

Eating healthy on the go

HEALTHY FAST FOOD CHOICES



Our busy schedules make it difficult to always eat at home. It's possible to make healthy choices on the go. Being aware of what you choose and how much can make a difference. Here are some ideas to decrease calories and fat while eating on the go:

- Cut back on mayonnaise and sauces
- Look for fruit or vegetables as sides
- Choose smaller sizes
- Stop eating when you are first full
- Eat half and take the rest for later
- Choose water and non-caloric beverages

Aim for a full meal with 600 calories or less. How can you order an entrée, a side, and a beverage at 600 calories? Choose to reduce the size (large vs. small), and skip the sweetened drink.

GENERAL Entrees			GENERAL Sides			GENERAL Beverages		
	cal	fat		cal	fat		cal	fat
Hamburger	260	9	Small fries	230	11	Small Cola (16 oz)	150	0
Cheeseburger	310	12	Large fries	520	25	Large Cola (32 oz)	310	0
Veggie Burger	355	8	Baked potato (plain)	270	0	Diet Cola	0	0
Chicken Nuggets (6 piece)	250	15	Side garden salad w/ fat-free dressing	90	0	Lemonade (20 oz)	250	0

McDonald's			Burger King			Wendy's		
	cal	fat		cal	fat		cal	fat
Chicken McGrill (no mayo)	300	5	Hamburger	310	13	Crispy Nuggets (5 piece)	220	14
Single cheeseburger	310	12	5 piece chicken tenders	210	11	Small chili	220	6
Fruit 'n Yogurt Parfait w/ granola	160	2	Original Whopper (no mayo)	540	24	Potato w/ sour cream & chives	320	4
Chicken McNuggets (6 piece)	250	15	Side garden salad w/ fat free honey mustard dressing	90	0	Classic single w/ mayo	430	20
Grill chicken Caesar salad w/ Cobb dressing	330	15	Ham, Egg & Cheese croissant	340	20	Grilled chicken sandwich, no mayo	305	7
Double Quarter Pounder w/ cheese	730	40	Double Whopper w/ cheese and mayo	1060	69	Classic triple w/ cheese and mayo	970	59

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Chick-Fil-A	cal	fat	KFC	cal	fat	Taco Bell	cal	fat
Char grill chicken salad w/ fat free dressing	240	6	Crispy strips (3 pieces)	400	24	Chicken soft taco	270	15
Chicken nuggets (8)	260	12	6 piece nuggets	285	18	Beef soft taco	260	14
Chicken Caesar Cool Wrap	460	10	1 Crispy drumstick	160	10	Bean burrito	370	10
Chargrilled Chicken sandwich	275	3.5	Tender roast no skin thigh	370	28	Taco	170	10
Chicken Sandwich	410	16	1 original recipe wing	150	9	Chalupa Baja Chicken	400	25
Platter (chicken)	630	32	Chicken Pot Pie	770	40	Nachos Supreme	470	26
						Stuft Beef Burrito	720	33

Domino's Pizza	cal	fat	Starbucks	cal	fat	Einstein's	cal	fat
Personal Pizza (6 inch, cheese)	180	6	Frappuccino (tall) w/ caramel	280	3.5	Bagel (except sesame & chocolate)	350	1
Pepperoni (2 slices, thin crust)	290	7	Iced Chai tea w/ skim milk	210	3	Lemon poppy seed muffin	370	7
Veggie (2 slices, thin crust)	260	12	Café mocha (tall) w/ skim milk	340	5	Cream cheese 2 TBSP	70	7
Sausage (1 slice, deep dish)	460	10	Café latte (tall) w/ skim milk and 1 pump of syrup	121	0	Smoked Turkey deli sandwich	420	1.5
Cheese (1 slice, thin)	190	10	Blueberry Muffin	385	19	Ham deli sandwich	450	6
Pepperoni (2 slices, deep dish)	890	48	White Chocolate mocha w/ whole milk	410	15	Bros bistro salad	810	69

Subway (6", Italian bread)	cal	fat	Quizno's	cal	fat	Sonic	cal	fat
Veggie (no dressing)	225	3	Sierra smoked turkey w/ chipotle sauce	245	6	Grilled chicken sandwich	345	13
Turkey (no dressing)	280	4	Turkey Lite (small)	310	26	Grilled cheese	190	2
Honey mustard Ham	310	5	Tuscan Chicken Salad	590	38	Grilled chicken wrap w/o ranch sauce	290	9
Olive oil vinegar steak n cheese	390	14	Veggie Lite (small)	460	26	Large Slushy	510	0
Subway club	420	8	Steakhouse sub (6 inch)	400	20	Junior burger	560	13
Savory turkey breast	280	4	Classic Italian Sub (large, no dressing)	1200	58	Bacon Cheddar Burger	675	38
Meatball marinara (double meat)	960	42						

Arby's	cal	fat	Panda Express	cal	fat	Chipotle	cal	fat
Asian Sesame Salad w/ dressing	485	25	Veggie Chow Mein	330	11	Items w/o cheese, sour cream or guacamole		
Arby-Q	375	11	Beef & Broccoli	150	8	Chicken burrito bol	424	20
French Dip 'n Swiss	535	21	Fried tofu w/ beans	185	11	Veg Burrito bol	613	10
Chicken breast fillet	500	25	Orange Chicken	480	21	Veg Fajita bol	420	17
Junior Roast Beef	280	9	Veggie fried rice	390	12	3 Chicken soft tacos	549	18
Market Fresh Turkey & Swiss Sandwich	720	27	Sweet & Sour Pork (8 oz)	820	60	Steak Burrito (loaded)	1300	62

Web site for further reference of restaurant meal calorie and fat amounts, calorieking.com