



## Why should you eat less fast food?

- People who eat fast food have an:
  - Increased risk for obesity
  - Increased risk for other chronic health problems (examples: heart problems, type 2 diabetes).

## Healthy Eating Habits:

- Make meals at home that include:
  - Veggies, fruits, and whole-grain foods
  - Low-fat or non-fat milk or dairy foods
  - Lean meats, poultry, fish, lentils, and beans for protein
  - Small-sized portions
  - Lots of water (less juice and soda)

## Easy Tips to Eat Less Fast Food


(Check once you have tried each of the following):

- Eat fast food less often; once a week or once a month.
- Avoid ordering large and supersize.
- Choose grilled instead of fried.
- Pack a healthy lunch: apple, string cheese, and turkey sandwich.
- Drink water instead of sodas or milk shakes.
- Choose a baked potato, salad, vegetables, or fruit as a side instead of fries.

## Healthy Grocery List for a Busy Cook:

- Cut out the shopping list below next time you go to the grocery store.

Basic Grocery Shopping List:
<input type="checkbox"/> Onions
<input type="checkbox"/> Garlic
<input type="checkbox"/> Dried basil or oregano
<input type="checkbox"/> Cans of broth and tomatoes (No salt added)
<input type="checkbox"/> Whole wheat pasta
<input type="checkbox"/> Brown rice
<input type="checkbox"/> Skim Milk
<input type="checkbox"/> Dried beans and lentils



- Just add lean meat and vegetables that are on sale and you are ready to prepare healthy meals, fast!

*This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.*