



Limit fast food to less than once a week.

Serve your child healthy foods at home as much as possible.

Fast food facts:

- Fast food restaurants prepare on-the-go meals in less than 10 minutes, like McDonald's, Subway, KFC, and Dunkin' Donuts.
- Most fast food is high in unhealthy fats, calories, sugar, and salt.
- Eating too much fast food can lead to health problems like excess weight gain, high blood pressure, and heart disease.

Plan ahead to help limit fast food to a few times a month at most.

- Pack healthy meals if you and your family have to eat on the go.
- Make extra when you cook to have leftovers to eat if you're in a hurry.
- Always have frozen vegetables around to add to quick, healthy meals.

Food prepared at home is almost always healthier and costs less than food you eat out.

- If fast food is a regular part of your family's diet, cut back on the number of times per month you eat it.

Make mealtime family time.

- Keep the TV off while you eat.

Eat and prepare healthy meals for yourself, too.



Healthy meals for STAR kids!