

Making healthy fast-food choices

Fast-food restaurants: Popular places to eat!

Fast-food restaurants are everywhere. They're convenient. And inexpensive. And...fast.



Here's an interesting fact:

A study found that adults who eat at fast-food restaurants more than twice a week gain an extra 10 pounds in a 15-year period. Their bodies are also twice as likely to have trouble using insulin properly.

But here's the good news: It really *is* possible to make healthy choices at fast-food restaurants. Here are some tips to help you do it.

Keep your meal plan in mind

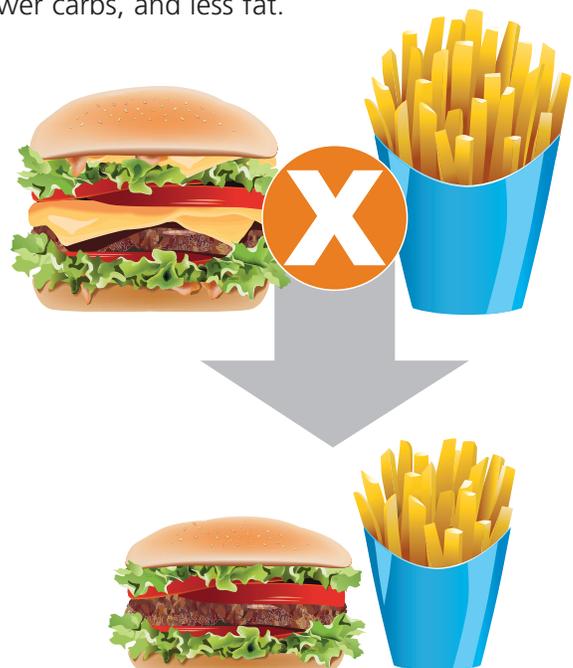
Your meal plan is an important part of managing your diabetes. Don't forget about it when you go to a fast-food restaurant. Plan ahead if you can, by thinking about what will fit into your meal plan. Keep in mind the amount of calories, carbs, and fat your meal plan calls for. Then check how much is in the meal you want to order. Which brings us to the next tip...

Know your meal's nutrition facts

These days, most fast-food restaurants make available the nutrient content of their meals. They list everything from calories, carbs, and fiber to protein, fat, cholesterol, and sodium. If you don't see the nutrition information when you walk into the restaurant, you can ask for a copy. Or you can find it online.

Downsize it

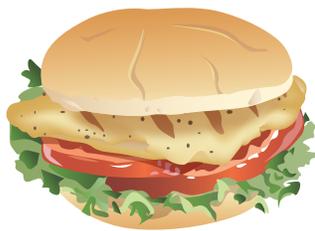
Fast-food restaurants often encourage you to supersize it. They may offer larger sizes of everything from burgers to fries to sodas. Resist the urge to supersize it and don't give in! Watch out for words like *jumbo*, *giant*, *deluxe*, or *supersize*. Bigger portions mean more calories, more carbs, more fat, and more salt. So order the smallest portions you can. Think about trying the junior-sized sandwich. Same flavor, fewer calories, fewer carbs, and less fat.



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Make smart sandwich choices

Choose grilled or broiled sandwiches over breaded, fried ones. Choose meats such as lean roast beef, turkey, or chicken. Order sandwiches plain, without mayonnaise, sauces, or toppings.



If you can, use mustard for added flavor and lettuce and tomato for extra texture and crunch.

When it comes to bread, avoid croissants or biscuits.

Instead, order a bun or an English muffin. Or better still, skip the bread altogether. Ask for your sandwich wrapped in a lettuce leaf. You'll greatly reduce the carb count.

Make your Mexican healthy

At Mexican fast-food restaurants, choose bean burritos, fajitas, or soft tacos over fried options. Order chicken instead of beef or pork. Choose black beans instead of refried. Limit the cheese, guacamole, and sour cream. You can make up for it with extra lettuce, tomatoes, and salsa for added flavor. If you must have cheese, guacamole, or sour cream, ask for them on the side so you can control how much you eat. Remember, a little can go a long way.



Pick your pizza wisely

Pizza can be a healthy choice when you order carefully. Choose a thin-crust slice when you can, and skip the extra cheese and high-fat meats (like sausage or pepperoni). Instead, load it up with vegetable toppings and lean meats (like grilled chicken).



Skip the soda

Soda is full of sugar and offers nothing of nutritional value. Order water or unsweetened tea instead. And if you do order juice, sweet tea, or a sugary soda, be sure to count the calories and carbs as part of your meal plan.



For more information, visit Cornerstones4Care.com

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Enrolling is easy. Just complete this form.

All fields with asterisks (*) are **REQUIRED**.

* I have diabetes or I care for someone who has diabetes

* First name _____ * Last name _____ MI _____

* Address 1 _____

Address 2 _____

* City _____ * State _____

* ZIP _____ * Email _____

* Birth date mm/dd/yyyy ____ / ____ / ____

* What type of diabetes do you or the person you care for have?
(Check one)

Type 2 Type 1 Don't know

* What type of diabetes medicine has been prescribed? (Check all that apply)

Insulin GLP-1 medicine
 None Other
 Diabetes pills (also called oral antidiabetic drugs, or OADs)

* If you checked "Insulin," "GLP-1 medicine," or "Other," please fill in the following for each:

Product 1: _____

How long has this product been taken?

Prescribed but not taken 7-12 months
 0-3 months 1-3 years
 4-6 months 3 or more years

Product 2: _____

How long has this product been taken?

Prescribed but not taken 7-12 months
 0-3 months 1-3 years
 4-6 months 3 or more years

3 easy ways to enroll:

1. Fax the completed form to 1-866-549-2016
2. Email the completed form to C4Csignup@hartehanks.com
3. Call 1-888-825-1518 and follow the voice prompts

Review and complete below.

* Phone number:

(_____) _____ - _____

* Cell phone number:

(_____) _____ - _____

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* Signature (required) _____

* Date (required) _____
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