

# FAST FOOD: Better Choices for Athletes

## Eating Out:

As an athlete, eating out often comes with the territory. When you or your team is on the road, it is quick, easy, and convenient to stop at a fast food restaurant for a quick bite on the way to or on the way home from practice/competition. It is important to remember; however, that performance is a primary focus, and often fast food meals are too high in fat, too low in carbohydrate, and lack quality sources of protein. Many fast food restaurants have healthier options. Knowing how to choose well-balanced healthful means when you are away from home can help boost your performance and keep you on top of your game. Make note of the general tips below and consider some of the recommended choices in the table.

🍷 **Bring food to supplement your meal.** Food from your travel pack can help top off a fast food meal with healthy, nutrient rich carbohydrates. Examples include: dried and/or fresh fruit, nuts, granola bars, and sport bars.

🍷 **Reduce the fat in your meal** by asking for salad with dressing on the side and adding just as much as you need. Stick with oil and vinegar or light salad dressings.

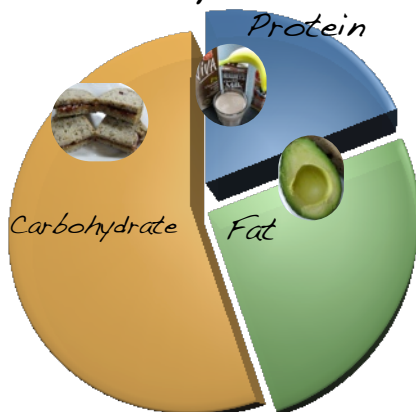
🍷 **Hold high fat extras...**skip the sour cream, mayonnaise, extra cheese, and bacon that might accompany a meal.

🍷 **Avoid Soda!**

🍷 **Baked & Grilled...not fried!** Baked or grilled sandwiches are better than fried options. If you *have* to have French fries...the smaller the portion the better...you want nutrient dense, lower fat carbohydrates to fuel your muscles.

🍷 **Breads, rolls, or a baked potato make great sources of carbohydrate**

## Diet Composition



Restaurant	Choices
<b>Arby's</b>	<ul style="list-style-type: none"> <li>• Roast Chicken Club w/out bacon &amp; club sauce</li> <li>• Market Fresh Chopped Turkey Club w/ Balsamic Vinaigrette</li> <li>• Market Fresh Roast Turkey &amp; Swiss (Higher Carb option)</li> <li>• Skip the curly fries</li> </ul>
<b>Asian Restaurants (i.e. Panda Express)</b>	<ul style="list-style-type: none"> <li>• Skip the breaded &amp; fried meat in entrees</li> <li>• Order dishes with lots of veggies</li> </ul>
<b>Burger King</b>	<ul style="list-style-type: none"> <li>• Chicken Whopper w/out mayonnaise</li> <li>• Tendergrill Chicken Sandwich</li> <li>• Tendergrill Chicken Garden Salad w/ light Italian dressing</li> </ul>
<b>Einstein Bros. Bagels</b>	<ul style="list-style-type: none"> <li>• Low-fat 100% Albacore Tuna Salad on Artisan Wheat</li> <li>• Tasty Turkey on Asiago Bagel</li> <li>• Chicken &amp; Wild Rice Soup &amp; Whole Wheat Bagel</li> </ul>
<b>KFC</b>	<ul style="list-style-type: none"> <li>• Choose green beans, seasoned rice, mashed potatoes, corn, or baked beans as sides</li> <li>• Skip the Fried Chicken and opt for the Grilled Chicken instead</li> </ul>
<b>McDonalds</b>	<ul style="list-style-type: none"> <li>• Premium Grilled Chicken Classic Sandwich</li> <li>• Fruit 'n Yogurt Parfait</li> </ul>
<b>Noodles &amp; Company</b>	<ul style="list-style-type: none"> <li>• Be sure to add protein</li> <li>• Whole Grain Tuscan Fettuccine (without cream)</li> <li>• Bangkok Curry</li> <li>• Spicy Peanut Noodle Salad</li> </ul>
<b>Pizza Hut</b>	<ul style="list-style-type: none"> <li>• Add leaner protein toppings such as chicken or Canadian bacon</li> <li>• Fit 'n Delicious Pizza</li> <li>• 2 slices of a 14" or 3 slices of a 12" pizza will make a good meal</li> <li>• Supplement with a side salad</li> </ul>
<b>Subway</b>	<ul style="list-style-type: none"> <li>• Any 6" sub with 6g fat or less</li> <li>• If you are choosing a salad, be sure to add carbohydrate - bring your own or add a roll</li> </ul>
<b>Taco Bell</b>	<ul style="list-style-type: none"> <li>• Try the lower-fat "Fresco Menu"</li> </ul>
<b>Tex Mex (i.e. Rubios, Baja Fresh, Qdoba, Chipotle)</b>	<ul style="list-style-type: none"> <li>• Use smaller amounts of cheese &amp; sour cream</li> <li>• The fresh salsa bar is a great way to add flavor &amp; color to your meal</li> <li>• Beans &amp; Rice add carbohydrate to a salad, burrito, or taco</li> </ul>
<b>Wendy's</b>	<ul style="list-style-type: none"> <li>• Fresh Fruit Bowl as a side</li> <li>• Baked Potato instead of fries</li> <li>• Ultimate Chicken Grill Sandwich</li> <li>• Salad &amp; Chili</li> <li>• Choose fat-free French, reduced fat creamy ranch, or low-fat honey mustard dressings</li> </ul>