

Mayo Clinic Minute: Heart-healthier choices at fast-food restaurants

VIDEO	AUDIO
Jason	Fast food often means unhealthy food.
Sharonne N. Hayes, M.D. Cardiovascular Disease Mayo Clinic	“Most fast-food meals have too many calories and too much salt, and many of them have too much fat.”
Jason	But Mayo Clinic cardiologist Dr. Sharonne Hayes says there are heart-healthier choices you can make when looking up at the menu.
Dr. Hayes	“In most places that are fast food, you can create a meal that may not be nutritiously excellent but may be nutritionally sound as part of a greater diet.”
Jason	It starts with beverages. Choose milk or water instead of soda, and cut down the calories you drink.
Dr. Hayes	“More often, there is an option other than the fries or other than the chips. You could get an apple or a piece of fruit.”
Jason	Pick a broiled chicken sandwich versus fried. Or fill up on fiber by trying salad as an option, and limit the amount of dressing.
Dr. Hayes	“And not getting dessert, not getting the fries, not getting the extra stuff, and looking at the total calories for that meal.”
Jason	For the Mayo Clinic News Network, I’m Jason Howland.