

BEST CHOICES

This table shows the leaner, healthier options available at popular fast food restaurants. The items in green are the “go for it” choices, and those in yellow are the “consider it” options. (Nutritional information supplied by each restaurant’s respective Web site.)

	Calories	Carbohydrates	Protein	Fat		Calories	Carbohydrates	Protein	Fat
McDonald’s					Wendy’s				
Premium Grilled Chicken Classic	350	42	28	9	Ultimate Chicken Grill Sandwich	390	43	34	10
Premium Grilled Chicken Club Sandwich	460	43	35	16	Grilled Chicken Go Wrap	260	25	19	10
Honey Mustard Snack Wrap	250	27	16	8	Jr. Hamburger	250	25	15	10
BBQ Snack Wrap	250	27	16	8	Small Chili	210	21	17	6
Hamburger	250	31	12	9	Large Chili	310	31	26	9
Cheeseburger	300	33	15	12	Garden Side Salad	25	5	1	0
Egg McMuffin	300	30	18	12	Apple Slices	40	9	0	0
Fruit & Maple Oatmeal	290	57	5	4.5	Plain Baked Potato	270	61	7	0
Side Salad (no dressing)	20	4	1	0					
Fruit & Walnuts	210	31	4	8	KFC				
Fruit n’ Yogurt Parfait	150	30	4	2	Grilled Chicken Breast	220	0	40	7
Apple Slices	15	4	0	0	Honey BBQ Sandwich	320	47	24	3.5
					Green Beans	25	4	1	0
Burger King					Mashed Potatoes with Gravy	120	19	2	4
Hamburger	240	31	12	8	Mashed Potatoes (no gravy)	90	15	2	3
Tendergrill Chicken Sandwich (no mayo)	360	39	36	6	Corn on Cob (three inch)	70	16	2	0.5
BK Veggie Burger (no mayo)	320	43	22	7	BBQ Baked Beans	210	41	8	1.5
Maple & Brown Sugar Oatmeal	270	55	5	4	Sweet Kernel Corn	100	21	3	0.5
Original Oatmeal	140	23	5	3.5					
BK Egg & Cheese Breakfast Sandwich	220	22	12	9	Chick-Fil-A				
BK Ham, Egg & Cheese Breakfast Sandwich	250	23	18	9	Chargrilled Chicken Sandwich	290	36	28	4
Apple Slices	30	7	0	0	Chargrilled Chicken Club	400	36	37	12
					Chargrilled Chicken Cool Wrap	410	50	32	10
Arby’s					Spicy Chicken Cool Wrap	420	49	34	10
Jr. Roast Beef Sandwich	210	25	12	6	Chicken Caesar Cool Wrap	470	47	39	13
Classic Roast Beef Sandwich	350	39	23	12	Fruit Cup	70	17	1	0
Mid Roast Beef Sandwich	440	40	33	17	Side Salad	70	5	5	4.5
Max Roast Beef Sandwich	580	49	45	22	Hearty Breast of Chicken Soup	140	19	7	4
French Dip & Swiss/Au Jus	430	52	26	14	Multigrain Oatmeal (no toppings)	140	28	0	2.5
Cravin’ Roast Chicken Sandwich	380	42	24	12	Roasted nut topping	80	3	2	8
Roast Chicken Cordon Bleu	460	42	30	19	Mixed Dried Fruit Blend	45	12	0	0
Ham & Swiss Melt	300	37	18	9	Yogurt Parfait (fruit only)	230	44	6	3
Roast Turkey & Swiss Wrap	490	39	34	25	Yogurt Parfait with Granola	290	53	7	6
Apple Slices with Yogurt Dip	85	19	1	0					