

# Fast Food Survival Guide



## CHOOSE FAST FOOD LESS OFTEN...

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

- 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.

# Oven Fries

Makes 6 servings | Serving Size: 10 fries



## Ingredients

- Non-stick cooking spray
- 4 medium baking potatoes or sweet potatoes
- 2 tablespoons olive or canola oil
- Seasonings (optional)\*

\*Try one or several of these seasonings: pepper, 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 potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about 1/2 inch thick.
5. Put oil in a plastic bag. Add 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 potato strips over.

9. Immediately return sheet to oven and bake at 475°F for 15 more minutes.

## Nutrition information Per Serving

### SWEET POTATO OVEN FRIES

120 calories	
Total Fat	4.5 g
Saturated Fat	0.5 g
Protein	1 g
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sodium	50 mg

 **Excellent Source of Vitamin A**

 **Excellent Source of Vitamin C**

### OVEN FRIES

160 calories	
Total Fat	5 g
Saturated Fat	0.5 g
Protein	3 g
Total Carbohydrate	25 g
Dietary Fiber	3 g
Sodium	15 mg

 **Excellent Source of Vitamin C**

## Micro-Baked Potato

Makes 1 serving

Serving Size: 1 potato

## Ingredients

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

## Directions


1. Wash baking potato.
2. Pierce potato with fork several times.
3. Place 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

170 Calories	
Total Fat	0 g
Saturated Fat	0 g
Protein	5 g
Total Carbohydrate	37 g
Dietary Fiber	4 g
Sodium	25 mg

 **Excellent Source of Vitamin C**

 **Good Source of Iron**



## 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!