

How much fat is in fast food breakfast choices?

Teaspoons of fat*

Plain biscuit <i>or</i> English muffin with egg and cheese	3
Danish pastry <i>or</i> biscuit with ham and egg	5
Scrambled eggs and sausage	6
Biscuit with sausage and egg	8

* 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.

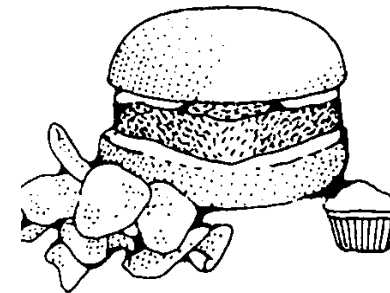
Lowfat choices for breakfast include:



English muffin with jam
lowfat or nonfat muffins
pancakes with syrup
fruit juice
bagels

Food To Go

Food from fast food restaurants can be easy, fun and healthy. Choose fast food with less fat.



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

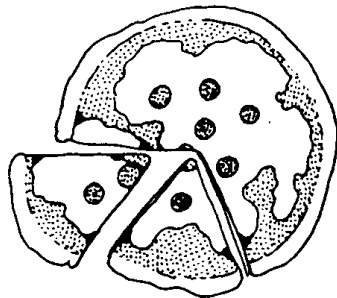
regular hamburger
+ side salad with
lowfat dressing
+ 1% milk
+ frozen yogurt
soft serve cone

= 5 teaspoons fat*



Where is the fat?

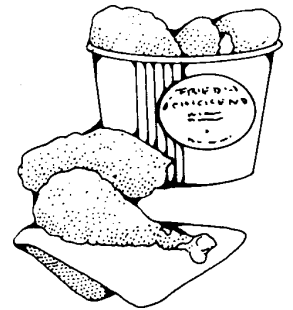
Fat is not just in the fried foods. A lot of fat is hidden in meat, cheese, and condiments like tartar sauce, mayonnaise and salad dressings.



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

Teaspoons of fat*

Cheeseburger *or* beef taco
or bean burrito



Chicken nuggets (6) *or*
medium french fries



2 slices pepperoni pizza *or*
fried fish or chicken sandwich



Quarter pound cheeseburger *or*
double cheeseburger with sauce



Large taco salad
with fried shell



* 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 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