

## Healthy Foods at the Drive Thru

Go to: [www.bgsm.edu/nutrition](http://www.bgsm.edu/nutrition)



Click on the blue link "Count Your Calories Because Calories Count". Next, click on "Drive Thru Diet". Then, click on the name of the fast food restaurant that you usually eat at. Scroll down the page, and check everything you usually eat at one meal. List the foods below.

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After you have selected all of the foods, click on the "Total" button. What are your totals for this meal?

**Total Calories** \_\_\_\_\_ **Total Fat** \_\_\_\_\_

**Total Cholesterol** \_\_\_\_\_ **Total Sodium** \_\_\_\_\_

### How much do you need each day?

**Calories...** 2000 **Fat...** 65 g  
**Cholesterol...** Less than 300 mg **Sodium...** Less than 2400 mg

Remember, you have selected foods for just one meal. How does this meal compare to the amount of fat and calories recommended for one day? Based on a 2000 calorie diet, this meal has:

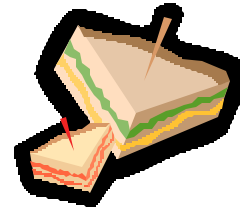
\_\_\_\_\_ % daily allowance of calories      \_\_\_\_\_ % daily allowance of fat  
 \_\_\_\_\_ % daily allowance of cholesterol      \_\_\_\_\_ % daily allowance of sodium

### Making Healthier Choices

Surprisingly, many fast food restaurants offer some healthy food choices. Let's look at some ways you can cut back on fat and calories at your favorite fast food restaurant. Click on the "Lowest Calories" button. Which food item has the least calories? \_\_\_\_\_  
 Click on the "Lowest Fat" button. Which food item has the least fat? \_\_\_\_\_

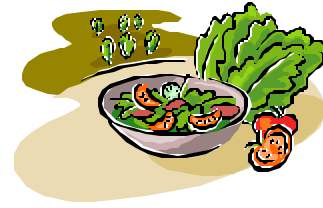
## More Ways to Cut Back on Fat and Calories

- ✓ Choose smaller portion sizes. Pass on meals and foods that are “deluxe”, “super”, “double”, or “jumbo”. These items are usually high in fat and calories. If you do order one of these meals, share it with someone else.



- ✓ Don't be afraid to make a “special order”. Order a plain hamburger. Cut the mayonnaise and ask for extra lettuce and tomato.

- ✓ Skip the french fries. Try a baked potato, soup, or salad with low-fat or fat-free dressing instead. This can cut more than 15 grams of fat and 250 calories from your meal.



- ✓ Order water or low-fat milk with your meal. Sugary drinks add lots of extra calories to your meal. A medium soft drink can set you back 200 calories, and a super-sized soft drink can set you back 500 calories. A medium milk shake can set you back 400 calories and 10 grams of fat.

- ✓ Choose broiled or grilled foods instead of breaded or fried foods.

Think of at least one way that you can make your fast food meal healthier. Write your changes below.

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Select the foods for your healthier fast food meal, and click on the “Total” button. What are your totals for this meal?

**Total Calories** \_\_\_\_\_

**Total Fat** \_\_\_\_\_

**Total Cholesterol** \_\_\_\_\_

**Total Sodium** \_\_\_\_\_

Based on a 2000 calorie diet, this meal has:

\_\_\_\_\_ % daily allowance of calories

\_\_\_\_\_ % daily allowance of fat

\_\_\_\_\_ % daily allowance of cholesterol

\_\_\_\_\_ % daily allowance of sodium

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