



What about fast-food restaurants?

Try not to super-size your meals, unless you plan to share them with the family or a friend! Order smaller child-sized meals and drink water, low-fat milk, or diet soda pop.

A grilled chicken sandwich or a simple hamburger is a better choice than a burger that is covered with secret sauce, cheese, and bacon. A baked potato with a little butter or sour cream is a good choice, too.

If you are eating pizza, order thin or medium crust instead of deep dish or stuffed crust pizzas. Eat only one or two slices and add a salad with a little dressing.

Try a small bag or a handful of baked chips or pretzels instead of the regular kind of chips.

Follow a healthy eating and exercise plan.

To learn more

To find a dietitian near you, contact the **American Dietetic Association**.
1-800-366-1655 • www.eatright.org



To find a diabetes educator near you, contact the **American Association of Diabetes Educators**.
1-800-832-6874 • www.diabeteseducator.org

Also check out the **CDC's Nutrition and Physical Activity website** for more information on healthy eating tips as well as the Kids Walk to School Program.
www.cdc.gov/nccdphp/dnpa/publicat.htm



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention

NIH Publication No. 03-5295
August 2003