



FAST Food does not have to be FAT Food Your order, please?

- **Words of Warning: jumbo, giant, deluxe, biggie-sized or super-sized.** Larger portions mean more calories. Try 1000! They also mean more fat, Order regular burgers. Two of these are often better than one super style burger.
- **Order grilled or broiled** sandwiches with meats such as lean roast beef, turkey or chicken breast, or lean ham. Pass on the mayo and cheese. Add flavor with mustard, teriyaki, BBQ sauce, even spaghetti sauce and crunch with lettuce, peppers, pickles, tomato, salsa, or onion.
- **Skip the croissant or biscuit.** Stick with a bun, bread or English muffin
- **Stay away** from double burgers or "super" hot dogs with cheese, chili, or sauces. Super often just mean "fat added"
- **Salad bar savvy:** start with the veggies, add all you like. Next add lean proteins which most likely will be beans, cottage cheese, cubes of meat, Next, stick to the Italian and low fat dressings. Round out salad meals with whole grain rolls and or fruit to improve satiety and balance. A chicken Caesar salad can have as much fat as a burger!
- **Mexican food** can either be the best or worst choice for athletes wanting to get or stay lean. How to order? Keep the beans, rice, chicken, salsa, tortillas. Limit the chips, cheeses, sour creams. Fajitas, burritos, soft tacos can be great choices. Choose chicken over beef. If you get the choice choose whole beans (pinto or black) instead of refried beans.
- **Pizza** does not have to be a bad word. Go for thin crust pizza with vegetable toppings and Canadian bacon. Limit to 1-2 slices. Sausage and pepperoni and extra cheese add calories, fat and sodium. Try requesting less cheese, you won't miss it!
- **Fat-free** might seem like the better choice, but not when its real meaning is "extra sugar instead". Low fat muffins, scones, sweet rolls have plenty of sugar. Skinless fried chicken can have almost as much fat as the regular kind. Chinese food may seem like a healthy choice, but many dishes are deep fried or high in fat and sodium, especially in the sauces.

MU Choices that Work

Panda: white rice, broccoli & beef or chicken and green beans

Woodstocks: veggie pizza

Carls Jr: Walk on by or the \$1 burger with milk and a fruit.

Pangea: Wraps, chili in a bread bowl,

Qdoba: Bean, rice and chicken burrito with salsa

Dixon Rec: wraps or smoothies (add extra yogurt, peanut butter or protein to make it a lasting high energy food)