

A close-up photograph of a fast-food meal. In the foreground, a white plastic cup with a lid is partially visible on the left. To its right is a brown paper tray containing a large burger with lettuce, tomato, and cheese, a side of golden-brown french fries, and a small container of dipping sauce. The background is a solid blue surface.

# **Guide to Eating Healthy at Fast Food Restaurants**

**A NOURISHED GUIDE**



# Guide To Healthy Fast Food Eating

**Judd E. Hollander**



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