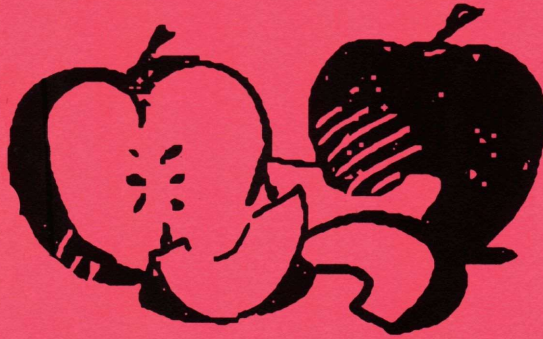


NATURE'S FAST FOODS — FRUITS AND VEGETABLES



*Eat at least 5 servings of fruits
and vegetables each day because
they're:*

- Loaded with vitamins, minerals, and other plant chemicals to keep you feeling and looking good.
- Full of fiber to keep your bowels regular.

Plus — fruits and vegetables fit into a busy lifestyle!

No time in the morning?...Grab an apple or banana on your way out the door.

Need a quick bite for lunch?...Choose a bean burrito topped with salsa. (Turn this card over for other fast-food choices.)

Looking for an afternoon snack?...Pull out the raisins you brought from home.

No time to cook?...Zap a potato in the microwave. Top with chili, broccoli or leftover vegetable and shredded cheese.



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You can find fruit and vegetable choices in fast-food restaurants, but beware of the fat!

| FOOD | FAT (grams) |
|--|--------------------|
| Low-fat choices | |
| baked potato, plain | 0 |
| juice (orange, apple or grape) | 0 |
| salad bar items (raw vegetables & fruits) with fat-free dressing | 0 |
| corn on the cob | 2 |
| mashed potatoes with gravy, 1/2 cup | 2 |
| spaghetti sauce with meat, 1/2 cup | 2 |
| vegetable soup | 3 |
| Choices with more fat | |
| refried beans, 1/2 cup | 4 |
| baked potato with sour cream | 6 |
| chili, 1 cup | 6 |
| coleslaw, 1/2 cup | 6 |
| cream of broccoli soup, 1 cup | 7 |
| hash brown patty | 7 |
| potato salad, 1/2 cup | 8 |
| grilled Chicken Salad (without added dressing) | 8 |
| High-fat choices | |
| baked potato with broccoli & cheese | 14 |
| veggie-lovers pizza, 1 slice medium pizza | 15 |
| bean burrito with cheese | 17 |
| French fries, medium | 17 |
| onion rings | 19 |
| taco salad with shell | 62 |

Limit total fat. For a 2000-calorie meal plan, limit fat to 65 grams a day (30% calories).