



from fat to less than 30%. This means if you're on a 2,000-calorie diet, you should stick to about 65 grams of fat per day, and no more.

Needed Fats
As was mentioned earlier, your body does need some fat to survive. Fat plays an important role in helping your body absorb a number of other important vitamins and minerals including vitamins A, D, E, and K.

Why Fat Matters
Remember, even though your body needs a little fat for healthy functioning, it needs much less than the average American consumes. The fact of the matter is that a diet that's low in fat is important for maintaining a healthy weight and preventing heart disease. The American Heart Association recommends as do carbohydrates and proteins. Basically, every gram of fat contains nine

Polyunsaturated and Monounsaturated Fats. Both of these fats are better known as the good fats. Studies have shown that these two fats can help to lower your cholesterol if used in place of saturated fats.

Saturated Fat. Saturated fat is the "bad fat" that people refer to when they're talking about the importance of maintaining a low-fat diet. Saturated fats have been linked as the main dietary cause of high cholesterol—a main cause of heart disease.

Functioning. The three different types of nutrients for your body's health and animals, and are essential fat are outlined below.

The Skinny On Fat

Source: Fast Food Nation

created from a Subway menu. sandwiches that can be different combinations of

- There are nearly 2 million consumed in the car.
- Nearly 10% of all food purchased in restaurants is nutrition.
- only three were fitness and growing US franchises, 12 were fast food—and
- In 1999, of the 30 fastest is only 36 minutes long.
- The average business lunch COMBINED.
- software, or new cars— computers, computer higher education, personal money on fast food than on Americans now spend more lunch on the weekdays.
- 30% of adults eat out for fries every week.
- and four orders of French consumes three hamburgers
- The typical American now

Fast Food Fast Facts

Healthy Fast Food

We Do Have A Choice

For More Information

US Department of Agriculture
www.usda.gov

Center For Science In the Public Interest
www.cspinet.org

American Dietetic Association
www.eatright.org



Healthier Choices... Eating On The Run

If you watched the news or read the newspaper only once in the last year, you've no doubt probably seen a story on the dangers of fast food. And while many fast food items are high in fat and calories, you don't often see the healthier fare that fast food has to offer. Believe it or not, we do have a choice.

Regardless of our almost 24/7 busy schedules, we can make healthy eating a part of our lives—even at the drive through. If you know what to look for, you can not only reduce the fat and calories of your typical fast food meal, but also manage to create a pretty nutritious meal in the process. Check out this brochure to find ways you can make healthier fast food choices.

A P U B L I C A T I O N O F T H E

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The information contained in this brochure has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.

Smart Fast Food CHOICES

Believe it or not there are actually more healthy choices at your favorite fast food restaurant than you might think. Do you know what to look for and what to look out for?



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Fast Food Face Off

Fast Food FACE OFF

Given the fast paced nature of life in America today, we sometimes can't avoid a meal on the go. But this doesn't mean you have to settle for all the fat and calories most fast food meals provide. Believe it or not, you have more options than you might think. Outlined below are several menu choices that you should look for and look out for next time you're forced to eat and run.

Arby's		
	Calories	Fat (g)
<i>Best of...</i>		
Baked Potato, Plain	240	2
Grilled Chicken Caesar Salad	230	8
Light Roast Chicken Deluxe	260	5
<i>Worst of...</i>		
Roast Turkey Ranch & Bacon Market Fresh Sandwich	880	44
Roast Beef & Swiss Market Fresh Sandwich	810	42
Chicken Cordon Bleu	630	35

Blimpie		
	Calories	Fat (g)
<i>Best of...</i>		
6 inch Turkey on Wheat	330	7
6 inch Roast Beef on Wheat	390	8
Grilled Chicken Hot Sub	400	9
<i>Worst of...</i>		
Ultimate Club	724	42
Reuben	360	33
Beef, Turkey & Cheddar	600	31

