

Health & Wellness

June
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Issue 21

Healthy Fast Food

This month's Health & Wellness topic is **Healthy Fast Food**. This issue will go over how to enjoy fast food without ruining your diet and what items you can order at different restaurants to support your diet.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's June Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



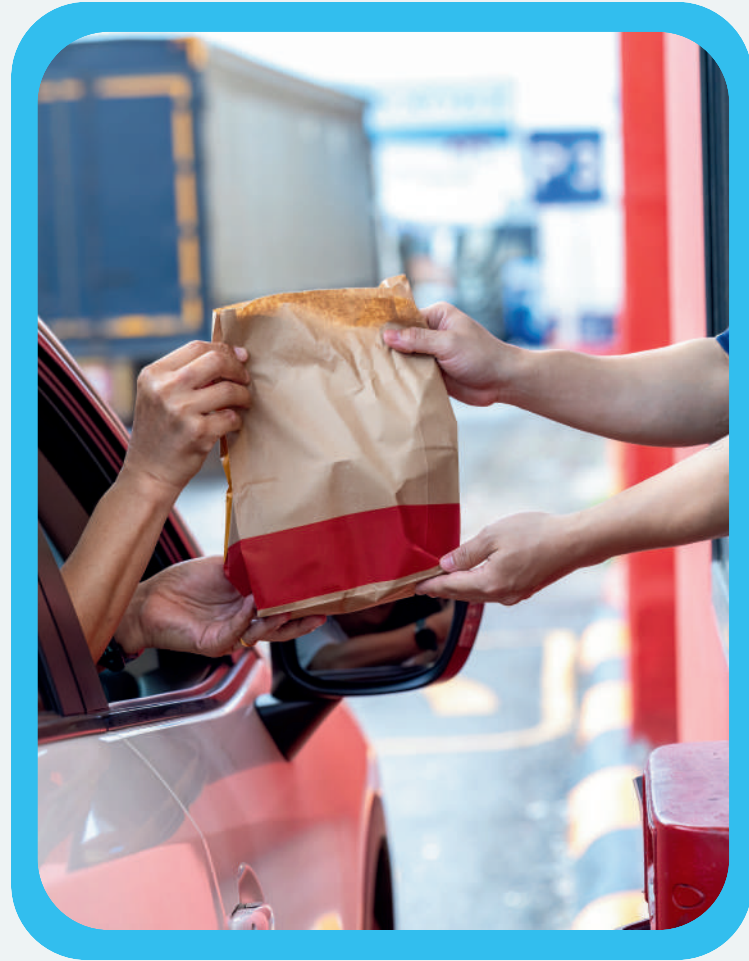
Kane Senior
Council

Healthy Fast Food

Introduction

Fast food is quick, convenient and no doubt delicious, but can it be part of a healthy diet?

In reality, it's very difficult to follow a healthy diet when you're eating **regularly** at fast food restaurants.



Fast food meals are typically loaded with **calories**, **sodium**, and **unhealthy fat** - often enough in one meal for an entire day. Most fast food meals also tend to be **low in nutrients** and almost totally **lacking in fruit, vegetables, and fiber**.

Everything in Moderation

Eating at a fast food restaurant on occasion will not totally ruin your healthy eating plans.

In fact, allowing yourself the **occasional** treat will help you stick with an overall healthy eating pattern in the long run!

Trying to **completely avoid** something that you enjoy eating could lead to eventually **overindulging**.

Allowing yourself **little bits** of unhealthy food every once in a while can be **satisfying** enough to stay on track **long term**.

Sometimes fast food is unavoidable



No matter what the reason for getting fast food, **healthy options** are always available.

- The average person needs around **2000 calories per day**. Trying to keep a fast food meal to about **$\frac{1}{3}$ of that** (or **650 calories**) keeps us on track.
- Most fast food restaurants now include calories on their posted menus. If not just ask, they likely have it available on their website or printed in store.

Avoid the **large** or **super-size** options.



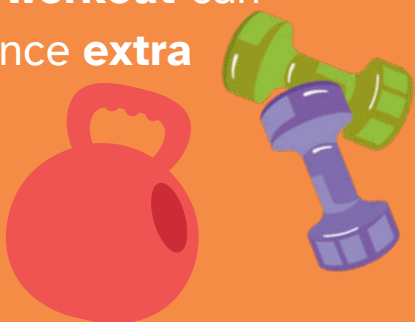
Increase the **fiber content** of your meal and help fill you up.



If possible, ask for your food **unsalted** (fries especially).

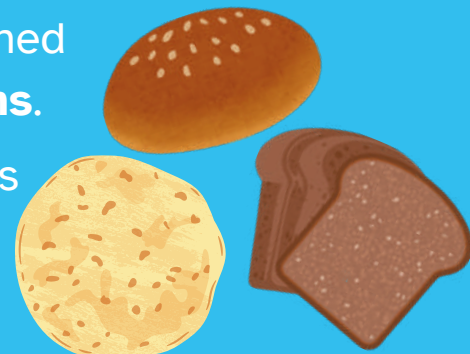


An **extra workout** can help balance **extra calories!**



If possible, replace refined grains with **whole grains**.

Whole grain bread, buns and tortillas, when available.



Ordering Tips

Special order to save calories!

“Sauce on the side”

“No cheese”

“Baked not fried”



Water is always your best bet to go with your meal as it fills you up to help prevent over eating.

