

# + #BLS Fueling

## Healthy Choices For Fast Food Eating

- Add a salad before or with your meal
- Your plate should be assembled as such 1/4 carbohydrate, 1/4 protein, 1/2 vegetables/salad
- 1-2 fists carbohydrate (pasta, rice, potato, sweet potato, bread, corn, peas, etc.)
- 1 hand size meat/protein (chicken, fish, red meat, egg, tofu, cottage cheese, etc.)
- Try to eat grilled and baked instead of fried and pull skin off meat
- Get all dressings, sauces, gravies, dips, etc. on the side
- Never make pasta, rice, or potatoes the meal...make sure you get enough protein and vegetables in lunch and dinner meals
- Don't drink your calories in soda, sweet tea, Gatorade, etc.....try water, un sweet tea, and flavored waters.

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## Healthy Choices For Fast Food Eating



- 6" or 12" sandwich
- On whole wheat or honey oat bread
- Meat
- Cheese
- Veggies
- Sauce on the side
- 1 bag of baked chips or apples



- Small or regular turkey, ham or chicken
- On wheat bread
- 1 bag of baked lays or small soup



- **Breakfast:** Bagel w/ egg & cheese w/ fruit cup
- Grilled chicken sandwich w/ fruit cup & small fry
- Grilled chicken wrap w/ small amount of dressing
- Grilled chicken salad w/ large fruit cup & small fry
- Regular chicken sandwich w/ large fruit cup



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## Healthy Choices For Fast Food Eating



- **Breakfast:** Egg McMuffin w/apple dippers & milk
- McChicken sandwich w/yogurt-granola parfait
- Grilled chicken sandwich w/small fry
- Grilled chicken Flat Bread sandwich w/yogurt-granola parfait
- Premium Grilled Chicken Club Sandwich & small fry
- Regular cheeseburger w/yogurt-granola parfait



- Fresco style chicken or steak Supreme Burrito & 2 Fresco steak or chicken tacos
- Fresco style Baja Chicken or Steak Gordita, Fresco Style Tostada, and Fresco Style Taco of choice



Wendy's

- Frescata sandwich with mandarin orange cup & a small fry
- Ultimate Chicken Grill Sandwich w/ medium fry or Baked chips
- Ultimate Chicken Grill Sandwich with sour cream & chive baked potato
- Classic Single Cheeseburger & small fry or Baked chips or baked potato

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## Healthy Choices For Fast Food Eating



in the box

- **Breakfast:** Breakfast Jack w/apple sauce & 2% milk
- Grilled chicken sandwich w/fruit cup & small fry
- Chicken Fajita pita w/fruit cup & small fry
- Bruschetta Ciabatta Sandwich & fruit cup



WHATABURGER

- **Breakfast:** Egg Sandwich w/1 Texas Toas & jelly, 2% carton milk
- Grilled Chicken sandwich w/ medium fry or 2 grilled chicken sandwiches

