Fast foods are quick and easy. But, many of these foods are high in fat and calories. Most people don’t need more fat in their diet because the body stores it so efficiently.

Carbohydrates provide energy much more quickly than fat. They are also a source of stored energy. The storage form of carbohydrate, glycogen, fuels muscle contractions; this is another reason athletes need a high carbohydrate diet.

**EAT MORE OF THESE**

- Baked potato, coleslaw, salad
- Roast beef, lean ground beef, grilled chicken, turkey sandwiches
- Roast chicken, taco, chili, pizza, taco salad, burrito, enchilada
- Broiled seafood platter, clam chowder
- Soft ice cream cone, frozen yogurt
- Fruit juice, low-fat milk

**AND LESS OF THESE**

- French fries, onion rings
- Super burger with special sauce, cheeseburger, hot dog
- Fried chicken, breaded chicken nuggets, nachos
- Fried fish or chicken sandwich
- Sundae, cookies, pie
- Soda pop