

The Scary Truth About Fast Foods!

Fast Foods are High in Fat and Calories

Just one meal at your favorite fast food restaurant can add up to your total USDA daily recommended c

Restaurant

Menu Item

Calories

Calories from Fat

Dunkin' Donuts

(1) Bagel Sandwich with Ham, Egg and Cheese

500

100

(2) Glazed Donuts

360

140

(5) Glazed Munchkins

200

80

Hardee's

Burger King

(1)Banana Walnut Muffin

Coffee/ Black

Coffee/ Cream

Coffee/Cream & Sugar

Sausage Biscuit

Loaded Breakfast Burrito

Biscuit "N" Gravy Bowl

Croissan'wich with Sausage, Egg & Cheese

(5) French Toast Sticks with Syrup

Hash Browns (small)

540

15

70

120

530

780

770

470

470

230

210

0

50

50

340

460

490

290

180

130

The moral of the facts...Most all fast foods are full of fat, calories and do not add any good nutritional value...There is a better option...have breakfast at home:

Some examples of healthy breakfast foods:

Banana=110 Calories

Small Apple=55 Calories

Orange=62 Calories

Orange Juice 6oz=84 Calories

Special K Cereal 1 cup with 1 cup low-fat milk=255 Calories

Special K Bar Honey Nut=90 Calories

Eggs (2) fry with fat-free spray=160 Calories

Slice Tomato=22 Calories

Whole Wheat Toast (1) slice with honey=92 Calories

Black Forest Ham (Trader Joe's 99% fat free) 2 Slices= 50 Calories

Thomas English Muffin Light=100 calories

To help keep your weight under control and to maintain healthy eating habits, incorporate these simple changes:

Always choose:

- Grilled foods instead of fried.
- Oil and Vinegar instead of heavy mayo based dressings. (See authors recipe below)
- Veggies or baked potatoe (sweet if possible) instead of fries.
- Naturally sweet fruit in place of sugar-loaded desserts.
- Mustard is a much better choice than mayonnaise.
- Drink water instead of sugar loaded beverages.

Author's Balsamic Dressing Recipe

- 9 tablespoons extra virgin olive oil
- 6 tablespoons balsamic vinegar
- 1 teaspoon dried Italian seasonings
- salt and pepper to taste
- 1/2 teaspoon dried mustard
- 1/2 packet splender

Don't let anxiety control your eating habits

Self-help guide that will help you to take control of your life

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