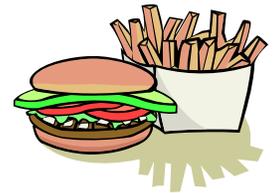


MAKING HEALTHIER FAST FOOD CHOICES

When visiting a fast food restaurant, try keeping these tips in mind:

- Balance a high fat and sodium fast food meal with other meals lower in fat and higher in fruits and vegetables
- Order salads with low Calorie dressings instead of fries
- Ask for sandwiches without special sauces and mayonnaise
- Choose orange juice or low-fat milk in place of sodas and shakes
- Split a small order of fries and have a piece of fresh fruit on hand to supplement your meal
- To keep your choices lower in fat, choose items in **bold print** (☺)

	CALORIES	FAT (gm)	% FAT	SODIUM (mg)
BURGER KING				
<u>Breakfast Items</u>				
Croissanwich Sausage, Egg & Cheese	470	32	61	1060
Sausage & Biscuit	390	26	60	1020
<u>Burgers & Sandwiches</u>				
☺ Tendergrill Chicken Sandwich w/o mayo	450	10	20	1210
☺ BK Veggie Burger w/o mayo	340	8	21	1030
Tendercrisp Chicken Sandwich	790	44	50	1640
<u>Salads</u>				
☺ Tendergrill Chicken Garden Salad	240	9	34	720
Tendercrisp Chicken Garden Salad	410	22	48	1080
<u>Salad Dressings</u>				
☺ Ken's Fat Free Ranch	60	0	0	740
<u>Side Orders</u>				
French fries – medium	360	20	50	590
☺ Motts Strawberry Flavored Apple Sauce	90	0	0	0



CARL'S JR.

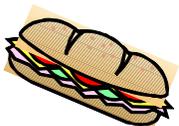
<u>Breakfast Items</u>				
☺ French Toast Dips – No Syrup	430	18	38	530
Loaded Breakfast Burrito	820	51	56	1530
<u>Burgers & Sandwiches</u>				
☺ Charbroiled BBQ Chicken Sandwich	360	4.5	11	1150
☺ Kid's Hamburger	460	17	33	1060
Western Bacon Cheeseburger	710	33	42	1480
The Western Bacon Six Dollar Burger	1130	66	53	2540
<u>Salads</u>				
☺ Charbroiled Chicken Salad	260	7	24	710
<u>Salad Dressings</u>				
☺ Low Fat Balsamic	35	1.5	39	480
Blue Cheese	320	34	96	410

KENTUCKY FRIED CHICKEN

<u>Chicken</u>				
☺ OR Chicken Breast w/o Skin	140	2	13	520
OR Chicken Breast	360	21	53	1020
EC Chicken Breast	440	27	55	970
<u>Side Orders</u>				
☺ Green Beans	50	1.5	3	570
☺ Corn on the Cob	70	1.5	19	5
☺ Mashed Potatoes w/ Gravy	140	5	32	560

SUBWAY

<u>6-inch Jared Sandwiches</u>				
☺ Veggie Delight	230	3	12	500
☺ Oven Roasted Chicken Breast	310	5	15	830
☺ Roast Beef	290	5	16	900



	CALORIES	FAT (gm)	% FAT	SODIUM (mg)
JACK IN THE BOX				
<u>Breakfast Items</u>				
☉ Breakfast Jack	290	12	37	760
Bacon, Egg & Cheese Biscuit	430	25	52	1100
<u>Burgers & Sandwiches</u>				
☉ Hamburger	310	14	41	600
Jumbo Jack	600	35	53	940
<u>Salads</u>				
☉ Asian Chicken Salad (w/ Grilled Chicken)	160	1.5	8	870
☉ Southwest Chicken Salad (w/ Grilled Chicken)	320	12	34	760

McDONALD'S

	CALORIES	FAT (gm)	% FAT	SODIUM (mg)
<u>Breakfast Items</u>				
☉ Fruit 'n Yogurt Parfait	160	2	11	85
☉ Egg McMuffin	300	12	36	820
Sausage McMuffin w/ Egg	450	27	54	920
Biscuit w/ Egg (regular size)	500	32	58	1130
<u>Burgers & Sandwiches</u>				
☉ Hamburger	250	9	32	520
Filet-O-Fish	380	18	43	660
Quarter Pounder w/ Cheese	510	26	46	1190
Big Mac	540	29	48	1040
<u>Salads</u>				
☉ Southwest Salad w/ Grilled Chicken	320	9	25	970
☉ Caesar Salad w/ Grilled Chicken	220	6	25	890
☉ Asian Salad w/ Grilled Chicken	300	10	30	890
<u>Salad Dressings</u>				
☉ Newman's Own Low Fat Sesame Ginger	90	2.5	25	740
☉ Newman's Own Low Fat Italian	60	2.5	38	730
Newman's Own Low Fat Balsamic	40	3	68	730



PIZZA HUT

☉ Fit n' Delicious – Diced Chicken, Red Onion & Green Pepper (1 slice)	170	4.5	24	520
☉ Thin 'N Crispy Veggie Lover's (1 slice)	180	7	35	550
☉ Thin 'N Crispy Cheese Only (1 slice)	200	8	36	570
☉ Medium Pan Veggie Lover's	250	11	40	530
Medium Pan Meat Lover's	370	22	54	990

WENDY'S

<u>Breakfast Items</u>				
☉ Yogurt w/ Granola	250	8	22	90
<u>Sandwiches</u>				
☉ Ultimate Chicken Grill Sandwich	320	7	20	950
☉ Jr. Hamburger	230	8	31	500
☉ Jr. Cheeseburger	270	11	37	710
Baconator	830	51	55	1920
<u>Salads</u>				
☉ Chicken Caesar Salad w/o croutons	180	6	30	660
☉ Mandarin Chicken Salad	370	16	39	780
<u>Salad Dressings</u>				
Oriental Sesame Dressing	170	9	48	430
Caesar Dressing	120	13	98	220
<u>Side Orders</u>				
☉ Small Chili	220	6	25	780
☉ Broccoli & Cheese Potato	325	1.5	4	370

* Many fast food items are high in sodium (salt.) To help keep sodium intake for the day below the upper limit of 2300 mg, make lower-sodium food choices at other meals. It's also important to eat more fruits and vegetables.

