

Fast Food Survival Guide

- 1** Order a kids meal. You will get less food for less money.
- 2** Share your meal with a family member or friend.
- 3** Order water instead of soft drinks.
- 4** Don't super-size. Super sizing usually provide more fries, more soft drink and more calories.
- 5** Think twice when ordering the value meal combo. They usually contain larger serving sizes.
- 6** Don't always order the large hamburger.
- 7** Choose fast food only occasionally. Eat and prepare more meals at home.