How to be Smart!

Fast Food Restaurants

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

- They help set kids up for diabetes
- They may increase the risk of heart attack,
- Stroke and diabetes complications.
- Kids love them
- They are fast
- They are cheap

BUT

WHAT CAN YOU DO?