



PT Enhancement Program

How to Eat Healthy When Eating in Fast Food Restaurants

Not eating out is the best solution in that you will better know the ingredients of your food and how it was prepared. If you must eat out follow the following tips so as to eat healthier:

- Eat a moderate portions and do not supersize anything
- Avoid deep fat fried food as much as possible (such as fries and onion rings)
- Load up on fruits and vegetables whenever possible
- Minimize use of condiments: less salad dressing/mayonnaise and ketchup (instead use more mustard)
- Avoid soda, milk shakes and sugary drinks (instead drink water or 100% juice)
- Grilled is better than fried but also look at cut of meat
- Try to eat raw vegetables/fruit with your “fast food” to aid in digestion
- If possible choose a healthier restaurant like Panera Bread or Chipotle.
- Fast food should be viewed as a once and awhile-special occasion food, not an everyday or every other day type of food.

Real World Examples:

Burger: Instead of a Triple Whopper have a regular Whopper with no mayo and extra tomato and lettuce.

Chicken: Instead of a McChicken BLT Sandwich, have a Grilled Chicken Classic Sandwich with no mayo and extra tomato and lettuce.

References:

- <http://coachlevi.com/nutrition/how-to-eat-healthy-at-fast-food-joints/>
- <http://living.health.com/2009/02/19/americas-healthiest-fast-food-restaurants/>