

THE PERFORMANCE INSTITUTE, INC.

When Fast Food is the Only Option....



Fast Food Advantages:

- Quick
- Convenient
- Flexible hours of operation
- Affordable

BUT.....

Fast Food Disadvantages:

- High in processed products and additives
- High in fat
- High in sodium
- Low in nutrition



Fast food should not be a common diet choice for athletes. However, whenever the schedule allows time for only a quick trip through the fast food lane, you can make the most of a non-ideal situation.

To Enhance the Nutrition of a Fast Food Meal, add:

- Salad
- Fruit
- Fruit Parfait
- Skim Milk
- Baby Carrots

Better Fast Food Choices

McDonalds	Wendy's	Chick-Fil-A
Hamburger	Ultimate Chicken Grill/ Grilled Chicken Go Wrap	Chargrilled chicken sandwich
Premium Grilled Chicken Classic Sandwich	Sour Cream and Chives / Broccoli and Cheese Baked Potato	Chargrilled chicken and fruit salad
Snack Wrap (grilled)	Mandarin Oranges	Breast of Chicken Soup
All grilled chicken salads	Side Salad	Yogurt Parfait
Fruit and Yogurt Parfait	Chili	Fruit Cup



Stay Away from Menu Items Containing the Following Words:

Crispy; Extra Crispy; Loaded; Gordita; Supersize; Melt; Stacked; Stuffed; Double/ Triple; Slammed; Dunked

Making Fast Food Choices:

- Read nutrition information before you go and know what you are going to choose, especially if you are going through the drive-through. This is readily available at each company's website.
- Go inside and make note of the nutrition information posted above the counter. Compare products.
- Use the following guidelines:
 - ~< 20g fat
 - ~< 10g fat for salads
 - ~ Are the fries necessary?
 - ~Ask to hold mayo and special sauces
 - ~Choose BBQ, Honey Mustard, Ketchup
 - ~Choose low-fat Balsamic salad dressings
 - ~Hold the cheese
 - ~Drink water or skim milk only

Better Choices at:

Fried Chicken Chains

Skinless chicken breast without breading
 Honey BBQ chicken sandwich
 Garden Salad
 Baked Potatoes
 Limit gravy and sauces

Avoid: fried chicken, wings, popcorn chicken, nuggets, biscuits, "bowls", gravies

Mexican Chains

Grilled chicken soft tacos
 Black Beans
 "Fresco" style chicken/steak burritos
 Veggie and bean burritos
 Limit sour cream, cheese

Avoid: Crispy shell tacos, refried beans, crunch wraps, "gordita" style, nachos, chaulupa

Sandwich/Sub Chains

Lean meat: chicken, turkey, roast beef, ham
 Add extra veggie toppings
 Limit amount of cheese (choose Swiss or mozzarella)

Avoid: chicken / tuna salad; regular serving of mayo and special sauces