

Mission In Motion

Health & Wellness
Tip of the Week
Week 20



May 13, 2013

The skinny on fast food—be choosy. If you make healthier meal choices and practice portion control, fast food can fit into your diet.

- Keep portions small—try a kid’s meal instead of the larger option
- Skip the French fries and order a healthier side dish, like a salad or fresh fruit.
- Select a salad with grilled chicken as your main entree and use a fat-free or low-fat dressing on the side
- Go for grilled items instead of fried or breaded foods
- Say no to the special dressings, tartar sauce, sour cream and other high-calorie condiments; ask for reduced-fat mayonnaise, mustard or salsa instead
- Choose water, diet soda, unsweetened ice tea or mineral water; a large soda (32 ounces) has about 400 calories

Source: Mayo Clinic Online Resources

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