

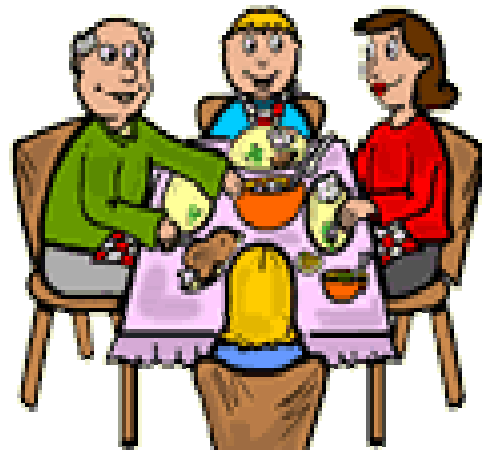


## Healthy Fast Food Choices

Today in school your child learned that fast foods are thought of as convenient and economically advantageous types of foods. But the health hazards considerably outweigh those benefits. It is easy to fill up on fats and miss out on all the good nutrients that our body needs to stay healthy. Although we need to eat fat, we eat too much of it by consuming unhealthy fast foods. Be a good role model for your child by eating at home instead of at fast food restaurants when possible. Meals at home are usually healthier with more fruits and vegetables, less fat, more calcium, and more milk.

### Dietary Fat and Health

When you think about dietary fat, think about fat that is found naturally in food and fat that is added to foods. The fat that is part of a steak and the pat of butter added to a baked potato are both counted in the total fat you eat. Some fats may be good for your bodies, like the fat found in canned salmon and nuts. But all fats are high in calories, therefore even good fats are only recommended in small amounts. Healthy fats are an important part of the diet. Fast foods contain large amounts of unhealthy fats as part of food like cheeseburgers and from added fat that comes from frying foods like French fries. Eating too much of the unhealthy fats can increase the chances of getting heart disease. Eating fast foods often can also contribute to weight gain especially if you or your child are not physically active.



### Fast Food Choices

When you have to eat at a fast food restaurant, make smart choices. For example, order a grilled meat sandwich instead of fried. You will be getting less of the unhealthy fat and fewer calories. You can also order a side salad instead of French fries. Order your salad with a low calorie salad dressing because the dressing can contain as many calories and fat as a hamburger! Instead of ordering pop, choose a healthier drink like milk or 100% fruit juice! Let your child know about the health benefits from making these choices and be a positive role model!



## Milk, 100% Fruit Juice OR Soft Drinks, Hi-C?

Compare the nutrition information for different types of beverages available at a fast food restaurant. You will see that there are healthier beverage choices and some that are less healthy. Remember that juice drinks like fruit punch or Hi-C have added sugars and few nutrients compared to other healthier beverages. Look at the information below and answer the questions at the bottom of this page.

### McDonald's Menu

Beverages	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Fiber (g)	Vitamin C (mg)	Calcium (mg)
1% Low Fat Milk Jug	100	2.5	1.5	10	125	12	0	4	30
1% Low Fat Chocolate Milk Jug	170	3	1.5	5	150	25	<1	6	30
Minute Maid® Apple Juice Box	90	0	0	0	15	21	0	100	10
Orange Juice (12 fl oz cup)	140	0	0	0	5	29	0	160	2
Coca Cola (12 fl oz)	110	0	0	0	5	29	0	0	0
Coca-Cola® Classic (Large 32 fl oz)	310	0	0	0	20	86	0	0	0
Hi-C® Orange Lavaburst (Child 12 fl oz)	120	0	0	0	0	32	0	110	0
Iced Tea (Child 12 fl oz)	0	0	0	0	5	0	0	0	0

[http://www.mcdonalds.com/app\\_controller.nutrition.index1.html](http://www.mcdonalds.com/app_controller.nutrition.index1.html)

### Circle the correct answer for the following questions:

1. Which beverage has added sugars?                      Orange Juice                      Hi-C Orange Lavaburst
2. Which beverage has greater nutritional value?      1% Low Fat Milk                      Coca-Cola
3. Which beverage has no calories?                      Iced Tea                      Apple Juice
4. Which beverage would you choose at McDonalds?      100% Fruit Juice                      Milk

{See answers on page 4}



# Question Time

**Child:** How often should we eat at fast food restaurants? (Fast foods usually have a lot of calories and fat. When families eat at home, their meals are usually healthier).

**Adult:** Do you think we could make plans to limit how often we eat away from home? (Pack a healthy snack or meal; eat at home before or after sporting events or meetings).

**Child:** My favorite beverage at a fast food restaurant is \_\_\_\_\_. Is it a healthy choice?

**Adult:** What are healthy options when ordering at fast food restaurants? (For example, choose grilled meats instead of fried and salad instead of French fries.)

**Adult:** What are some healthier fast food restaurant options? (All restaurants have healthier options to choose from, some restaurants like Subway have more than others.)

## What would you choose...

Discuss with your child which option would be the best to choose in a fast food restaurant...



- Fried Chicken
- Baked Potato
- Fruit juice
- A salad with French dressing
- Grilled Chicken
- French fries
- Pop
- French fries

[See answers on page 4.]

## Our Family Goals:

**Eat at home more often.**

**Make healthy beverage choices when eating at a fast food restaurant.**

# Things We Have Learned

During the past few weeks you have been reading about the important role that parents play in the food and beverage choices that children make for meals including breakfast, and for snacks and at fast food restaurants. You have also been reading about healthy food and beverages from the Milk Group and the Fruit and Vegetable Groups. The following are reminders to help you help your child by setting a good example and making healthy foods and beverages available for your child.

1. Provide milk, water, or 100% fruit or vegetable juice for beverages for snacks and meals.
2. At the grocery store, take the time to read beverage labels to check for calories, sugar content and other nutrition facts to choose 100% juice instead of fruit drinks or punch.
3. Talk with your child about why you would prefer that he or she choose milk, water or 100% juice instead of pop for a beverage. The high amounts of added sugar in pop can have short- and long-term effects on health, including an increase in the risk for tooth decay and overweight.
- 4) Help your child make healthier food choices for meals including breakfast, snacks and at fast food restaurants by being a good role model, making healthy foods available, and providing encouragement through conversations with your child about food choices and health.

Answers to questions on page 2: 1. Hi-C Orange Lavaburst, 2. 1% low fat milk, 3. Iced tea.

Answers to questions on page 3: Grilled instead of fried chicken, baked potato instead of fries, juice instead of pop, salad instead of fries.



## Frosty Fruit Smoothie

### Ingredients:

- 1 medium banana, peeled and cut into chunks
- 1 cup orange, pineapple, grape, apple, or cranberry juice, chilled
- ½ cup fat-free milk
- 1 teaspoon vanilla
- 3 ice cubes

### Procedure:

1. In a blender container combine the banana chunks, chilled fruit juice, milk, vanilla, and ice cubes.
2. Cover and blend until frothy. Pour mixture into glasses. Serve immediately.

*Makes 2 servings.*

### Nutritional facts per serving:

138 calories, 1 g fat, calcium 9%



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