

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK THREE-Stay away from
FAST FOOD!



How can you stay away from FAST FOOD!?!?

- **Pack healthy meals and snacks.** Having a healthy meal or snack available is a great way to decrease the amount of fast food you consume. Instead of going out to eat, you already have your healthy meal prepared and ready-to-go.
- **Drive a different route.** Sometimes just driving past (or knowing you'll pass) your favorite fast food place is enough to make you pull over. Driving a different route to work or on your way home may help get you out of the routine of stopping for fast food.
- **Choose healthier restaurants.** Ordering out for lunch is a common workplace activity. If you and your coworkers typically order from a fast food restaurant, suggest something healthier.
- **Make a weekly meal plan.** Having a set meal plan in place may help keep you to stay organized and focused throughout the week.. You won't be wondering what you're making for dinner or bringing for lunch - it's been determined already!
- **Stock your pantry, refrigerator and freezer with healthy foods.** Always keep a stock of healthy items at home. This will allow you to cook nutritious meals without having to stop at the store on your way home.
- **Recreate your fast food favorites at home.** Burgers and fries or chicken nuggets are delicious - that's why it's hard to break a fast food habit. Try making your favorites at home with healthier cooking techniques. TRY A VEGGIE BURGER! This will help you to "indulge" but with a much healthier option.
 - If you love fries, try baking them at home. Sliced sweet potatoes also make a great french fry alternative. Plus they have a lot of vitamins and minerals!
- **Purchase a healthier option.** Many fast food restaurants have been responding to consumers desires for healthier options. They even have special "healthier" menus that can guide you toward a lower calorie meal.
 - Try a salad with grilled chicken or a grilled chicken wrap. Use a small portion of light dressing or dipping sauce to help keep the calories lower.
 - If you're stopping by for breakfast, try oatmeal, yogurt with fruit or a breakfast sandwich with an egg white and cheese.
 - Choose a sandwich with a side of fruit or a vegetable side instead of the typical french fries.

TRY IT OUT!! Research your favorite FAST FOOD meal and find out the nutrition information!

You might be surprised at how much you're actually consuming. The number might be enough to give you the motivation to drop the habit.

<http://www.wikihow.com/Overcome-an-Addiction-to-Fast-Food>

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Fast Food might be cheap today...but you will PAY for it later in life! Bypass surgery isn't CHEAP!!