

# Fast-Food Alternatives

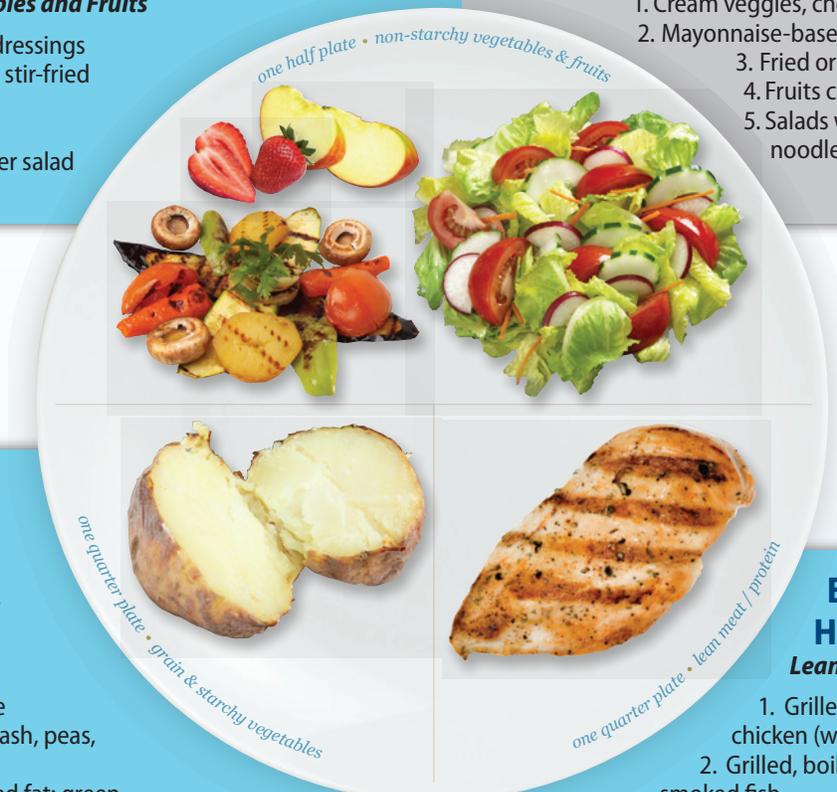
## Eat These Healthy Choices

### Non-Starchy Vegetables and Fruits

1. Salad with low-fat dressings
2. Grilled, steamed, or stir-fried veggies
3. Fresh fruits
4. Edamame, cucumber salad

## Limit These Less Healthy Choices

1. Cream veggies, cheese vegetables
2. Mayonnaise-based salads
3. Fried or tempura veggies
4. Fruits canned in sugar or syrup
5. Salads with fried or crisp noodles



## Eat These Healthy Choices

### Whole Grains and/or Starchy Vegetables

1. Baked potato
2. Steamed brown rice
3. Herb-seasoned squash, peas, corn, yams
4. Beans without added fat: green, kidney, black, garbanzo
5. Small whole grain bread (pumpernickel, rye)
6. Small whole grain dinner roll, English muffin, breadstick, or French baguette
7. Whole grain crackers
8. Pasta primavera

## Eat These Healthy Choices

### Lean Meat/Protein

1. Grilled, roasted, smoked chicken (white meat/no skin)
2. Grilled, boiled, broiled, baked, smoked fish
3. Fish and chicken tacos
4. Grilled, broiled sirloin, filet steak
5. Turkey, roast beef, lean ham, veggie burger, turkey burger, turkey dogs
6. Pork tenderloin, grilled lean pork
7. Steamed or baked tofu

## Limit These Less Healthy Choices

1. French fries or onion rings
2. Fried rice
3. Butter, fried, creamed veggies
4. Refried beans and/or beans with added fat
5. Croissants
6. Biscuits, cornbread, muffins, or garlic bread
7. Tortilla chips or buttered popcorn
8. Alfredo or cream sauce pasta

## Limit These Less Healthy Choices

1. Fried, breaded, popcorn chicken and wings
2. Fried or breaded fish
3. Beef tacos
4. Rib eye, prime rib
5. Large or double hamburgers or cheeseburgers, bologna, hot dogs, pastrami, corned beef
6. Fried pork
7. Deep-fried tofu

9" plate

## Combination & Miscellaneous Foods:

Not everything fits neatly in the sections of the Healthy Plate, for example a lean roast beef sandwich can fit in the category of lean protein (roast beef) with the whole grain bread fitting in the healthy grain section. Here are some combo foods and some miscellaneous items that do not fit perfectly in a section of the Healthy Plate.

