

F. ROAD WARRIORS: Eating on the Road

Menus at Fast Food Restaurants are always changing. However, the following are your **BEST BETS**:

<p>Beverages</p> <p>Orange juice; low fat/skim white or chocolate milk; lemonade</p>	<p>Extras</p> <p>Bagels; English muffin with jelly; low fat fruit yogurt; Italian bread slices; salad; Italian dressing; salsa; barbeque sauce</p>
<p>Entrees</p> <p>Pancakes; scrambled eggs; cereals; turkey, ham, or roast beef sub (hero, grinder); <u>thick</u>-crusted veggie pizza; charbroiled chicken sandwich; chicken fajita; baked potato; chili; <u>plain</u> hamburgers; pasta with tomato-based sauce; <u>soft</u> taco (burrito) with rice and beans with either: meat sauce, <i>or</i> cheese, <i>or</i> sour cream</p>	<p>Omit</p> <p>Butter; hashbrowns; bacon/sausage; French fries; special sauces; cheese sauces; mayonnaise; creamy dressings; tuna subs (heros, grinders); extra cheese on sandwiches, subs, or pizzas.</p>
<p>Don't forget to include a couple of cups of water at each meal, as well!!</p>	<p><i>Note:</i> A, B, C's of baked potatoes:</p> <ul style="list-style-type: none"> A. the skin contains most of the vitamins and minerals B. a large baked potato contains between 6 and 8 grams of protein C. 1 <u>tablespoon</u> of sour cream has one sixth the fat of 1 <u>teaspoon</u> of butter/margarine.

Many fast food restaurants now have "lite" options which means they have reduced the fat used in preparation. These can also be good choices, so look for them on the menu!