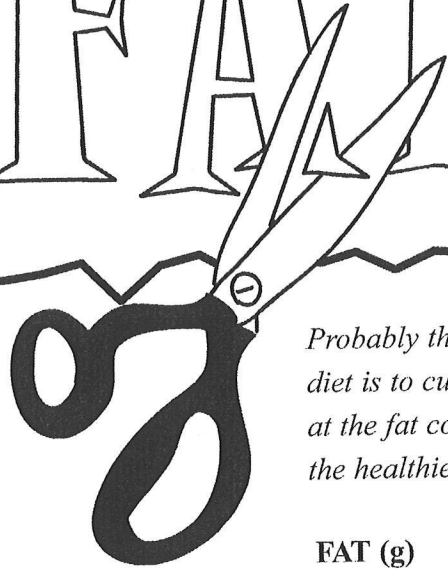


Cut the FAT!



Probably the most effective change you can make in your diet is to cut the fat. Most fast foods have a lot of fat. Look at the fat content in these popular fast foods, and then try the healthier, lower-fat alternatives.

FOOD	FAT (g)	ALTERNATIVE	FAT (g)
Cheeseburger	13	Hamburger	9
Beef burrito	21	Bean burrito	14
Chicken McNuggets® (6 pcs.)	15	Chicken fajitas	8
Hot dog with cheese	21	Plain hot dog	16
Chef salad	9	Chunky chicken salad	4
Vanilla shake (regular)	8	Non-fat milk	0
Egg McMuffin®	11	Apple bran muffin (fat-free)	0
Roast beef sub	32	Turkey sub	19
Potato salad	12	Cole slaw	6
Fried chicken (3 pcs.)	35	Grilled chicken sandwich	10
French fries, medium	17	Tortilla chips	6
Ranch dressing (2 Tbsp.)	12	Light Italian dressing (2 Tbsp.)	0.5
Fried apple pie	15	Vanilla frozen yogurt (1/2 cup)	1.5
Glazed chocolate donut	19	Bagel	1
Baked potato with chili and cheese	25	Baked potato, plain	0

Sources: *The Balancing Act Nutrition and Weight Guide*, G. Kostas, Dallas, Texas, 1993; and Nutrition Facts panels on product packaging. Egg McMuffin and Chicken McNuggets are registered trademarks of McDonald's Corporation.