Guide to Eating Fast Food Restaurants

Eating healthy at a fast food restaurant is difficult, but not impossible. Try some of these tips to keep your diet healthier and lower in fat.

- ***Compensate for a high fat and sodium fast food meal by choosing healthier meals during the rest of the day.***
- ***Order orange juice or milk instead of soda to boost the vitamin and mineral content of your meal.***
- ***If you are going to order a soda, order a small soda. It has about 150 fewer calories than the large one.***
- ***When out for pizza with your friends, order a salad and enjoy it before the pizza comes. This will help to curb your appetite.***
- ***Ask for sandwiches without special sauce, cheese, dressing, or mayonnaise.***
- ***Choose the relatively healthier and lower fat items highlighted in bold print in charts below***
- ***Order your salads with the dressing on the side.***
- ***Try ordering something grilled, baked, or roasted not fried. Instead of chicken nuggets try a grilled chicken sandwich.***
- ***Order regular portion sizes instead of the jumbo sizes that are now common at most fast food restaurants.***
- ***Share an entrée with a friend when going to a restaurant.***
- ***Try a bake potato instead of French fries. Skip the butter and sour cream. Try BBQ sauce instead.***
- ***Try Frozen Yogurt instead of Ice Cream***

Check out the number of calories, fat, and sodium of your favorite meals at these fast food restaurants: ***Arby's***, ***Burger King***, ***KFC***, ***McDonald's***, ***Pizza Hut***, ***Subway***, ***Taco Bell***, *and* ***Wendy's***.

Items in BOLD print contain less than 30% of calories from fat.

Arby's

ITEM	CALORIES	FAT	SODIUM
Junior Roast Beef	310	13	740
Super Roast Beef	470	23	1130
Chicken Breast Fillet	540	30	1160
Roast Chicken Club	520	28	1440
French Dip	440	18	1680
Turkey Club Salad	350	21	920
Grilled Chicken Caesar Salad (no drsg.)	230	8	920
Light Grilled Chicken	280	5	1170
Light Roast Turkey	260	5	980
Grilled Chicken Salad	210	5	800
Curly Fries (Med)	400	20	990

Homestyle Fries	220	10	430
Child's			

KFC

ITEM	CALORIES	FAT	SODIUM
Original Wing w/Skin	140	10	414
Ex. Crispy Breast w/Skin	470	28	874
" " Breast w/o skin*	344	14	797
Original Thigh w/ Skin	250	18	747
Original Thigh w/o Skin*	196	12	312
Roast Chicken Sandwich w/ No Sauce	270	5	690
BBQ Chicken Sandwich	310	6	560
Corn on the Cob	150	2	20
Mash Potato w/ Gravy	120	6	440

* Estimated

Burger King

ITEM	CALORIES	FAT	SODIUM
Whopper w/o mayo	530	22	840
Whopper w/ Cheese	780	47	1390
Hamburger	320	14	530
BK Big Fish	710	38	1200
Chicken Club Sandwich	740	44	1530
BK Broiler w/o mayo	390	8	1010
Chicken Tenders (8pc)	340	19	840
French Fries-Sm. (no salt)	230	11	240
Onion Rings-Med.	320	16	460
Croissan'wich w/ Sausage, Egg, Cheese	500	36	1020
Cini-Mini (No Icing)	440	23	710
French Toast Sticks	390	20	440

Pizza Hut

ITEM	CALORIES	FAT	SODIUM
Info. for 1 med. slice:			
Thin 'N Crispy			
Cheese	200	9	590
Sausage	290	17	800
Ham	170	7	610
Veggie Lover's	190	7	520
Pan Pizza			
Chicken Supreme	270	12	580
Meat Lover's	360	21	840
Veggie Lover's	270	12	510
Personal Pan			

Info. for each pizza:			
Cheese	630	28	1370
Pepperoni	620	28	1430
Sausage	740	39	1640
Spaghetti w/Marinara	490	6	730

McDonald's

ITEM	CALORIES	FAT	SODIUM
Hamburger	280	10	590
Cheeseburger	330	14	830
Quarter Pounder w/Cheese	530	30	1310
Big Mac	590	34	1090
Fillet-of-Fish	470	26	890
Chicken McGrill Deluxe w/o mayo	340	7	890
Chicken McNugs (6)	290	17	540
French Fries (Sm.)	210	10	135
French Fries (Super)	610	29	390
Garden Salad	100	6	120
Grilled Chicken Salad	100	3	240
Fat-free Herb Dressing	35	0	260
Ranch	170	18	460
Egg McMuffin	290	12	790
Sausage Biscuit/egg	490	33	1010
Hash Browns	130	8	330
Hotcakes Plain	340	8	630
Hotcakes w/Margarine & Syrup	600	17	770
Lowfat Apple Muffin	300	3	380
Vanilla Cone	150	5	75
Hot Fudge Sundae	340	12	170
Fruit 'N Yogurt Parfait	380	5	240
Baked Apple Pie	260	13	200
McDonaldland Cookies	230	8	250
Vanilla Shake (Small)	360	9	250
1% Lowfat Milk	100	3	115
Orange Juice	80	0	20

Taco Bell

ITEM	CALORIES	FAT	SODIUM
Taco	210	12	330
Taco Supreme	260	16	350
Soft Taco-Chicken	190	7	480
Soft Taco-Steak	280	17	630
Bean Burrito	370	12	1080
Burrito Supreme-Beef	430	18	1210
Burrito Supreme - Chicken	410	16	1120
Fiesta Burrito-Chicken	370	12	1000

Fiesta Burrito-Steak	370	12	1020
Supreme Chicken	300	13	530
Supreme Steak	300	14	550
Nacho Cheese Chicken	290	13	690
Cheesy Crunch	560	33	980
Tostada	250	12	640
Taco Salad w/Salsa	850	52	2250
Taco Salad w/o Shell	400	22	1510
Cheese Quesadilla	490	28	1080
Mexican Pizza	540	35	1040
Nachos	320	18	560
Nachos Bell Grande	760	39	1300
Pintos ‘n Cheese	180	8	640
Mexican Rice	190	9	750
Cinnamon Twists	150	5	190

Wendy's

ITEM	CALORIES	FAT	SODIUM
Classic Single	410	19	920
Big Bacon Classic	580	30	1460
Jr. Hamburger	270	9	620
Grilled Chicken	300	7	740
Chicken Club	470	20	940
Fries-Medium	420	20	130
Fries-Great Biggie	570	27	180
Baked Potato-Plain	310	0	25
Baked Potato-Bacon & Cheese	530	17	820
Chili-Small	210	7	800
Chili-Large	310	10	1190
Chicken Nuggets (5)	230	16	470
Caesar Side Salad	110	5	380
Grilled Chicken Salad	200	7	780
Taco Salad	380	19	1040
Fat-free French Drsg	70	0	300
Soft Breadstick	130	3	250

Subway

ITEM	CALORIES	FAT	SODIUM
Info. for 6" sandwich (doesn't include cheese or condiments)			
Veggie Delite	200	3	500
Turkey Breast	254	4	1000
Roast Beef	264	5	840
Ham	261	5	1260
Tuna	419	21	1180
Caesar Italian BMT	530	31	1840
Southwest Chicken	362	13	960

Meatball	501	25	1350
Wraps:			
Asiago Caesar Chicken	413	15	1320
Turkey & Bacon	321	7	1510
Salads w/ Fat-free Dressing:			
Veggie Delite Salad	50	1	310
Subway Club Salad	145	4	1070
Roasted Chicken Breast	137	3	730