



Tips for Healthy Fast Food Meals

Eating fast food generally means more calories, fat, sodium, and sugar are consumed. These are linked to obesity and cardiovascular issues in children and adults. But sometimes the only option for busy families is a meal from a fast food restaurant. When it is your only option, here are some tips to make your child's meal healthier:

- **Skip the burger.** Many restaurants now offer grilled chicken nuggets and sandwiches, which are usually lower in fat and sodium.
- **Try a fry-alternative.** Often, fast food kid's meals now offer fruit, baked potatoes, and side salads as an option.
- **Hold the cheese.** If your child insists on a burger, reduce the fat and calories by removing the cheese. Get some extra veggies by adding lettuce and tomato.
- **Drink water or lowfat milk.** Children do not need the excessive calories in sodas.
- **Encourage playtime.** If time allows, let your children run around in the play area. Activity is important in your child's health.

It is important for you to be a good role model when dining out with your children. If they see you eating healthy, they are more likely to eat healthy.