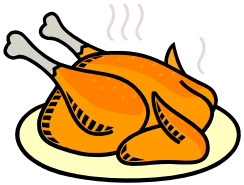


Fast Foods Can Be Low in Fat and Calories

It's okay to eat fast food sometimes.
But be careful fast food can be high in fat and calories.

Some Tips for Healthy Eating Out:



- **Order** turkey, chicken, fish or roast beef that is grilled not fried.
- **Avoid** fried foods like chicken nuggets, French fries, fried fish, fried chicken, fried plantains, fried okra, hush puppies, chicharron, fried queso blanco and fried eggs.
- **Order** a salad, veggies or fruit instead of fried foods.
- **Choose** low fat salad dressings, sauces and dips or eat less and ask for them on the side.
- **Avoid** adding oil, extra cheese, or mayo to sandwiches.
- **Add** veggies, vinegar, mustard, ketchup, Bar-B-Q sauce, or tomato sauce.
- **Split** large meals and desserts in ½ and share with a friend or take them home.
- **Pick** low fat desserts like frozen yogurt or fresh fruit.



Try not to eat out more than 2 times a week.

When you do watch your fat and calories!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at www.NJhelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.