

Fast-Food Alternatives

Instead of these:

Choose these:

<p>French fries or curly fries Potato wedges Hash browns or tater tots Onion Rings</p> 	<p>Baked potato Salads with fat free or low-fat dressing Fresh fruit</p> 
<p>Large hamburgers with all the 'fixins' Cheeseburgers Hotdogs or sausages Bologna, pastrami Fried meat sandwich Pork barbecue sandwich with slaw Chicken, tuna or egg salad sandwiches</p> 	<p>Turkey, roast beef or lean ham sandwich Grilled chicken sandwich Chicken tacos</p> 
<p>Fried chicken Breaded chicken strips Fried chicken wings</p> 	<p>Grilled, roasted or smoked poultry (white meat, no skin)</p> 
<p>Fried fish sandwich Fried fish nuggets Fried clam strips</p> 	<p>Broiled seafood platter Boiled shrimp</p> 
<p>Sundaes, Banana splits Cakes Brownies Pies</p> 	<p>Soft serve ice cream cone Low-fat frozen yogurt</p> 
<p>Regular soda Whole milk Sweet tea Fruit punch, lemonade</p> 	<p>Water Diet soda and unsweetened tea Low-fat or fat free milk 100% juice</p> 

Tips for ordering:

- Leave off the cheese and hold the mayo
- Don't super -size
- Say "No" to "Would you like fried with that?"
- Choose baked, broiled, or grilled options rather than fried