

# CARDSfit

## Nutrition Month



### *Fast Foods, A Quick Way to a Healthy Meal!*

When you are in a hurry, fast food can be a reasonable choice. A calorie is a measure of how much energy the nutrients (proteins, carbohydrates and fat) can supply your body. When you eat food, your body uses the food as fuel, burning it to produce energy.

Consider these choices:

- A salad with low-fat or fat-free dressing
  - A grilled chicken sandwich
- A hamburger with extra lettuce and tomatoes
  - Fresh fruits, if available
  - Leaving off dressings

### **Nutrition Tip**

Did you know that most restaurants have a Nutrient Analysis report card? This is a form that list the foods you can purchase and the nutrition content of each food item in the restaurant. This information will help you make healthy food choices to meet your needs.