

## The Fast Food Report Card



Fast foods are typically high in fat, calories and sodium. Eating too much fat, especially saturated and trans fat, can raise your blood cholesterol levels and put you at a higher risk for heart disease, stroke, diabetes and some types of cancer. Excess calories can lead to weight gain. And, in some people, a high sodium intake is associated with high blood pressure.

Fast foods also tend to be low in fibre and important nutrients such as vitamins A, C, D and folic acid. If you eat out often, keep your choices as simple and basic as possible. Most fast food restaurants now offer a selection of healthier, lower-fat choices and post this nutrition information on their web sites. Some restaurants indicate the lighter and lower-fat options directly on their menus.

## How Does a Typical Fast Food Meal Add Up?

Consider that the average adult needs about 2000 calories, no more than 65 g of fat and no more than 2400 mg of sodium each day. Look for the choices with less calories, fat and sodium.

Small hamburger, side green salad with light Italian dressing, 1% milk  
370 calories, 15 g fat, 930 mg sodium

Deluxe burger, large fries and small chocolate shake  
1700 calories, 70 g fat, 2300 mg sodium

Grilled chicken sandwich and orange juice  
375 calories, 5.5 g fat, 1345 mg sodium

Deep fried chicken sandwich and cream of broccoli soup  
550 calories, 17 g fat, 2000 mg sodium



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## Watch the Portion Size

Over the years, portion sizes have become bigger and bigger. At fast food counters, beware of super-sized items and combination meals that offer more food than what you would normally eat. These meals might be light on your wallet, but they're heavy on the fat, calories and sodium.

At restaurants, don't feel obligated to clean your plate. Order an appetizer as your entrée or take the leftovers home. If you dine at a buffet, take a small sample of different foods instead of overeating.



## Look for Clues to Healthy Eating

When you see the words...	It means the food is probably...
Baked, barbecued, broiled, charbroiled, grilled, poached, roasted, steamed, stir-fried	Cooked with little or no added fat
Alfredo, au gratin or in a cheese sauce, battered, breaded, buttered, creamed, crispy, deep-fried, en croûte, fried, hollandaise, pan-fried, pastry, prime, rich, sautéed, scalloped, with gravy, with mayonnaise, with thick sauce	Higher in fat and calories
Pickled, smoked, soy sauce	Higher in sodium

## Balance Out the Meal

Meals eaten away from home tend to be low in vegetables, fruit and milk products. Try these tips to help round out the meal.



- Think about your food choices for the entire day. If you know that you'll be eating a meal out, then plan to eat plenty of whole grains, vegetables, fruit and lower-fat milk products throughout the rest of the day.
- Start off with a mixed green salad in a balsamic vinaigrette. Or head to the salad counter and fill your plate with veggie sticks and fresh fruit. Keep the salad dressing and dip on the side.
- Load up your sandwich with veggie toppings like lettuce, tomatoes, cucumbers, onions and peppers.
- Choose lower-fat milk or fruit juice instead of pop. Whether they are the "diet" or regular versions, soft drinks offer no nutrition. Plus, think of how quickly the empty calories can add up in pop, especially in the super-sized cups.

- Order a side dish of vegetables if they're not included with the main entrée.

- Opt for frozen yogurt or ice milk for dessert rather than deep-fried pies or cookies. Or have some fruit for dessert when you get home or back to work. If you want to treat yourself to a decadent dessert, then share it with a friend.



## What is Moderation?

Moderation really depends on your own eating habits. If you only eat out on special occasions or less than once a month, then sit back and enjoy your meal. But, if you're a regular at fast food chains and take-out counters, then do try to make nutritious choices as often as possible.




# Choose Healthy Foods Whenever and Wherever You Eat Out

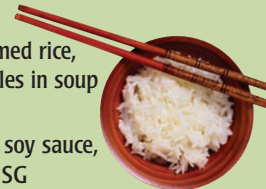


**Choose these more often...** **Instead of...**


Choose these more often...	Instead of...
<b>At the coffee shop or breakfast stop:</b>	
Low-fat whole grain muffin	Danish, doughnut
Whole grain bagel with a small amount of light cream cheese, peanut butter or lower-fat cheese	Bagel loaded with cream cheese
Poached egg or plain omelette with unbuttered whole grain toast	Fried egg sandwich with sausage or bacon, cheese omelet with hash browns
Coffee or tea with milk	Coffee or tea with cream


Choose these more often...	Instead of...
<b>At the deli or sandwich counter:</b>	
Whole grain bread or bun	White bread, croissant
Lean meat such as ham, chicken, turkey, roast beef	Higher fat options such as salami, pepperoni, bologna, bacon, meatballs, egg salad, tuna salad, salmon salad
	Hot dog
Green salad, fruit salad, bean salad	Caesar salad, potato salad, macaroni salad
Unsweetened fruit juice, lower-fat milk	Fruit drink, soft drink

Choose these more often...	Instead of...
<b>At the pizza parlour:</b>	
Whole wheat or other type of whole grain crust	White crust
Vegetarian or Hawaiian pizza	Pizza with the works
Lower-fat toppings like ham, chicken, mushrooms, peppers, tomatoes, zucchini, eggplant, artichokes, lower-fat cheese	Higher-fat toppings like bacon, sausage, salami, pepperoni, olives, extra cheese

Choose these more often...	Instead of...
<b>At the Asian eatery:</b>	
Steamed dumplings, steamed buns	Deep-fried chicken balls, sweet and sour pork
Grilled, steamed or stir-fried veggies	Deep-fried veggies like tempura
Fresh spring rolls, sushi, cucumber salad	Deep-fried egg rolls
 Steamed rice, noodles in soup	Fried rice, fried noodles, chow mein
Light soy sauce, no MSG	Regular soy sauce, salt, MSG

Choose these more often...	Instead of...
<b>At the chicken eatery:</b>	
Barbecued, baked, grilled or stir-fried chicken with the skin removed	Deep-fried chicken fingers or nuggets
Grilled chicken sandwich or fajita	Chicken salad sandwich made with mayonnaise
Rice, baked potato with low-fat sour cream or yogurt	French-fries
Chicken soup with whole grain crackers or whole wheat roll	Chicken pot pie
Green salad with lower-fat dressing	Creamy coleslaw, salads made with mayonnaise

Choose these more often...	Instead of...
<b>At the burger place:</b>	
Plain or child-sized hamburger on a whole grain bun if available	Double or triple-decker burger with cheese
Grilled chicken sandwich, veggie burger	Deep-fried chicken or fish sandwiches
Baked potato with either chili or low-fat sour cream 	French fries with gravy, baked potato with cheese and sour cream
"Light" menu items	Super-sized combo meals
Frozen yogurt cones	Ice cream, cookies, pies
Lower-fat milk, unsweetened fruit juice	Milkshake, soft drinks

Choose these more often...	Instead of...
<b>At the Italian eatery:</b>	
Broiled, baked, grilled or poached fish, chicken or veal	Breaded, fried or deep-fried fish, chicken or veal
Pasta with vegetables in tomato sauce sprinkled with Parmesan cheese	Lasagna, pasta in cream sauce
Coffee with milk, café latté or cappuccino made with lower-fat milk	Coffee with cream
 Fresh fruit, fruit crisp	Cheesecake, desserts with pastry or whipped cream

Try recipes from Anne Lindsay's "The New Lighthearted Cookbook". Visit our web site at [www.heartandstroke.ca](http://www.heartandstroke.ca) or call 1-888-HSF-INFO (473-4636).



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# Fast Foods and Eating Out

Simple steps to making healthy choices



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