Fast Food Survival Guide

1. Order a kids meal. You will get the right amount of food for less money.
2. Share your meal with a family member or friend.
3. If you order fries, order a small.
4. Don’t order the large hamburger.
5. Think twice before ordering the combo meal.
6. If you order a soft drink, order a small or choose a diet soft drink. Better yet, order water instead of a soft drink.
7. Choose fast food only occasionally. Eat and prepare more meals at home.

When you do go, try these healthier options

Adults
- Sauces and condiments with little or no fat
- Grilled chicken sandwich with no mayo
- Baked potato with low-fat toppings
- Salad with low-fat or fat-free dressing
- Small hamburger

Kids
- Milk or water instead of soft drinks
- Small hamburger
- Fruit instead of fries
- Salad with low-fat dressing
OVEN FRIES

Ingredients
Makes 6 servings
Serving Size: 10 fries

- Non-stick cooking spray
- 4 medium sweet potatoes
- 2 tablespoons vegetable oil
- seasonings (optional)*

*Try one or several of these seasonings: salt, pepper, seasoning salt, garlic powder, onion powder, chili powder, paprika

Directions
1. Preheat oven to 475° F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash sweet potatoes thoroughly and dry with a paper towel.
4. Cut sweet potatoes into long strips about ½ inch thick.
5. Put oil in a plastic bag. Add sweet potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
6. Spread strips in a single layer on a baking sheet and place in preheated oven.
7. Bake at 475° F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn sweet potato strips over.
9. Immediately return sheet to oven and bake at 475° F for 15 more minutes.

Nutrition information
Per Serving 124 calories
Total Fat 1 g
Saturated Fat 0 g
Protein 2.3 g
Total Carbohydrate 29 g
Dietary Fiber 4 g
Sodium 12 mg
Excellent Source of Vitamin A
Excellent Source of Vitamin C

MICRO-BAKED SWEET POTATO

Makes 1 serving
Serving Size: 1 sweet potato

Ingredients
- 1 medium sweet potato

You can make more than one baked sweet potato at a time. Just multiply the number of sweet potatoes times 6 minutes to get the total amount of cooking time.

Directions
1. Wash sweet potato.
2. Pierce sweet potato with fork several times.
3. Place sweet potato in microwave on a microwave safe plate.
4. Microwave on high for 6 minutes or until soft.
5. Remove from microwave and wrap in aluminum foil and let sit for 20-30 minutes before serving.

Nutrition information
Per Serving 130 calories
Total Fat 5 g
Saturated Fat 0.5 g
Protein 1 g
Total Carbohydrate 21 g
Dietary Fiber 3 g
Sodium 10 mg
Excellent Source of Vitamin A
Excellent Source of Vitamin C

MAKE A LIST

Get your family together and make a list of activities that everyone can enjoy. For example, your list might include softball, going for a bike ride, tag, or a game of basketball. Put your list on the refrigerator. Plan the days you are going to do each activity. Make the commitment to try at least one activity together this week!