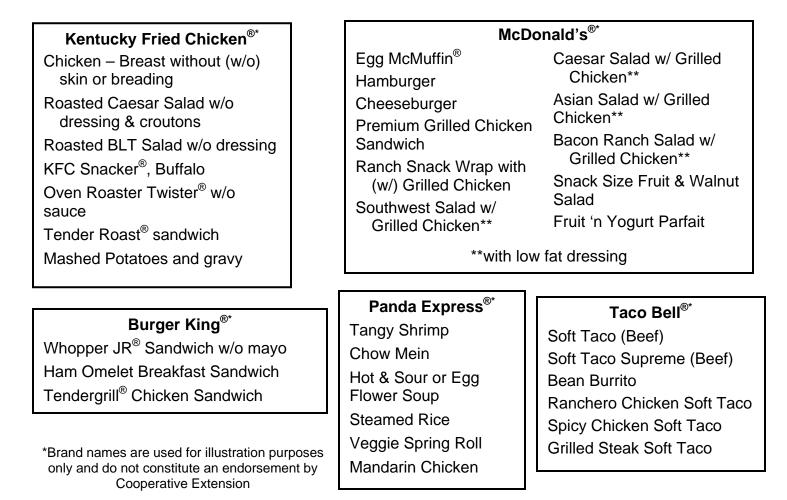




Figuring Fast Food: Making Better Choices

When eating at fast food restaurants, remember 1) balance out your day's meals to compensate for high-fat food choices; 2) make sure that your day's meals include a variety of foods; and 3) use moderation when eating high-fat fast food (avoid "super-sizing"). The following fast food items have no more than 15 grams of fat and get no more than 40 percent of their calories from fat¹:



References:

1. Nutrition Facts available at: <u>www.burgerking.com</u>; <u>www.kfc.com</u>; <u>www.mcdonalds.com</u>; <u>www.pandaexpress.com</u>; <u>www.tacobell.com</u>.

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