



## 12 TIPS FOR EATING BETTER AT FAST FOOD ESTABLISHMENTS

Here are some suggestions from John "Slim Goodbody" Burstein to help your children eat nutritionally, even in fast food restaurants.

1. **Set new parameters.** Tell your children there will be some new rules when eating in fast food restaurants. Explain the new guidelines and why they are important for good health.
2. **Order milk.** From now on, order milk as their beverage, not soda.
3. **Choose wisely.** Some fast food restaurants have more nutritious choices, such as salad bars, baked potatoes, chili, or grilled entées. Decide it's worth it to go out of the way for these more healthful selections.
4. **Order for them.** Until they start ordering more nutritionally, order for them. They may complain at first, but tell them in advance you will be ordering for them and why. If they don't eat it, that's ok. It's their choice whether to eat better or go hungry. Try not to ever make food a battleground.
5. **Limit French Fries I.** Give your child 8 French fries with his entrée. No more until the entrée is finished.
6. **Limit French Fries II.** When ordering "happy meals" to get the toy of the day, take out one packet of French fries and share them between the siblings. Toss the other. Waste them in the trashcan or your kid's backside in the form of stored fat. It's your choice.
7. **Easy on the mayo.** If your children are eating "big kid" fare, make sure you order sandwiches "easy on the mayo" and other secret sauces.
8. **Choose hamburgers over cheeseburgers.** Cheese is a good source of calcium, protein and fat. If your child consumes plenty of dairy products and tends to be a little heavy, steer him/her to a hamburger.
9. **Avoid deep-fried fare.** Remember, if it's breaded and crunchy, it's deep-fried. Direct your kids to non-fried entrées like the broiled chicken breast sandwich.
10. **Order a side salad.** If you have children who prefer lettuce- and tomato-free entrées, order a side salad to split around the table. When they recognize that eating fresh produce is the "thing to do," like brushing your teeth in the morning, over time they will acquire a taste for it.
11. **No sweets.** Eating out is the treat, not sweets like ice cream or cookies.
12. **Play actively.** If the fast food establishment has a play set, make sure your kids play on it and NOT the video game machines that are often available.

\*\*For more articles and free resources from John Burstein, visit [www.SlimGoodbody.com](http://www.SlimGoodbody.com)