

# Fast-Food Alternatives



**Instead of these:**

**Choose these:**

<p>French fries or curly fries Potato wedges Hash browns or tater tots Onion rings</p>		<p>Baked potato Salads with fat free or lowfat dressing Fresh fruit</p>	
<p>Large hamburgers with all the 'fixins' Cheeseburgers Hotdogs or sausages Bologna, pastrami Fried meat sandwich Pork barbecue sandwich with slaw Chicken, tuna or egg salad sandwiches</p>		<p>Turkey, roast beef or lean ham sandwich Grilled chicken sandwich Chicken tacos</p>	
<p>Fried chicken Breaded chicken strips Fried chicken wings</p>		<p>Grilled, roasted or smoked poultry (white meat, no skin)</p>	
<p>Fried fish sandwich Fried fish nuggets Fried clam strips</p>		<p>Broiled seafood platter Boiled shrimp</p>	
<p>Sundaes, Banana splits Cakes Brownies Pies</p>		<p>Soft serve ice cream cone Lowfat frozen yogurt</p>	
<p>Regular soda Whole milk Sweet tea Fruit punch, lemonade</p>		<p>Water Diet soda and unsweetened tea Lowfat or fat free milk 100% juice</p>	

## Tips for ordering:

- Leave off the cheese and hold the mayo
- Don't super-size
- Say "No" to "Would you like fries with that?"
- Choose baked, broiled, or grilled options rather than fried

**MOVE!**

