

BALANCE
takes
practice

By balancing fast foods with healthy foods and exercise, you can maintain a healthy lifestyle.



how Ygra makes the best of her kids' FAST-FOOD meals

"For busy parents like me, fast-food restaurants are survival tools. They come in handy when my kids and I are out and about. And we're out and about a lot. One of my daughter's first words was 'Donald's'. She can spot those arches a mile away.

Naturally, I started worrying about how much fast food they were eating. Even when it's only once in a while, it still adds up—especially for a little kid. So I started to come up with ways to eliminate some of the fast food without totally eliminating fast-food restaurants.

First of all, I always order for my kids. Not only does it save time and hassle, but it lets me pick milk for them instead of soda. Sure, they might be happier with fruit punch or pink lemonade, but I think their bones are happier with milk. And when their bones are happier, I'm happier.

One important thing I learned is not to keep switching back and forth. Once you switch them to milk, try to stick with it. If you give in to them once, they'll try to get you to give in again. It's amazing how good a kid's memory is!

Of course, they always want fries. I split them up between my kids—that way each of them only gets half as much grease. And I let them dip the fries in ketchup. That makes my kids eat slower, and they get filled up faster.



Ygra, with daughter Nabrioska

They love to eat. But there's no sense giving a tiny kid a burger that's almost as big as the kid is. So I always buy a small sandwich.

Dessert? Forget it. For my kids, dessert is the playland. I can get them involved in fun and games, and they don't miss the sweets one bit.

When we're not out and about, we're in. And when we're in, there's pizza—delivered. That's the best way to sneak veggies into them. I've been doing that as long as they've been eating pizza. I mean, with all that cheese, who needs the extra fat from meat? Not them, and not me either. And if I did add sausage or pepperoni, the kids would probably start picking off the veggies. Why tempt them?

Anyway, that's what I do. It might not work for every family. But it works for ours. And if your family has gotten into the fast-food rut, I'll bet you can find something that will work for you."

Ygra's fast-food tips.

- **THINK SMALL:** small hamburgers, fries, drinks
- **THINK WHITE:** milk instead of soda
- **THINK LIGHT:** low-calorie rather than regular salad dressing
- **THINK AHEAD:** order sandwiches without mayonnaise
- **THINK SMART:** order foods grilled instead of fried
- **THINK LOW-FAT:** order veggie instead of meat pizza

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