

Fast Food

How does it add up?

When Eating Out, Make Better Choices

How often do you eat out? Once a day? Once a week? Rarely? Almost every meal?

People who eat fast food more often are more likely to be overweight or obese.

To eat out without blowing your calorie budget, there are three things to think about:

- WHAT you are eating and drinking
- HOW MUCH you are eating and drinking
- HOW your meal is prepared

Resist the urge to “super size.” The larger the serving the more calories you will be eating.

Possible Fat Traps

- Burgers with the words like double, deluxe or ultimate
- Mayonnaise, tartar sauce, “secret sauce”, or regular salad dressing
- Croissants and biscuits
- Cookies, pies, brownies, cakes, muffins
- Fried tortillas and taco shells
- Sour cream, guacamole, cheese sauce or regular bacon

The types of food chosen to eat are just as important as the serving size of the meal. **There is a big difference in these two meals.**

Fast Food Meal #1		
Food	Calories	Fat (grams)
Double Cheeseburger with special sauce	560	31
Large order fries	450	22
Large (32-oz.) regular soda	310	0
Total	1320	53

Fast Food Meal #2		
Food	Calories	Fat (grams)
Grilled Chicken Sandwich	300	5
Medium (24-oz.) Iced-Tea (Unsweetened)	0	0
Garden Salad	35	0
Fat free salad dressing	50	0
Total	385	5



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Your Extended Family.

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