

Make fast food a bit healthier. Know what you're ordering and plan ahead. Having information before you order can go a long way toward eating a healthier fast-food meal.

-The average fast food meal can be 1,000 calories or more, raising your blood sugar above your target range.

-If you know you're having a fast food meal, be sure your other daily meals are much healthier options.

-When ordering a fast food breakfast, choose a plain bagel, toast or English muffin. Add fruit juice or low or fat free milk. Order cold cereal with fat free milk, pancakes without butter, or plain scrambled eggs. Limit bacon and sausage, which are high in fat.

*Fast food can linger in our bodies as excess blood fats and extra pounds. Here are some simple ordering tips that can help.

-Watch out for words like jumbo, giant, deluxe and super-sized. Larger portions mean more calories, fat, cholesterol and salt. Order a regular or junior size instead.

-Choose grilled or broiled sandwiches and order them plain, without toppings, sauces or mayonnaise. Add flavor with mustard, tomato and onion.

-Stay away from double burgers or "super" hotdogs with cheese, chili or sauces.

-Order bean burritos, soft tacos, fajitas and other non-fried foods at Mexican places. Choose chicken over beef. Limit refried beans, cheese, sour cream and guacamole.

-Go for thin crust pizza with vegetable toppings.