



iChoose600[®]

iChoose[®] meals under 600 calories.

My kids count on me to make good choices. And now they count on me to order less at fast food restaurants. Meals under 600 calories keep me energized and feeling great, so I can be there for them. **Look at calorie postings before you choose.**



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Calories: Use 'Em, Don't Abuse 'Em

Simple ways to eat less when eating fast food:

- 1** Cut the combo meal – that extra 50 cents or dollar for the combo meal can mean hundreds of extra calories that you don't need.
- 2** Go back to basics – order water.
- 3** Just say no to shakes and other high-calorie extras.
- 4** Go “small” or skip the sugary drinks like soda, sweetened teas, and juice drinks.
- 5** Don't double up – order a single burger.
- 6** Limit, or even better, pass on the mayo, cheeses and sauces.
- 7** Bye-bye bacon and sausage – they're just extra calories and fat.
- 8** Go for grilled, not fried.
- 9** Share half with a friend or family member.
- 10** Stay “small” when ordering fries.



www.Health.NY.gov/iChoose600