



# Making the Best of Fast Food Dining

by Beth Gevirtz, MS RD - [Beth@food4fuelaz.com](mailto:Beth@food4fuelaz.com)

Masters in Clinical Exercise Physiology and Registered Dietitian

## Making the Best of Fast Food Dining

While fast-food restaurants are not the best choice, I do understand that sometimes your options are limited, so if you can make the best out of eating out you will benefit in the long run. Make sure that you are prepared to order a healthy meal and remember your goals are to eat for optimal performance and optimal health.

A few keys to remember:

Choose grilled items

Choose a salad or baked potato as your side item rather than fried foods

Remove the skin from the chicken or turkey

Ask for your meal without the mayo, special sauce, or sour cream

Always choose water for your drink

Below you will find a few of the more popular fast food options and meals that if eating at these restaurants, you should choose.

### McDonald's

Order:

Grilled chicken sandwich with BBQ sauce rather than mayo

Grilled chicken Caesar salad with low-fat balsamic or vinaigrette dressing instead of Caesar

Grilled California Cobb salad with same dressings as above

Egg McMuffin or two scrambled eggs with an English muffin

Fruit and yogurt parfait

### Taco Bell

Order:

Chicken soft tacos

Bean or Chicken burritos

Taco salad with salsa and no shell

Ordering 'Fresco Style'

### Delivery Pizza

Order:

- Thin crust pizza
- Add veggies, grilled chicken, pineapple or just cheese

No breadsticks, order a salad with low-fat dressing

### Wendy's

Order:

- Grilled chicken sandwich with a side of salad with low-fat dressing
- Large chili with a side of salad

Small chili, baked potato with steamed broccoli

If you follow these few keys, you should be successful when there aren't any other options. Questions/ Comments email Beth at [Beth@food4fuelaz.com](mailto:Beth@food4fuelaz.com)