

Fast food-friendly tips you can use



Curbing unhealthy choices at the drive-through...

Whether scrambling to grab breakfast on the way to work or picking up dinner before baseball practice or piano lessons, Americans are spending more and more time eating meals on the go. Here's how to make fast food menu choices that are quick and healthy:

- Keep portion sizes small, such as choosing a regular or children's-size hamburger rather than burgers with two to three beef patties
- Substitute fries or onion rings with healthy side dishes like a salad or fruit bowl
- Opt for grilled items and avoid fried or breaded foods that are high in fat and calories
- Ask for healthier, low-fat options for condiments that come with entrees
- Save calories by ordering water, diet soda, unsweetened ice tea, sparkling water or mineral water

If life has you eating on the run, take a little time to slow down and make smart, healthy choices when you're in the fast food lane.



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