### How much fat is in fast food breakfast choices?

<table>
<thead>
<tr>
<th></th>
<th>Teaspoons of fat*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain biscuit <em>or</em> English muffin with egg and cheese</td>
<td></td>
</tr>
<tr>
<td>Danish pastry <em>or</em> biscuit with ham and egg</td>
<td></td>
</tr>
<tr>
<td>Scrambled eggs <em>and</em> sausage</td>
<td></td>
</tr>
<tr>
<td>Biscuit with sausage and egg</td>
<td></td>
</tr>
</tbody>
</table>

*1 teaspoon = 4 grams of fat*

NOTE: These are just examples. Fat content varies based on such things as the portion size or amount of dressing or cheese included. Most fast food restaurants will supply nutrition information if you ask.

### Lowfat choices for breakfast include:
- English muffin with jam
- Lowfat or nonfat muffins
- Pancakes with syrup
- Fruit juice
- Bagels
Will the food I choose make a difference in how much fat I get?

**YES!**

For example:

- More Fat
  - cheeseburger
  - fries
  - vanilla shake
  - apple pie
  - = 10 teaspoons fat*

- Less Fat
  - regular hamburger
  - side salad with lowfat dressing
  - 1% milk
  - frozen yogurt
  - soft serve cone
  - = 5 teaspoons fat*

Where is the fat?

Fat is not just in the fried foods. A lot of fat is hidden in meat, cheese, and condiments like tartar sauce, mayonnaise and salad dressings.

How much fat is in fast food lunch or supper choices?

<table>
<thead>
<tr>
<th>Cheeseburger or beef taco or bean burrito</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken nuggets (6) or medium french fries</td>
</tr>
<tr>
<td>2 slices pepperoni pizza or fried fish or chicken sandwich</td>
</tr>
<tr>
<td>Quarter pound cheeseburger or double cheeseburger with sauce</td>
</tr>
<tr>
<td>Large taco salad with fried shell</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teaspoons of fat*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon = 4 grams of fat</td>
</tr>
</tbody>
</table>

NOTE: These are just examples. Fat content varies based on such things as the portion size or amount of dressing or cheese included. Most fast food restaurants will supply nutrition information if you ask.

Lowfat choices for lunch or supper include:

- grilled chicken sandwich (with little or no mayonnaise)
- roast beef or turkey sandwich
- salad with lowfat dressing
- chili
- baked potato with broccoli (and little or no butter)
- lowfat milk or yogurt