

## Friendly Fast-Food Choices

- Stick to small-size sandwiches and hamburgers. A single hamburger has only about half the calories of a large hamburger and one-third the calories of a super-size burger.
- Hold the mayo. An average sandwich has more than 200 calories (and 20 grams of fat) from just the mayonnaise! Enjoy catsup, mustard, and BBQ sauce instead!
- Skinless chicken, turkey, and ham are the leanest cuts of meat.
- If you are craving french fries, get a "kid's meal" fry (200 calories)-the sandwich is also smaller! A large order of fries contains more than 500 calories, and a super-size order contains more than 700 calories.
- Deep-fat fried chicken or fish can actually have more calories than a greasy hamburger patty!
- A super-size drink contains more than 350 calories and 80 grams of sugar. Get a diet drink, a small juice, or low-fat milk instead.
- Water is free and the best beverage choice!