

## Transcript

Fast food restaurants; they are everywhere. Sometimes they may be the only food around, and they are quick and inexpensive for the busy life you lead. However, most fast food meals are just empty unhealthy calories. But believe it or not, you don't have to give them up to eat well. The following tips can help you the next time you order.

Just like traditional restaurants, many fast food restaurants have tools to help you make better choices. You can check out nutrition information at the restaurant, on their website, or on a nutrition app.

These guides show you the number of calories, total carbohydrate, fiber, sodium and total fat, including saturated fats and trans fats, in each of the products they serve. Use this to choose a meal lower in calories, carbohydrate and fat. But also take a look at the fine print. Some of the nutritional values listed are for items without cheese or condiments or only for the smallest sizes available. Use this nutrition information to make a plan for the next time you order.

If you know what you want before you get to the counter or drive-through window, the pressure of making a quick decision won't lead you back to your old habits. Add a little bit of mustard and ketchup, instead of high-fat condiments like 'secret sauce', mayonnaise or dressings. And dip into your condiments to limit them even more.

*"Can I get a small fry and a small drink?"*

Many fast food restaurants have increased their combo sizes. The medium combo nowadays may be a lot more food and drink than you actually need. Stick with the small size or even a kid's size; you'll get the same taste but a lot less calories, fat and sodium and still pay less.

*"Can I get a grilled chicken sandwich, and a fruit cup? And can I get an unsweetened iced tea?"*

You may want to avoid the premade combos as well, and order each part by itself so you can really pick and choose what is right for you. If you eat more than you planned because you got a good deal, it could be costing you in other ways.

Choose to get creative with what you order. If you really want a higher-fat cheeseburger, then why not choose something a little healthier on the side? Instead of french fries try apple slices, a small salad, or a baked potato. Or just order the sandwich and bring an apple or healthy snack with you from home to complete your meal.

Instead of a sandwich or burger for your entrée why not try a salad? It's healthier for you as long as you watch the dressings.

If chicken is what you like, choose grilled chicken as a healthy substitute for deep-fried chicken items.

Try a reduced-fat taco at the Mexican fast food restaurant. Hold the sour cream and cheese. Instead, you could order a little guacamole on the side; that has the good kind of fat in it. But watch your portion size; it's also high in calories.

And instead of getting a soda or diet soda, why not drink nice cold, refreshing water?

Now you know some options to make healthier choices at a fast food restaurant. What do you think you will do next time you are in line?

While you can eat healthy eating fast food you also don't want to eat it every meal. If you are busy and on the go, maybe try to prepack healthy meals to eat instead.

Today, even fast food restaurants are trying to provide you with healthy options. Use the nutritional food guide to plan your order. Skip the high-fat condiments. Don't mega-size that meal. Get creative with your combos. Soon, even easy and convenient can mean healthy for you.