McMyths

Fast food is fast.
You may make it through the drive-thru quickly, but eating fast food can slow you down. It can lead to excess weight gain and other health problems.

Fast food is cheap.
For the same price of a “value” meal at a fast food restaurant, you could make a pasta dinner to feed 4 people.

Check this out!
The average person needs around 2,000 calories for the entire day.

Large Milkshake
1,160 calories
Double Cheeseburger
380 calories
Medium Fry
440 calories

Some fast food meals have 1,980 calories. That’s as many as most people need in a whole day!
Fast Food Switcheroos

Many of the foods served at fast food restaurants are unhealthy (WHOA) foods that have added fat, sugar, or salt. Pick healthier (GO) foods most often when you do eat fast food.

- Instead of soda, try water
- Instead of two (2) beef patties, try one (1) beef patty
- Instead of a doughnut, try an English muffin
- Instead of fries, try a side salad
- Instead of chips, try fruit slices or vegetable sticks
- Instead of chicken nuggets, try grilled chicken

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.