



Pathways to Well-Being

Published by: 'Pathways', Quesnel Aboriginal Chronic Disease Prevention Program

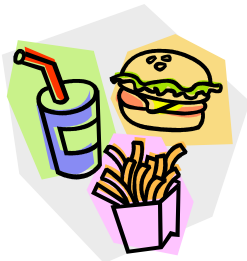
Fast Foods & Fat Facts

KEY: ○ = 1 Teaspoon of Fat = 5g of Fat

Limit Higher Fat Choices

McDonalds:

- Big Mac ○○○○○
- French Fries-Irge. ○○○○
- McChicken ○○○○
- Chicken Selects (5) ○○○○○



Lower Fat Choices

- Hamburger ○○
- Chicken Fajita ○
- Chicken McGrill ○
(no sauce)
- Chicken Oriental Salad ○
with Chicken McGrill and Low
Fat Sesame Thai Dressing
- Turkey BLT ○○
(without sauce)
- French Fries-small ○○

Be Healthy

Be Active

**Choose
Lower Fat**

A & W:

- Grandpa Burger ○○○○○○
- Teen Burger ○○○○○

- Chicken Grill Burger ○○

KFC:

- 3 Piece Chicken Meal ○○○○○○○○
- Crispy Twister ○○○○○○



- Chicken-Drumstick ○○





Higher Fat Choices

Subway (Foot long)

Cold cut trio	● ● ● ● ●
	● ● ● ● ●
Meatball	● ● ● ● ●
	● ● ● ● ● ●
Tuna	● ● ● ● ●
	● ● ● ● ●

Lower Fat Choices

Veggie Delight	●
Ham	● ●
Roast Beef	●
Roasted Chicken	● ●



Tim Hortons

Donuts

Chocolate Glazed ● ● ● ●

Apple Fritter ● ● ●

Muffins

Carrot Whole Wheat ● ● ● ●

Chocolate Chip ● ● ●

Bagel + Light Cream Cheese ● ●

Low fat muffins (honey, cranberry, carrot) -



Dairy Queen

DQ Bacon Double Cheeseburger ● ● ● ● ●

DQ Ultimate Burger ● ● ● ● ●

Skor Blizzard (med) ● ● ● ● ●

DQ Hamburger ● ● ●

Grilled Chicken Sandwich ● ●

Vanilla Cone (small) ● ●

DQ Vanilla Orange Bar -

DQ Fudge Bar -

For additional program information contact :

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This program is funded by the Northern Health Authority