

# FAST-FOOD ALTERNATIVES

EAT MORE OF THESE\*

AND LESS OF THESE\*

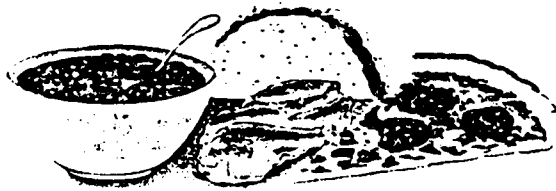
Baked potato,  
coleslaw, salad



Roast beef  
sandwich, lean  
ground beef



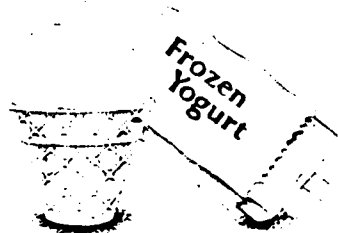
Roast chicken,  
taco, chili, pizza



Broiled seafood  
platter, clam  
chowder



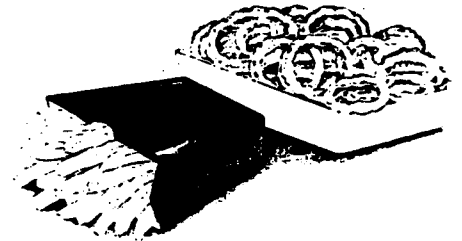
Soft ice cream cone,  
frozen yogurt



Fruit juice, low-fat milk



French fries,  
onion rings



Super burger  
with special sauce,  
cheeseburger



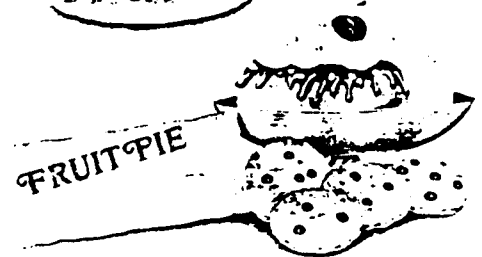
Fried chicken,  
breaded chicken  
nuggets, nachos



Fried fish  
sandwich,  
breaded clams



Sundae,  
cookies, pie



Soda pop,  
chocolate milk

