	9	25	6	2	25	25
Quarter Pounder® with Cheese+	7 oz (198 g)	510	230	26	40	12	61	1.5	90	31	1190	50	40	13	3	11	9	29	10	4	30	25

<http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>



A Healthy Diet Means

- **Balance** – eat all foods in moderation!
- **Watch your portions!** You don't have to eat everything that is on your plate!
- **Read the nutrition facts!**



How will you
feel after
eating?

Nurture: www.nurtureyourfamily.org



Photos courtesy of scaredy_kat



Eat this not that game

<http://www.eatthisnotthatforkids.com/uof/eatthisnotthatforkids/?keycode=114515#>