

Fast Food Alternatives

| Instead of these... | Try these... |
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| <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)