



# Fast Food... The Healthy Way

**Calories      Fat (g)      Sat fat (g)      Chol (mg)      Sodium (mg)**

**Arby's**

Jr. Ham & Swiss Melt Sandwich

211              4.5              1.4              23              873

Market Fresh Mini Turkey & Cheese Sandwich

235              4              1              33              798

Martha's Vineyard Salad

277              8              4              72              454

**Chick-Fil-A**

Carrot & Raisin Salad (small)

130              5              1              0              90

Chargrilled Chicken Garden Salad (without dressing)

180              6              3              65              620

Chargrilled Chicken Sandwich

270              3.5              1              65              940

**McDonald's**

Apple Dippers With Low Fat Caramel Dip

100              0.5              0              5              40

Asian Salad With Grilled Chicken

300              10              1              65              890

Fruit & Walnut Salad

210              8              1.5              5              60

Fruit 'n Yogurt Parfait

160              2              1              5              85

Grilled Chicken Caesar Salad (without dressing)

220              6              3              75              890

**Panera Bread**

Fruit Cup (large)

150              0              0              0              30

Classic Café Salad

170              11              1.5              0              270

Iced Green Tea (16 oz)

100              0              0              0              10

Low Fat Tripleberry Muffin

270              2.5              0              25              290

Low Fat Vegetarian Garden Vegetable Soup

90              0.5              0              0              860

Plain Bagel

290              4              0.5              0              480

**Popular Fast Food  
Nutrition Info  
Online:**

Arby's

[www.arbys.com](http://www.arbys.com)

Jimmy Johns

[www.jimmyjohns.com](http://www.jimmyjohns.com)

Chick-Fil-A

[www.chick-fil-a.com](http://www.chick-fil-a.com)

Domino's

[www.dominos.com](http://www.dominos.com)

Qdoba

[www.Qdoba.com](http://www.Qdoba.com)

Kentucky Fried Chicken

[www.kfc.com](http://www.kfc.com)

McDonald's

[www.mcdonalds.com](http://www.mcdonalds.com)

Panera Bread

[www.panerabread.com](http://www.panerabread.com)

Papa John's

[www.papajohns.com](http://www.papajohns.com)

Pizza Hut

[www.pizzahut.com](http://www.pizzahut.com)

Steak 'n Shake

[www.steaknshake.com](http://www.steaknshake.com)

Starbuck's

[www.starbucks.com](http://www.starbucks.com)

Subway

[www.subway.com](http://www.subway.com)

Taco Bell

[www.tacobell.com](http://www.tacobell.com)

Wendy's

[www.wendys.com](http://www.wendys.com)



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**Papa Johns**

Cheese Pizza (original crust, 1 slice)				
180	6	1.5	10	430
Garden Fresh (original crust, 1 slice)				
180	6	1.5	10	460
Spinach Chicken Alfredo (original crust, 1 slice)				
200	8	3	20	470

**Starbucks**

Decaffeinated/Caffeinated Coffee of the Week (without syrup, 16 oz)				
5	0	0	600	10
Iced/Hot Skinny Latte (16 oz)				
80	0	0	5	105
Low Fat Multiberry Muffin				
340	1	0.5	0	400
Reduced Fat Cinnamon Swirl Coffee Cake				
290	4	3	5	330
Tazo Iced Tea (16 oz)				
80	0	0	0	10

**Subway**

Turkey Breast Sub (6-inch)				
280	4.5	1.5	20	1010
Turkey Breast Salad (without dressing)				
100	2	0	20	820
Veggie Delite Sub (6-inch)				
230	3	1	0	510

**Taco Bell**

Chicken Gordita				
230	7	1.5	25	640
Pinto's 'n Cheese—Fresco				
160	6	3	15	670
Soft Spicy Chicken Taco				
170	6	2	25	580
Taco Supreme—Fresco				
150	8	2.5	20	370

**Wendy's**

Grilled Chicken Sandwich				
300	7	1.5	55	740
Low Fat Strawberry Flavored Yogurt With Granola Topping				
250	6	1.5	5	90
Mandarin Chicken Salad (without dressing or toppings)				
170	2	0.5	60	480
Plain Baked Potato				
310	0	0	0	25
Small Chili (8 oz)				
227	6	2.5	35	780



**Dining Out Tips:**

*Keep portions small*

-Order a small, half, lunch, or kid size portion

*Choose a healthier side*

- Baked potato
- Soup or salad
- Steamed vegetables

*Have it your way*

-Ask for salad dressing, condiments, or sauces on the side

*Watch what you drink*

-Order water, diet soda, or unsweetened iced tea

**Low-Fat Terms**

- Baked
- Grilled
- Steamed
- Broiled
- Roasted

**High-Fat Terms**

- Fried
- Crispy
- Creamy
- Breaded
- Buttery