

Fast Food Alternatives

Instead of these...	Try these...
<ul style="list-style-type: none"> • French fries or curly fries • Potato wedges • Hash browns or tater tots • Onion rings 	<ul style="list-style-type: none"> • Baked potato (low on butter; no sour cream) • Mashed potatoes (low butter, no salt) • Salads with fat free or low fat dressing • Fresh fruit
<ul style="list-style-type: none"> • Hamburgers • Cheeseburgers • Hotdogs or sausages • Bologna or pastrami • Fried meat sandwich • Pork barbecue sandwich with slaw • Chicken, tuna, or egg salad 	<ul style="list-style-type: none"> • Turkey or roast beef sandwich • Lean ham sandwich • Grilled chicken sandwich • Grilled fish sandwich • Veggie burger sandwich (no cheese) • Chicken tacos (no cheese)
<ul style="list-style-type: none"> • Fried chicken • Breaded chicken strips • Fried chicken wings • Fried fish sandwich • Fried fish nuggets • Fried clam strips 	<ul style="list-style-type: none"> • Grilled, roasted, or smoked poultry (white meat, no skin) • Broiled seafood platter • Boiled shrimp
<ul style="list-style-type: none"> • Sundaes or banana splits • Cakes • Brownies • Pies 	<ul style="list-style-type: none"> • Soft serve ice cream cone • Low fat frozen yogurt • Real fruit (no sugar) popsicle • Fresh fruit cup
<ul style="list-style-type: none"> • Soda or soft drinks • Whole milk • Sweet tea • Fruit punch or lemonade 	<ul style="list-style-type: none"> • Water • Unsweetened tea • Low fat or fat free milk

Tips when ordering

- **Hold the cheese and the mayonnaise**
- **Do not “super size” your orders**
- **Say no to French fries (or anything fried)**