Salads are often a healthy option but keep an eye out for **diet busters** such as high fat dressing, bacon, cheese, or croutons.



Choose turkey, chicken breast, lean ham, or lean roast beef.
Avoid fried and **breaded** items, such as crispy chicken sandwiches and breaded fish filets.

When eating chicken, choose **baked, broiled,** or **grilled** chicken over fried or breaded chicken.



Pizza

Thin crust pizza topped with **vegetables** of choice and ask for **less cheese**.

Chicken

Ask for a **grilled** (not fried) sandwich and a side salad or soup instead of fries. **Skip the bun** altogether and order a **salad with chicken** on top and dressing on the side.

Breakfast

Skip the pastries and sausage/bacon heavy sandwiches and look for something made with **egg whites** with **fruit** on the side.

Coffee

Drink it like you would **at home** and **resist** the urge to **upgrade** to flavors, toppings and larger sizes which add up both in **calories** and **cost**!

Mexican Style Food

A **salad bowl**; lean protein, beans, and veggies over a salad instead of rice.

Corn tortillas often are smaller and have **less calories** (and **more fiber**) than flour.

Burgers

A **single** burger patty, **skip** the cheese and pile on the **veggies**. Need fries? Order the **small**.

Sandwiches

Turkey or chicken on whole grain bread, skip the mayo and cheese and load up with **veggies**.



Health & Wellness Education

WRAP UP

A trip to your favorite fast food restaurant **does not** have to ruin your diet!

Making **healthy choices** (or **occasional indulgences**) make fast food a good option when your day is busy and cooking is not an easy option.

In many cases allowing yourself the occasional treat will help you stick with healthy eating in the long run.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

	1		5				7	
	2			9	8		4	1
3			4			6		
				6				3
	6	3				4	2	
5				4				
		9			5			2
2	5		3	7			8	
	3				1		6	

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

RIDDLE OF THE MONTH

*What is at the end of a
rainbow?*

WORD SEARCH

Z	O	C	C	A	S	I	O	N	V	W	Y	C	C
D	C	E	X	V	N	U	T	R	I	E	N	T	S
K	A	S	Q	P	M	A	H	F	J	N	X	K	D
D	L	A	S	U	E	R	A	J	R	Z	Q	E	Y
Q	O	R	V	L	N	D	H	F	R	N	H	X	M
K	R	J	S	M	U	R	G	A	J	S	T	G	Z
P	I	L	G	F	A	W	I	S	M	E	C	Q	C
W	E	V	J	F	B	S	U	T	T	Y	G	N	C
Z	S	C	L	S	D	E	H	E	A	L	T	H	Y
C	O	P	T	I	O	N	S	L	M	A	V	T	U
M	O	D	E	R	A	T	I	O	N	H	K	H	X
A	U	T	G	H	I	N	D	U	L	G	E	C	C
A	E	U	Z	R	E	S	T	A	U	R	A	N	T
Z	F	E	F	L	K	F	W	B	A	K	E	D	D

WORD BANK

FAST

INDULGE

BAKED

OPTIONS

MODERATION

HEALTHY

MENU

RESTAURANT

NUTRIENTS

CALORIES

OCCASION

Our Picks of the Month

June Recipe: Caprese Chicken

Recipe from: The Pioneer Woman

Ingredients:

- 2 cups cherry tomatoes
- 2 tbsp olive oil
- 2 tbsp prepared pesto
- 1 tbsp balsamic glaze
- Salt and black pepper
- 2 tbsp olive oil
- 2 tbsp salted butter
- 6 chicken cutlets
- Kosher salt and black pepper
- 6 large basil leaves
- 6 slices fresh mozzarella
- Sliced ciabatta bread, toasted



Directions:

1. Preheat oven to broil.
2. For the marinated tomatoes: in a small bowl, toss the tomatoes with the oil, pesto, and balsamic glaze. Season with a pinch of salt and pepper, and set aside.
3. For the chicken: in a large skillet, heat the oil and butter over medium-high heat. Season the chicken with salt and pepper, and add to the skillet. Cook until golden and just cooked through, about 3 minutes per side. Top each piece of chicken with a large basil leaf and a slice of fresh mozzarella. Transfer to the broiler, and cook until the mozzarella is melted, 2 to 3 minutes.
4. Remove the skillet from the oven. Top with the marinated tomatoes, making sure not to completely cover the chicken. Drizzle over some balsamic glaze, and top with more basil. Serve with toasted ciabatta.

Our Book Pick of the Month

Every Day I Read: 53 Ways to Get Closer to Books by Hwang Bo-reum

A collection of 53 essays about the relationship between books and readers, encouraging the reader to explore what reading means to us.



ANSWER KEY



9	1	4	5	3	6	2	7	8
6	2	5	7	9	8	3	4	1
3	8	7	4	1	2	6	9	5
4	9	1	2	6	7	8	5	3
8	6	3	1	5	9	4	2	7
5	7	2	8	4	3	9	1	6
1	4	9	6	8	5	7	3	2
2	5	6	3	7	4	1	8	9
7	3	8	9	2	1	5	6	4

Riddle Answer:

Q: What is at the end of a rainbow?

A: The letter W!



**DuPage Senior
Citizens Council**



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Council**

Providing Meals and More...



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