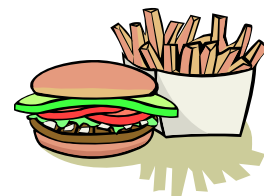


## MAKING HEALTHIER FAST FOOD CHOICES

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



### CARL'S JR.

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

### KENTUCKY FRIED CHICKEN

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

### SUBWAY

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



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

**McDONALD'S**

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



**PIZZA HUT**

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

**WENDY'S**

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

\* 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.

