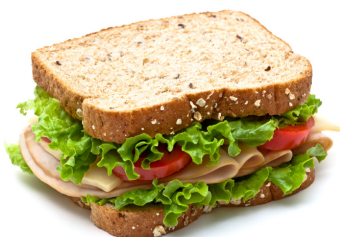


# Raising *fit* Kids: Healthy Nutrition, Exercise, and Weight

## Fast Food Picks

You can't stand in the kitchen at a restaurant and tell the chef to go easy on the grease, but you can control what you order. Many fast food and chain restaurants now offer a healthy choice menu. Be sure to ask about these options when placing your order. Choose foods that are under 500 calories and low in fat. To help you make smart choices, we've included our top picks from some of your favorite fast food restaurants.



### SANDWICHES



Ham & Swiss Melt  
300 calories / 8g total fat



Whopper Jr.® without Mayo  
260 calories / 10g total fat



Ham, Egg White & Cheese on  
Wheat English Muffin  
280 calories / 8g total fat



3 Crispy Strips  
340 calories / 11g total fat



Premium Grilled Chicken Classic  
420 calories / 10g total fat



1 Slice of Thin 'N Crispy (12") with  
Ham & Pineapple  
180 calories / 6g total fat



Small Honey Bourbon Chicken  
315 calories / 4.5g total fat



6" Turkey Breast on  
9-Grain Bread  
280 calories / 3.5g total fat



Fresco Grilled Steak Soft Taco  
160 calories / 4.5g total fat



Ultimate Chicken Grill  
370 calories / 7g total fat



### SIDES



Applesauce  
80 calories / 0g total fat



BK® Fresh Apple Fries  
with Caramel Sauce  
(on kids' menu)  
70 calories / 0.5g total fat



Green Beans  
20 calories / 0g total fat



Apple Dippers with  
Low Fat Caramel Dip  
100 calories / 0.5g total fat



Apple Slices  
35 calories / 0g total fat



Mexican Rice  
130 calories / 3.5g total fat



Mandarin Orange Cup  
90 calories / 0g total fat

### TIPS FOR ORDERING:

Ask if the restaurant has a healthy choice menu.

Choose dipping sauces that are fat-free, such as BBQ sauce, sweet 'n' sour sauce or ketchup.

Ask to have sandwiches served without mayonnaise.



### SWEETS



Frozen Cherry Drink  
140 calories / 0g total fat



Sweet Life® Oatmeal  
Raisin Cookie  
150 calories / 6g total fat



Kiddie Cone  
45 calories / 1g total fat



Apple Pie (1)  
165 calories / 8.5g total fat



Oatmeal Raisin Cookie  
200 calories / 8g total fat














Junior Original Chocolate Frosty  
150 calories / 4g total fat

# Raising *fit* Kids: Healthy Nutrition, Exercise, and Weight

## Fast Food Picks
















WebMD and SANFORD present  
**Raising *fit* Kids: Healthy Nutrition, Exercise, and Weight**

Fast Food Picks

<b>SANDWICHES</b> 	 Ham & Swiss Melt 300 calories / 8g total fat	 1 Slice of Thin 'N Crispy (12") with Ham & Pineapple 180 calories / 6g total fat	<b>TIPS FOR ORDERING:</b> Ask if the restaurant has a healthy choice menu.  Choose dipping sauces that are fat-free, such as BBQ sauce, sweet 'n' sour sauce or ketchup.  Ask to have sandwiches served without mayonnaise.
 Whopper Jr.® without Mayo 260 calories / 10g total fat	 Small Honey Bourbon Chicken 315 calories / 4.5g total fat		
 Ham, Egg White & Cheese on Wheat English Muffin 280 calories / 8g total fat	 6" Turkey Breast on 9-Grain Bread 280 calories / 3.5g total fat		
 3 Crispy Strips 340 calories / 11g total fat	 Fresco Grilled Steak Soft Taco 160 calories / 4.5g total fat		
 Premium Grilled Chicken Classic 420 calories / 10g total fat	 Ultimate Chicken Grill 370 calories / 7g total fat		

WebMD and SANFORD present  
**Raising *fit* Kids: Healthy Nutrition, Exercise, and Weight**

Fast Food Picks

<b>SIDES</b> 	 Mandarin Orange Cup 90 calories / 0g total fat	 Sweet Life® Oatmeal Raisin Cookie 150 calories / 6g total fat
 Applesauce 80 calories / 0g total fat	 Apple Dippers with Low Fat Caramel Dip 100 calories / 0.5g total fat	 Kiddie Cone 45 calories / 1g total fat
 BK® Fresh Apple Fries with Caramel Sauce (on kids' menu) 70 calories / 0.5g total fat	 Apple Slices 35 calories / 0g total fat	 Apple Pie (1) 165 calories / 8.5g total fat
 Green Beans 20 calories / 0g total fat	<b>SWEETS</b> 	 Oatmeal Raisin Cookie 200 calories / 8g total fat
 Mexican Rice 130 calories / 3.5g total fat	 Frozen Cherry Drink 140 calories / 0g total fat	 Junior Original Chocolate Frosty 150 calories / 4g total fat

### Wallet Card Sources:

Arby's: "I'm thinking about food facts."  
 Burger King: "Menu & Nutrition."  
 Self Nutrition Data: "Arby's sandwich: Hot Ham'n Swiss Melt."  
 Wendy's: "Nutrition Facts."  
 Taco Bell: "Full Nutrition Information: All Items."  
 Subway: "Nutritional Information."  
 Quiznos: "Menu & Nutrition."  
 Pizza Hut: "Nutrition."  
 McDonald's: "USA Nutrition Facts for Popular Menu Items."  
 KFC: "Nutrition Guide."  
 Dunkin' Donuts: "Nutritional Information."