

Tips for Making Healthy Choices at Fast Food Restaurants

More and more people are turning to fast food restaurants for not only their breakfast, but their lunch and supper as well. Eating at fast food restaurants three times a day may seem like a heart attack waiting to happen, but it really does depend on what you choose to eat. Many fast food restaurants are now offering healthy choices. This means Americans can get their instant satisfaction without receiving a side order of thunder thighs. But, how do you make healthy choices at fast food restaurants?

Tips for Making Healthy Choices at Fast Food Restaurants: Do the Research

If many of your meals come from fast food restaurants, you will need to do some research. Go online and visit the websites of the fast food restaurants in your area. Many fast food restaurants have nutrition guides that will tell you the fat and calories of their menu items. Take time to view each nutrition guide and study the foods that you usually pick. Many times you may think you're making healthy choices, but you're not. Once you do your research, you will have a better understanding of which items are healthy choices.

Tips for Making Healthy Choices at Fast Food Restaurants: Always Know Your Options

Once you have done your research, you can either write down the foods that are healthy choices or you can also print out the nutrition guides and keep them in your car. The next time you visit your favorite fast food restaurant, you'll be able to make healthy choices.

Tips for Making Healthy Choices at Fast Food Restaurants: Avoid Calorie Filled Salads

Many people visiting fast food restaurants choose salads thinking they are making a healthy choice. Unfortunately, they usually aren't making a healthy choice. Many salads are now covered in pieces of fried chicken, cheese, bacon, and high calorie dressing. The next time you order a salad, choose grilled chicken with a low-fat dressing.

Tips for Making Healthy Choices at Fast Food Restaurants: Choose Health Conscious Restaurants

There are fast food restaurants that are built around the principle of serving healthy meals. One of those places is Subway. At Subway you can find subs that are low in fat and calories. You can also find baked potato chips and whole grain chips.

Tips for Making Healthy Choices at Fast Food Restaurants: Avoid Soft Drinks

Even when you choose diet soft drinks, it may be hard to find decaffeinated drinks. When you go to a fast food restaurant, it's best to choose water. You can make healthy choices when it comes to food and then ruin your calorie intake by choosing the wrong soft drinks.

Tips for Making Healthy Choices at Fast Food Restaurants: Substitute High Calorie Condiments

You may think you're making a healthy choice by choosing a grilled chicken sandwich, but many of these sandwiches have mayonnaise which makes them high in calories and fat. When you order sandwiches ask them to leave off the mayonnaise. You can then request packs of honey mustard for a grilled chicken sandwich or ketchup and mustard for hamburgers.

Tips for Making Healthy Choices at Fast Food Restaurants: Choose Grilled Rather than Fried Foods

You may think that any meal with chicken is a healthy choice, but you'd be wrong. When you choose chicken nuggets, you're actually consuming more calories than if you had chosen a hamburger. The best thing to do is choose grilled chicken rather than fried, and avoid fatty condiments.

Tips for Making Healthy Choices at Fast Food Restaurants: Choose Healthier Sides

Many fast food restaurants will now allow you to choose healthier sides. This means you can choose chili or a baked potato instead of fries. This is a much healthier choice than French fries. If you don't have the option to choose, you may want to purchase a sandwich and a small salad instead of a combo.

FASTFOOD QUIZ

A quiz that will help you eat smarter while dining out.

Although most of these selections aren't exactly 'healthy', some are healthier than others. Can you pick the healthier choices? It will not necessarily be the food with the 'least' amount of calories. Choose wisely and good luck!

1. Taco Bell

Mexican Pizza

Taco Salad

2. Subway

1 Subway Sugar Cookie

6" Roast Beef Sandwich

3. Wendy's

Grilled Chicken Sandwich

Medium Frosty

4. McDonald's

Filet-O-Fish Sandwich

Quarter Pounder

5. Burger King

Bacon Double Cheeseburger

Double Whopper with Cheese

6. Long John Silvers

Grilled Chicken Salad with Ranch Dressing

Battered Fish, 1 piece

7. Chick-Fil-A

● Chick-fil-A Chicken Deluxe Sandwich

● Ice Cream, small cup

8. Kentucky Fried Chicken

● Breast, Original Recipe

● Breast, Extra Crispy

9. Pizza - OKAY - neither of these choices are healthy, but as a bonus question, can you guess which of the following has less calories BUT MORE FAT GRAMS?

● Domino's Pepperoni & Mushroom Pan 6"

● Pizza Hut's Pepperoni Personal Pan 6"