

ATTENTION: FAST-FOOD FANATICS CAN BE FIT

(Adapted from CoEd, March, 1982, p.30)

Name _____ Period _____ Assign # _____

Directions: Change the menu usually ordered from
PIZZA PARADISE
HAMBURGER HAVEN
CHI-CHI CHICKEN

"Being a fast-food fanatic doesn't mean you're a junk-food junkie. Whether you are a pizza, burger, or fried chicken buff, you can eat at any fast-food counter and have a balanced meal. The trick is in choosing the right food combo."

Write your favorite menu below. Change it to meet your personal nutrition needs.

Example: HAMBURGER HAVEN MENU
Double Decker Cheeseburger
Small Order of Fries Milk

Tips:

- * Burger + Fries + Milk = A complete Meal! To balance it out a step more, grab an apple at snacktime.
- * Who needs high calories? Ask for orange juice instead of soda or a shake. (Most places that serve breakfast serve juice, too.)
- * Fast foods are generally high in salt. So think before you shake the salt: the fries will still taste great.

FOR THE CALORIE COUNTER:

- * Skip the special sauces. Use a little ketchup or mustard—they're lower in calories than mayonnaise and have no fat.
- * Keep it simple—order a plain burger instead of a double decker with cheese.
- * Eat slowly! Fast food doesn't mean fast eating.

NOW—WRITE YOUR MENU HERE

REVISE YOUR MENU HERE