Tip of the week– **Finding healthy fast food**

Whether you have to work late and need dinner or are grabbing a quick bite in a hurry, with a little forethought and planning you can ensure you are making healthy choices. If you find fast food is your only option, look up the restaurant's menu and nutrition facts online before you go; you can make an informed decision ahead of time about what to order. You’ll see most restaurants have a relatively healthful option or two.