



Fast Food Tips



1. Think small

A regular-size burger or roast beef sandwich provides two servings of grains and three ounces of protein, just the right amount for a meal. Avoid double sandwiches or super-sizes - you'll save fat & money!

2. Limit fried foods

A fried-chicken sandwich has more fat and calories than a burger. Many people think fish sandwiches are healthy, but since they are always fried they're a poor choice. Think about it: fried foods are dunked in hot oil, soaking up more calories the longer they sit in the fat!

3. Add something green

Choose a vegetable salad, and look for one with added protein such as grilled chicken breast or beans. Limit bacon bits, cheese, mayonnaise-based salad and creamy dressings. Ask for fat-free or low-fat dressing and only use half.

4. Drink wisely

After water, the best beverage choice is skim milk packed with calcium. Even 1 percent milk is a good choice. Skip the sodas and sweet tea -- who needs all that sugar? Milkshakes are even worse with their sugar and lots of fat.

5. Good choices

Roast beef or turkey sandwiches instead of burgers.

Broiled chicken sandwiches (hold the mayo).

Baked potato with broccoli or chili; skip the cheese and sour cream.

Fruit! Apple slices with caramel dip, fruit cup, or fresh fruit

Sub sandwiches or wraps with lean meat (no cheese, no mayo)

Bean burritos (no cheese, no sour cream)

The Healthiest Fast Foods

McDONALD'S	Calories	Fat (g)	Protein (g)
Garden Salad with fat-free herb vinaigrette	135	6	7
Small Hamburger	280	10	12
Chicken McGrill w/o mayo	340	7	26
WENDY'S	Calories	Fat (g)	Protein (g)
Small Chili	210	7	15
Junior Hamburger	270	9	14
Junior Frosty	170	4	4
BURGER KING	Calories	Fat (g)	Protein (g)
Chicken Tenders-4 pieces	170	9	11
Whopper Jr. Sandwich w/o mayo	370	14	18
JACK IN THE BOX	Calories	Fat (g)	Protein (g)
Chicken Fajita Pita	320	10	24
Garden Chicken Salad w/low-cal Italian dressing	225	10.5	23
TACO BELL	Calories	Fat (g)	Protein (g)
Chicken Soft Taco	190	7	13
Bean Burrito	370	12	13
Chicken Fiesta Burrito	370	12	17
SUBWAY	Calories	Fat (g)	Protein (g)
6" Veggie Delite	200	2.5	7
6" Honey Mustard Turkey w/ Cucumber	275	2.5	16
6" Roast Beef	264	4.5	18
ARBY'S	Calories	Fat (g)	Protein (g)
Hot Ham 'n Swiss Sandwich (not sub)	340	13	23
Junior Roast Beef Sandwich	310	13	16
Light Grilled Chicken	280	5	29
BOSTON MARKET	Calories	Fat (g)	Protein (g)
White Meat Chicken, no skin or wing	170	4	33
Herb Buttered Corn	180	4	5
Garlic and Dill New Potatoes	130	2.5	3
KENTUCKY FRIED CHICKEN	Calories	Fat (g)	Protein (g)
Tender Roast Chicken Sandwich w/o sauce	270	5	31
BBQ Baked Beans	190	3	6
Corn on the Cob	150	1.5	5
PIZZA HUT	Calories	Fat (g)	Protein (g)
Thin 'n Crispy Veggie Lover's Pizza (1 slice)	190	7	8
Thin 'n Crispy Chicken Supreme Pizza (1 slice)	200	7	12

Healthy Fast Food Options

McDonald's:

- * Low-fat apple bran muffin (300 calories; 3 fat grams)
- * Hotcakes, plain (340 calories; 8 fat grams)
- * Chicken McGrill without mayonnaise (340 calories; 7 fat grams)
- * Plain Hamburger (270 calories; 9 fat grams)
- * Grilled chicken Caesar salad with fat-free herb vinaigrette (100 calories; 2.5 fat grams)
- * Apple dippers with lowfat caramel sauce (105 calories; 1 fat grams)

Order regular size even if they say you'll save money by ordering the next size up.

Subway:

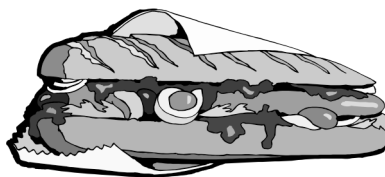
- * 6" turkey breast sandwich (254 calories; 3.5 fat grams)
- * 6" veggie delite sandwich (200 calories; 2.5 fat grams)
- * 6" ham or roast beef sandwich (261 calories; 4.5 fat grams)
- * Roasted chicken breast salad (137 calories; 3 fat grams)

*Order without mayo! Get mustard, or vinegar and a little bit of oil. If you want chips, choose Baked Lay's or pretzels.***

Taco Bell:

- * Chicken/steak soft taco (190 calories; 7 fat grams)
- * Beef soft taco (210 calories; 10 fat grams)
- * Bean burrito (370 calories; 12 fat grams)
- * Fiesta chicken burrito (370 calories; 12 fat grams)

Note: Keep in mind that if you eliminate the cheese and sour cream, you will cut calories and fat.



Arby's

- * Light grilled chicken (280 calories, 5 fat grams)
- * Hot ham and swiss sandwich (not sub) (340 calories, 13 fat grams)
- * Junior roast beef sandwich (310 calories, 13 fat grams)

Wendy's:

- * Grilled chicken sandwich (310 calories; 8 fat grams)
- * Plain hamburger (360 calories; 16 fat grams)
- * Spicy chicken sandwich (410 calories; 15 fat grams)
- * Deluxe garden salad (100 calories; 6 fat grams)
- * Grilled chicken salad (200 calories; 8 fat grams)
- * Plain bake potato (310 calories; 0 fat grams)
- * Small chili (210 calories; 7 fat grams)
- * Fresh fruit cup or mandarin oranges (80 calories; 0 fat grams)

Choose low-fat/fat-free dressings and ask for it on the side. Eliminate mayonnaise – use ketchup or mustard instead.

Pizza Hut:

- * Cheese slice (240 calories; 10 fat grams)
- * Thin and Crispy Veggie lover's slice (190 calories; 7 fat grams)
- * Chicken supreme slice (230 calories; 7 fat grams)
- * Spaghetti with marinara sauce (490 calories; 6 fat grams)

Dab some extra oil off a slice with a napkin. Order thin crust, rather than stuffed.

Burger King:

- * Broiler chicken sandwich without mayo (370 calories; 9 fat grams)
- * Fire-grilled chicken garden salad with fat free honey mustard dressing (344 calories, 7 fat grams)
- * Fire-grilled hamburger (310 calories, 13 fat grams)
- * Strawberry flavored applesauce (90 calories, 0 fat grams)