

Fast Food Facts

Fast food establishments are becoming more and more prevalent, easy and FAST – making this choice very simple in our hectic lives. Here are some points to consider when entering that drive-thru lane...

- ι Our society, including our children, is getting fatter.
- ι Chronic diseases such as diabetes are showing up in our children.
- ι Choices you make for yourself and your children can affect their health everyday.

Below is some nutrition information adapted from www.mcdonalds.com on commonly chosen foods...

(indicates a healthier choice)

Food item	Calories	Total fat (g)	Carbohydrates(g)	Sodium (mg)
4-pc Chicken McNuggets Happy Meal [®] with Sprite	480	21	69	620
Cheeseburger Happy Meal [®] with Sprite	640	23	93	910
Cheeseburger	310	12	35	740
Quarter Pounder with Cheese [®]	510	25	43	1150
Big Mac [®]	560	30	46	1010
Medium french fries	350	16	47	220
(Chicken McGrill [®] (can opt to hold mayo for less cal/fat)	400	16	38	1010
(Caesar salad with grilled chicken	210	6	11	830
(Lowfat balsalmic viniagrette	40	3	4	730

- ι NOTE: all these choices are extremely high in sodium.
- ι Remember - these values are for the single item listed. Add the values when combining a sandwich with french fries– it's almost 2/3 of your daily intake of calories, fat and sodium!!

† A study published in the January issue of Pediatrics (the scientific journal of the American Academy of Pediatrics) found that...

T fast food consumption was related to poor diet quality.

T children who ate fast food consumed more calories, total fat and carbohydrates than those children who did not eat fast food.

T children who ate fast food drank more sugar-sweetened beverages and less milk than those who did not eat fast food

T these children also ate less fruits and non-starchy vegetables.

There are healthier choices now available at these fast food establishments.

T Happy Meals offer 100% juice boxes, apple dippers with low-fat caramel dip.

T 1% low-fat white and chocolate milks are also offered.

T Salads with low-fat dressings.

Always a better choice is a home made meal with a variety of whole-grain breads, fruits and vegetables. The website www.kidshealth.org is a great resource for nutrition information and recipes for kids and adults. Here is an easy, fun snack to make with your children that they will love!!

Ants on a Log

Prep time: 5 minutes

Ingredients:

2 celery sticks

6 tbsp. peanut butter

2 tbsp. raisins

Utensils:

knife (You'll need help from your adult assistant.)

Directions:

Wash the celery and cut it into pieces (each piece should be about 5 inches long).

Spread peanut butter in u-shaped part of celery, from one end to the other.

Press raisins gently into peanut butter.

Enjoy your ants on a log!

Serves: 2

Serving size: 1 celery stick