



Health Focus



March 2015: Fast Food Alternatives



Fast food is a fast and convenient choice for many, but is it good for us? Fast food contains high levels of fat, calories, and sodium that can be harmful to your health if it's consumed too often. By choosing smaller sizes, skipping sauces and condiments, and choosing grilled over fried foods, you can still eat out while staying healthy.

March 19

Alexa will be doing a demo including a mini lesson and food samples.

It's easy to say choose the better option when you eat out, but what really is the better option? Click the link below to see a list of names and pictures of healthier options at many common fast food chains. Reference this for you and your kids the next time you're eating out. You can even print the second page and use it as a handy pocket guide!

[Click here for more on healthier fast food picks](#)

viaMD and SANFORD present
Raising fit Kids: Healthy Nutrition, Exercise, and Weight

Fast Food Picks

SANDWICHES

- Ham & Swiss Melt 300 calories / 8g total fat
- Whopper Jr® without Mayo 260 calories / 10g total fat
- Ham, Egg White & Cheese on Wheat English Muffin 280 calories / 8g total fat
- 3 Crispy Strips 340 calories / 11g total fat
- Premium Grilled Chicken Classic 420 calories / 10g total fat
- 1 Slice of Thin 'N Crispy (12") with Ham & Pineapple 180 calories / 8g total fat
- Small Honey Mustard Lunchin 215 calories / 4.5g total fat
- 6" Turkey Breast on 8-Grain Bread 280 calories / 3.5g total fat
- Fireco Grilled Steak Soft Taco 160 calories / 4.5g total fat
- Ultimate Chicken Grill 370 calories / 7g total fat

TIPS FOR ORDERING:
Ask if the restaurant has a healthy choice menu.
Choose dipping sauces that are fat-free, such as BBQ sauce, sweet 'n' sour sauce or ketchup.
Ask to have sandwiches served without mayonnaise.

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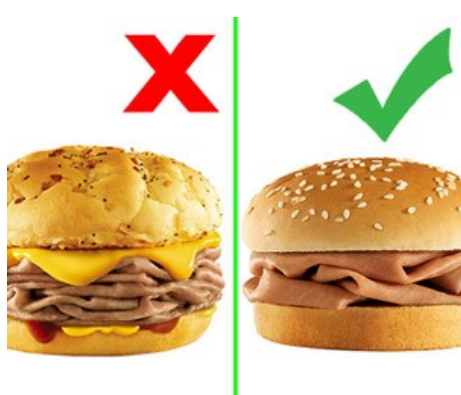
Fast Food Picks

SIDES

- Applesauce 60 calories / 0g total fat
- BK® Fresh Apple Fries with Caramel Sauce (on kids' menu) 70 calories / 0.5g total fat
- Green Beans 20 calories / 0g total fat
- Mashed Potatoes 130 calories / 3.5g total fat
- Mandarin Orange Cup 90 calories / 0g total fat
- Apple Dippers with Low Fat Caramel Dip 100 calories / 0.5g total fat
- Apple Slices 25 calories / 0g total fat
- Frozen Cherry Drink 140 calories / 0g total fat
- Speedy Lite® Oatmeal Raisin Cookies 150 calories / 8g total fat
- Kiddie Cone 60 calories / 1g total fat
- Apple Pie (1") 140 calories / 8.5g total fat
- Oatmeal Raisin Cookie 200 calories / 8g total fat
- Junior Original Chocolate Posty 160 calories / 4g total fat

Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.



How much do you really know about fast food? Take this quiz testing your knowledge on healthiest options and calorie counts at famous fast food chains. [Take the quiz here](#)

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HEALTHY FUN FACT

During your lifetime you'll eat about 60,000 pounds of food – That's the weight of about six elephants!

Featured Recipe

Easy Crispy Baked Chicken and Oven Fries

These two recipes provide a healthier alternative to fried crispy chicken and French fries. Try them tonight!

Click here for the recipe: <http://allrecipes.com/recipe/easy-crispy-baked-chicken/>
<http://www.foodnetwork.com/recipes/ellie-krieger/oven-fries-recipe.html>



Worth the Read!

Explore a virtual site called 3D Human Body: Explore the Human Body in 3D. This 3D visual allows you to see the entire anatomy of the human body including muscle, tissue, and bones. Learn how blood flows, your brain controls your body, and how your emotions respond.

<http://www.msn.com/en-us/health/bodymaps/male/male>

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