



## Fast Food Facts

At some time during a typical week, you might find yourself super hungry and in a big hurry. If you are in your car you might be tempted to stop at a fast food restaurant. You are not alone! Quickservice-restaurant sales are expected to advance 3.9 percent in 2004 to \$123.9 billion., according to the National Restaurant Association's publication, *Restaurant Industry Forecast – 2004*. (FMI see [www.restaurant.org](http://www.restaurant.org))

This page will help you make a better choice the next time you

enter a fast food restaurant. Here are some facts to consider from Marylou Anderson, RD, nutritionist at a community health center in Seattle:

- A supersized soft drink (42 oz) contains 136 grams of sugar which is equal to 34 teaspoons of sugar.
- A Kentucky Fried Chicken Oven Roasted Strips Meal (3 Oven Roasted Strips, Green Beans, Seasoned Rice) contains 2410 milligrams of sodium, which is equal to a whole day's supply for most people.
- A Burger King Fish Fillet Sandwich and medium serving

of French fries contains 5-1/2 tablespoons of fat (61 grams).

Marylou offers 4 easy ways to lower the amount of fat, sodium and calories you consume in a fast food meal:

1. Choose baked, grilled or broiled items instead of fried foods. Salads, grilled chicken, baked potatoes, low-fat soup/chili and small lowfat sandwiches are always your best choices.
2. Put condiments on the side and use them sparingly.
3. Order diet soda, unsweetened tea or water instead of soda or other sweetened beverages.
4. Don't supersize your meals.

Fast food nutrition information can be found at the restaurants' individual websites. Most have interactive calculators to help you make a better decision.

### Fast Food Quiz

It pays to know before you go. Sometimes a food that sounds healthy is not really that great of a choice when it comes to calories. Here is a quiz to put you in the know. Choose the lowest calorie item for each choice below:

1. A Taco Bell Salad or a McDonalds Big Mac
2. A super-size serving of French fries or a Quarter Pounder with Cheese
3. Egg McMuffin or a Sausage Biscuit with Egg
4. Wendy's Classic Single hamburger with everything or a Wendy's Broccoli and Cheese Potato

1. The Bic Mac contains 590 calories while the Taco Bell Salad contains 840. Your best bet is the Grilled Chicken Deluxe only 440.
2. Surprise! A super sized fry has 540 calories while the Quarter Pounder with Cheese contains 530.
3. This one was easy – The Egg McMuffin contains only 290 while a Sausage Biscuit with Egg has 510.
4. Wendy's Classic Single Burger with everything has 410 while the Wendy's Broccoli and Cheese Potato contains 480. Your best bet is to order a plain baked potato filled with salsa and a little margarine and a Spring Mix salad with the dressing on the side.

Answers: