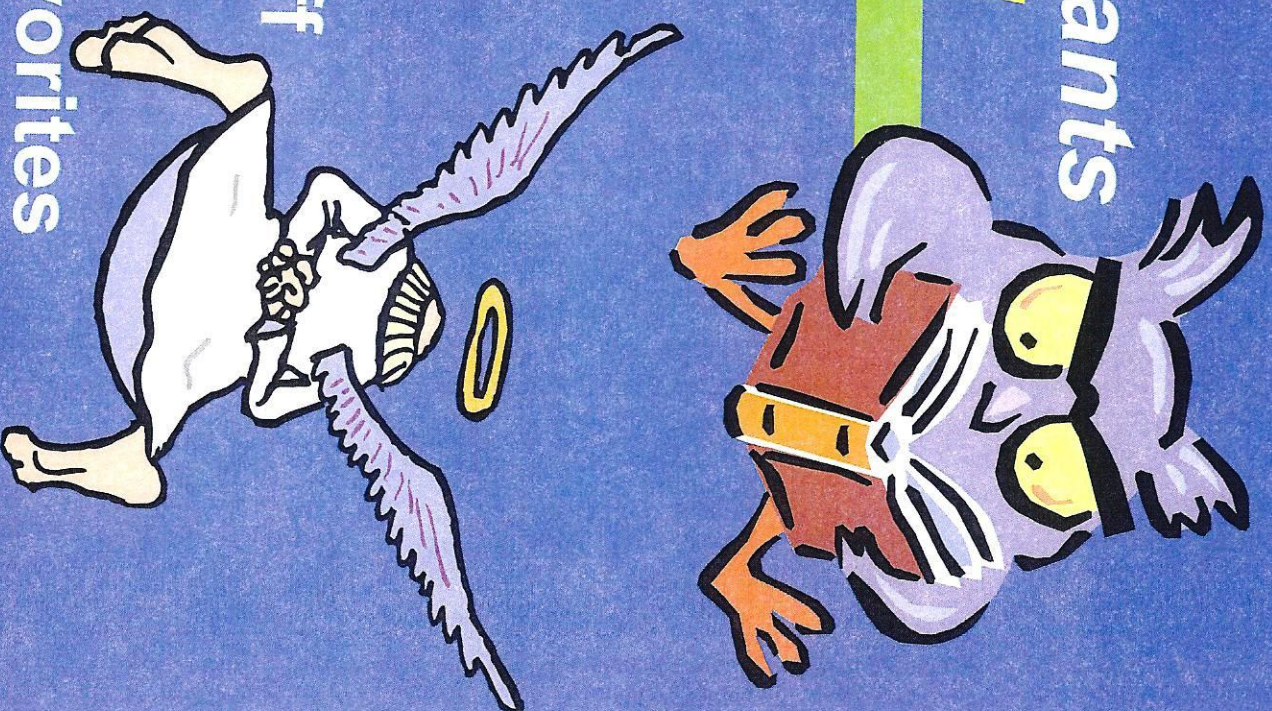


Fast Food Restaurants

How to be Smart!

- ❖ Diet soda or water
- ❖ No special sauces
- ❖ Hold the cheese
- ❖ No super-sizing
- ❖ Be really good, pull off the top bun
- ❖ Let's discuss your favorites



Fast Food Restaurants

- ❖ They are easy
- ❖ They are fast
- ❖ They are cheap
- ❖ Kids love them

BUT

- ❖ They help set kids up for diabetes
- ❖ They may increase the risk of heart attack, stroke and diabetes complications.

WHAT CAN YOU DO?

