

## Happier Meal: 4 Healthy Choices on the Fast Food Menu Reference: Every Day Health



When you think of healthy foods, you probably don't conjure up images of fast food chains and drive-thru windows. Nonetheless, busy schedules can make fast food seem like the easiest option. Just because your schedule is jam-packed, doesn't mean your calorie count needs to be too! Avoid common pitfalls at the drive-thru window with these tips for navigating the fast food menu the healthy way.



**Problem:** It may be tempting to order your favorite breakfast burrito or cheese filled breakfast sandwich, but those options won't optimally fuel you through your hectic day.

**Solution:** Order hot oatmeal with fruit and nut toppings, a much more wholesome breakfast choice than the calorific breakfast burritos. Still sold on a breakfast sandwich? Look for menu items with lean proteins like egg whites and turkey, these will keep you feeling satisfied until lunch.



**The Burger**

**Problem:** Fast food restaurant menus are filled with burgers, fries and tacos, which are packed with high calories and fat.

**Solution:** You don't have to skip the sandwich entirely; you just have to choose wisely. Grilled chicken sandwiches have far less fat than burgers and crispy chicken sandwiches. When in doubt, grilled is your best bet. You can up the health-factor by going for whole-wheat buns or ordering a wrap item, usually tortillas or flatbread filled with grilled chicken, cheese, and veggies. Still dying for a burger? Try a smaller portion by ordering from the kids menu.



**The Salad**

**Problem:** Drive-thrus have a reputation for salads with sneaky high calorie counts.

**Solution:** Salads are still a great choice because they are loaded with veggies. To make sure you are keeping it low calorie, pass on heavy dressings and request balsamic vinaigrette on the

side. As with sandwiches, always skip the crispy chicken in favor of grilled chicken. Be sure to look for salads that are heavy on veggies and lean proteins, not with cheeses and croutons.



**French Fries**

**Problem:** You are having an especially hard time resisting an extra-large side of fries.

**Solution:** Sadly, unless your local drive-thru is offering baked sweet potato fries, your options probably aren't great. If you're looking for a little crunch with your meal, try ordering a side of baby carrots or apple slices (they usually have them for the kids' meals!). And when you just can't resist the fries, order the kid's size to keep your portions in check!