| Eat These Healthy Choices   | Limit These Less Healthy Choices  |
|---|---|
| <ol style="list-style-type: none"> <li>1. Stir fry with vegetables and lean meat</li> <li>2. Pasta primavera or vegetable pasta salad</li> <li>3. Thin-crust veggie pizza with less cheese</li> <li>4. Meatless, low-fat cheese lasagna</li> <li>5. Stuffed bell peppers with lean beef</li> <li>6. Egg on English muffin</li> <li>7. Whole grain 6-inch sub – more veggies, less sauces</li> <li>8. Antipasto with vegetables</li> </ol> | <ol style="list-style-type: none"> <li>1. Pot pies</li> <li>2. Macaroni and cheese</li> <li>3. Meat-lovers pizza, thick-crust or butter-crust pizza with extra cheese</li> <li>4. Meat and cheese lasagna</li> <li>5. Shepherd’s pie</li> <li>6. Burrito with steak</li> <li>7. Foot-long sub with cheese and sauces</li> <li>8. Antipasto with meat</li> </ol> |
| <p><b>Dairy:</b><br/>Free (skim) or low-fat (1%) varieties of:</p> <ol style="list-style-type: none"> <li>1. Milk fat</li> <li>2. Cottage cheese</li> <li>3. Cheese</li> <li>4. Sherbet, sorbet</li> <li>5. Yogurt parfait</li> </ol>   | <ol style="list-style-type: none"> <li>1. Whole milk (4% fat)</li> <li>2. Cottage cheese (4% fat)</li> <li>3. Cheeses</li> <li>4. Ice cream</li> <li>5. Milkshake</li> </ol>  |
| <p><b>Appetizers:</b></p> <ol style="list-style-type: none"> <li>1. Clear or tomato-based soups</li> <li>2. Salad with low-fat dressing</li> <li>3. Shrimp with cocktail sauce</li> <li>4. Raw vegetable sticks</li> <li>5. Steamed vegetable or chicken dumplings</li> <li>6. Egg drop, miso, wonton, or hot and sour soups</li> </ol>   | <ol style="list-style-type: none"> <li>1. Chowder or cream soups</li> <li>2. Mozzarella sticks</li> <li>3. Nachos, onion rings, potato skins</li> <li>4. Fried/tempura vegetables</li> <li>5. Fried chicken wings</li> <li>6. Fried egg roll or wonton</li> </ol>   |

| Eat These Healthy Choices  | Limit These Less Healthy Choices  |
|--|---|
| <p><b>Desserts:</b></p> <ol style="list-style-type: none"> <li>1. Soft-serve ice cream</li> <li>2. Soft-serve frozen yogurt</li> <li>3. Fruit</li> <li>4. Low-fat yogurt</li> <li>5. Sugar-free gelatin</li> <li>6. Sugar-free pudding</li> </ol>  | <ol style="list-style-type: none"> <li>1. Sundaes</li> <li>2. Cheesecake</li> <li>3. Banana splits</li> <li>4. Fried ice cream</li> <li>5. Cakes, pies, and brownies</li> <li>6. Cookies</li> </ol>   |
| <p><b>Beverages:</b></p> <ol style="list-style-type: none"> <li>1. Water, seltzer</li> <li>2. Low-fat milk</li> <li>3. Coffee</li> <li>4. Unsweetened tea</li> <li>5. Sugar-free drinks</li> <li>6. 100% juice</li> </ol>  | <ol style="list-style-type: none"> <li>1. Beer</li> <li>2. Sugar-sweetened soda</li> <li>3. Sport drinks</li> <li>4. Sweetened tea</li> <li>5. Alcoholic beverages</li> <li>6. Juice drinks</li> </ol>  |
| <p><b>Condiments:</b></p> <ol style="list-style-type: none"> <li>1. Light dressing</li> <li>2. Butter spray, olive oil</li> <li>3. Pickles</li> <li>4. Mustard</li> <li>5. Ketchup</li> <li>6. Vinegar</li> <li>7. Hot sauce</li> <li>8. Low-fat sour cream or fresh salsa</li> <li>9. Fresh fruit jelly</li> <li>10. Sauces such as rice-wine vinegar, ponzu, wasabi, ginger, and low-sodium soy sauce</li> </ol> | <ol style="list-style-type: none"> <li>1. Mayonnaise</li> <li>2. Butter</li> <li>3. Bacon bits or Chinese noodles</li> <li>4. Tartar sauce or mayo</li> <li>5. Thousand Island dressing</li> <li>6. High-calorie dips</li> <li>7. Gravy</li> <li>8. Sour cream</li> <li>9. Regular jelly or spreads</li> <li>10. Coconut milk, sweet and sour sauce, regular soy sauce</li> </ol> |



## Tips for making healthier fast-food choices:

- Make careful menu selections – pay attention to menu descriptions



- Avoid dishes labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin, or in cream sauce.
- Order items with more vegetables and choose lean proteins that are baked, broiled, or grilled rather than fried.

- Drink water with your meal

- Many beverages are a huge source of hidden calories. Try adding a little lemon to your water or ordering unsweetened iced tea.



- “Undress” your food

- Leave off the cheese and hold the mayo!

- Avoid creamy dressings, spreads, cheeses, and sour cream.



- If you add condiments, like ketchup, use small amounts.
- Do NOT Super-Size!
- Say “No” to “Would you like fries (or pie or cookies) with that?”