This is an easy guide to help you make healthy choices when eating out. Menu items are color coded. Foods with a Green Good choice are under 400 calories, is low in salt, and fat. Each green dot food chosen in this pocket guide is under 400 calories, low in salt, and fat. Don’t forget to exercise today! Eating good food can keep you healthy and give you the energy to do the things you like to do. When you eat out eat different types of food like lean meat, fruits, and vegetables, and grains like lean meal, nuts, and vegetables. You eat out eat different types of food do the things you like to do. When healthy and give you the energy to make healthy choices when eating. This is an easy guide to help you limit foods high in fat, salt, sugar, and grains like lean meal, nuts, and vegetables. Limit foods high in fat, salt, sugar, and calories because these foods can lead to high blood pressure, high cholesterol, and excess body weight. This can lead to high blood pressure, high cholesterol, and excess body weight. This can lead to Diabetes.

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**Fire Grilled Chicken Caesar Salad with KEN’S® Light Italian Dressing**

**Fire Grilled Shrimp Garden Salad with KEN’S® Light Italian Dressing**

**TENDERGRILLED™ Chicken Garden Salad KEN’S® Light Italian Dressing**

**BK Quad Stacker**

**Sausage Biscuit**

**Charbroiled Chicken Salad To-Go with Low Fat Balsamic Dressing (2 oz)**

**Hamburger with Ketchup Or Mustard**

**Breakfast Quesadilla**

**Gumbo Soup with Rice**

**Fried Chicken Club Salad**

**Giant Fish Sandwich w/ tarter sauce**

**Southwest Pita**

**Asian Grilled Chicken Salad with Low Fat Balsamic Dressing**

**Hamburger with Cheese no mayonnaise**

**Chicken Fajita Pita**

**Deli Trio Pannido**

**Bacon Cheddar Potato Wedges**

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**Cesar Salad with Grilled Chicken or Cesar Salad**

**Snack Wrap with Grilled Chicken & Tangy Honey Mustard Sauce**

**Southwest Cobb Salad & Asian Salad with Grilled Chicken**

**Fruit ‘n Yogurt Parfait**

**Chicken Select Breast Strips**

**Big ‘n Tasty with Cheese**

*Choose from kids menu and have low fat milk, iced tea or water to drink.*

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Follow The Healthy Food Pyramid

**Side Dishes & Desserts**
- Choose vegetables like corn, baked beans, green beans, or spinach instead of French fries.
- Choose fruit cups like mandarin oranges, or fruit salads instead of brownies and pies.
- Look for whole grain breads like rye, wheat, or multigrain crackers.

**Half It To Go**
- If you eat a red dot food cut it in half and share with a friend, or take it home for leftovers.
- Stay away from value or super-size options. They are high in fat and calories.
- Choose low fat milk, or low fat chocolate milk, ice tea, or water to drink instead of soda or milk shakes.

**OTHER SUGGESTIONS**
- Jr. Hamburger
- Chicken Caesar Salad
- Ultimate Chicken Grilled Sandwich
- Mandarin Chicken Salad
- Baked Potato with Cheese
- Taco Supreme Salad

**Original Recipe:**
Drumstick chicken, whole wing, breast w/o skin. Extra Crispy Recipe: Drumstick chicken

**Other Suggestions**
- Veggie Delight 6 Inch Sandwich
- Roast Beef 6 inch Sandwich
- Oven Roasted Chicken-breast 6 inch Sandwich
- Honey Mustard Ham 6 inch Sandwich
- Any Foot Long Sandwich or Super Size Order

**SUBWAY**

**Taco Bell**

**Wendy's**