

# BE INFORMED, BE HEALTHY

Read menu labels and make healthier choices.

Public Health  
Seattle & King County 

## FAST FOOD CHALLENGE

Did you know that information about calories is on menus and menu boards in many chain restaurants?

Play the **Fast Food Challenge** with your child and learn how to choose meals that meet his/her daily calorie needs.

### PLAN A FAST FOOD MEAL FOR YOUR CHILD:

1. Use the food cards to choose a fast food meal your child likes to eat.
2. Place the meal items on the Game Plate. Add up the total calories for the meal.
3. Compare your selected meal's total calories to the recommendations in the chart below. Does the meal match your child's calorie needs?
4. If yes, then You Win! If not, choose other menu items for the meal to match your child's calorie needs.

Whether you are eating out or cooking at home, remember that it's important for children to eat a variety of foods from all of the food groups. Choose whole grains, fruits, vegetables, low-fat milk products, beans and lean meats to make a healthy meal.

### HOW MANY CALORIES DOES YOUR CHILD NEED FOR A MEAL?

Listed below are calorie amounts for one meal (about one-third of the total daily calories) for a child who gets 30-60 minutes of physical activity a day ([www.mypyramid.gov](http://www.mypyramid.gov)).

#### Age 4-8

Girls: 500 calories  
Boys: 500 calories

#### Age 9-13

Girls: 600 calories  
Boys: 675 calories

#### Age 14-18

Girls: 650 calories  
Boys: 700 calories

For more information about menu labels and calorie needs, go to [www.kingcounty.gov/health/healthyeating](http://www.kingcounty.gov/health/healthyeating)