Burger King		
	Calories	Fat (g)
<i>Best of...</i>		
BK Broiler Chicken Sandwich	267	8
Chunky Chicken Salad	142	4
BK Veggie Burger	290	7
<i>Worst of...</i>		
Original Double Whopper with Cheese	1070	70
Chicken Whopper Sandwich	580	26
BK Fish Filet Sandwich	520	30

Wendy's		
	Calories	Fat (g)
<i>Best of...</i>		
Mandarin Chicken Salad	150	1.5
Small Chili	210	7
Jr. Hamburger	270	9
<i>Worst of...</i>		
Big Bacon Classic	570	29
Chicken Club Sandwich	470	19
Broccoli & Cheese Hot Stuffed Baked Potato	480	14

Pizza Hut		
	Calories	Fat (g)
<i>Best of...</i>		
Spaghetti with Marinara (1 Serving)	490	6
Vegetable "Hand Tossed" (1 Slice)	220	8
Chicken Supreme "Hand Tossed" (1 Slice)	230	7
<i>Worst of...</i>		
Italian Sausage "Big New Yorker" (1 Slice)	530	29
Pork "Stuffed Crust Gold" (1 Slice)	500	25
Meat Lover's "Chicago Dish" (1 Slice)	470	27

McDonald's		
	Calories	Fat (g)
<i>Best of...</i>		
English Muffin	140	2
Original Hamburger	280	10
Chicken McGrill w/o Mayo	340	7
<i>Worst of...</i>		
Double Quarter Pounder with Cheese	760	48
Grilled Chicken Flatbread	520	22
10-Piece Chicken McNuggets	510	33

Krispy Kreme		
	Calories	Fat (g)
<i>Best of...</i>		
Cinnamon Twist (Yeast)	230	9
Powered Sugar (Cake)	210	10
Glazed Mini Cruller	230	10
<i>Worst of...</i>		
Glazed Raspberry-Filled Doughnut	350	21
Honey Bun	410	24
Coconut Cream Pie	450	21

Subway		
	Calories	Fat (g)
<i>Best of...</i>		
6 Inch Veggie Delight	200	2.5
6 Inch Turkey Breast	254	3.5
6 Inch Subway Club	294	5
<i>Worst of...</i>		
6 Inch Tuna	450	22
Dijon Horseradish	470	21
6 Inch Meatball	540	26

Taco Bell		
	Calories	Fat (g)
<i>Best of...</i>		
Crunchy Beef Taco	170	10
Bean Burrito	380	12
Grilled Chicken Burrito	410	15
<i>Worst of...</i>		
Taco Salad with Salsa	790	42
Zesty Chicken Border Bowl	730	42
Mexican Pizza	540	31

Healthy Fast Food Strategies

Other than selecting some of the healthier fast food options above, there are some other things you can do to make your meal on the go healthier for you. Next time you're stuck in the drive through, give the following strategies a try to lighten the load of your fast food meal.

GO PLAIN—When ordering your meal, try to avoid the fatty extras. Things like mayonnaise or other sauces, cheese, or fried toppings like onions are high in fat, and add unneeded calories to a meal that's already too high in both fat and calories.

DON'T SUPER SIZE—Super sizing almost always nearly doubles the fat and calories in your fast food meal. Though it might seem like you're getting a screaming deal, your body always gets the short end of the stick. You will be surprised by just how filling your meal is without super sizing.

SLOW AND STEADY—The average business lunch is only about 36 minutes long these days. And many times, half of our lunch breaks are consumed by heading out and picking up our meal. Because this leaves us little time to eat, we tend to shovel our lunches down so we can get back to work. Be sure to leave yourself plenty of time to eat your meal and relax. It'll save you indigestion and fatigue later in the day.

SKIP THE REFILL—Try and stick to only one soda during your lunch break. Just because your favorite restaurant has free refills, it doesn't mean you have to take advantage of them. In fact, because soda is loaded with sugar and caffeine, there really isn't anything to take advantage of in the first place. Even better, skip the soda altogether. Try water or ice tea if you need the flavor.

