








# The Fast Food Frenzy

Fast food chain	If you usually order...	Make it healthier..	Better yet...
	A whopper with cheese and a side salad.	Satisfy your burger craving ( <i>and cut out almost 500 calories</i> ) by <b>replacing the Whopper with a hamburger from the kids' menu.</b>	Order the <b>Tender Grilled Chicken Sandwich</b> – there's no crispy fried stuff and no creamy sauce, and you can ask them to double up on the lettuce and tomato for an extra helping of vegetables.
	Six-piece Chicken McNuggets (with a side of ranch sauce) and large French Fries	<b>Ask for medium fries and replace the ranch sauce with BBQ</b> and you've knocked 345 calories off your meal.	<b>Get the California Cobb Salad with grilled chicken.</b> Just beware of what you put on the salad: The Cobb dressing adds 120 calories and 9 grams of fat. Opt for the low-fat balsamic vinaigrette.
	A loaded baked potato (stuffed with bacon, cheese, low-fat sour cream, and Buttery Best spread) and a small Original Chocolate Frosty.	Save 130 calories and 16 grams of fat <b>by loading your potato with chili, low-fat sour cream, and broccoli.</b>	Try a baked potato topped with chili, broccoli, and chives. It is filling, has loads of fiber, and has only 370 calories and 3 grams of fat. Add a glass of 1% chocolate milk to satisfy a sweet tooth.
	An Extra Crispy chicken breast and a side of mashed potatoes and gravy.	<b>Order an Original Recipe wing and leg</b> (290 calories and 17 grams of fat). Though white meat seems a wise choice, the breast is one of the worst items on the menu, with 460 calories and 28 grams of fat.	<b>Get the Honey BBQ Chicken Sandwich.</b> It only has 300 calories and 6 grams of fat. Among sides, best bets include mashed potatoes (without gravy), green beans, and a small corn on the cob.
	Chalupas (fried taco shells filled with cheese and ground beef).	<b>Order soft tortillas and avoid the "crispy" things.</b> ( <i>crispy</i> often means <i>fried</i> .)	<b>Order foods "Fresco-Style,"</b> which replaces a dish's normal sauce and cheese with fresh salsa. Loading up on salsa instead of cheese and other sauces can save you hundreds of calories and 10 or more grams of fat.
	A classic tuna sandwich with Cheddar cheese and potato chips.	<b>Get a wheat roll, and add extra vegetables.</b> If you can't omit the cheese, know that American cheese is the lowest-fat option, followed by provolone, with Swiss and Cheddar tied for last. Chose baked chips.	Subway's tuna salad contains lots of mayonnaise, so a <b>lower-fat option would be the Veggie Delite or Turkey-Breast Sandwich</b> from the "6 Grams of Fat or Less" menu.

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	Vegetable dumplings and shrimp lo mein.	<b>Specify steamed dumplings, and ask that your shrimp be served with brown rice</b> (a high-fiber whole grain) instead of noodles (made from refined white flour).	<b>Pile on the vegetables</b> (choose vitamin- and fiber-rich bok choy and broccoli; go light on the less nutritious baby corn and water chestnuts), and be careful with sauces (try low-sodium soy).
	Deep-dish pizza topped with cheese, sausage, and green peppers.	<b>Choose thin crust, and supplement your meal</b> with a filling, fiber packed cup of minestrone soup (found in many	<b>Order a thin crust, light on cheese, with grilled chicken.</b> (You get protein, but save fat and calories).
	Chicken Parmesan with a side of spaghetti.	Try <b>grilled chicken on top of pasta.</b> And go local when you can. A “mom-and-pop” restaurant is more likely than a chain to prepare food more healthy.	<b>If you crave pasta, avoid cheese-stuffed varieties (better yet, ask for spaghetti squash), and top it with marinara sauce (instead of a cream based sauce).</b> As for meat, choose a chicken or fish dish that isn't fried.
	Tempura vegetables with California and spicy tuna rolls.	<b>Substitute one item with a side of soy – either a serving of miso soup or a bowl of steamed edamame.</b> Limit your starch serving to an amount the size of a tennis ball.	<b>Avoid anything “tempura”, which means “fried”, and any rolls that contain mayonnaise.</b> Better choices include fish (like salmon), vegetable rolls, and sushi with avocado.
	Samosas, chicken korma, and a side of stuffed naan bread.	<b>Replace the fried samosas with a cup of spicy lentil soup,</b> and go for an unstuffed naan to dip in chutney or yogurt sauce.	<b>Order chicken tikka, which is grilled without cream sauce,</b> as your main course, and snack on lighter pappadams instead of thick naan bread.
	Tacos, with a side of refried beans and rice.	<b>Get vegetarian refried beans</b> (which don't contain artery clogging lard or pork) or plain black beans. Ask for extra guacamole instead of sour cream.	<b>Choose an item that's wrapped in a soft – not fried – tortilla, such as a burrito.</b> Cram it full of vegetables and salsa, and go light on the cheese.