

Fast Food Survival Guide



1 Order a **kid's meal**. You will get less food for less money.

2 **Share** your meal with a family member or friend.

3 Order **water** instead of soft drinks.

4 **Don't super-size**. Super-sizing usually provides more fries, more soft drink and more calories.

5 **Think twice** when ordering the value meal combo. They usually contain larger serving sizes.

6 Order a **smaller** hamburger and a **smaller** order of fries.

7 **Eat and prepare more meals at home**. Choose fast food only occasionally.

