



BEST BETS IN FAST FOOD



As of 3/11

CALORIES

**FAT
(g)**

**SATURATED
FAT(g)**

**TRANS
FAT(g)**

**SODIUM-
(mg)**

ARBY'S

Junior Roast Beef	200	6	2	0	530
Regular Roast Beef	340	11	4	0	970
Hot Ham and Swiss Melt	300	8	3.5	0	1070
Roast Chicken Sandwich	400	16	3	0	870
Chopped Side Salad	70	5	3	0	100
Balsamic Vinaigrette Dressing	130	12	2.0	0	470
Arby's Sauce	15	0	0	0	177
BBQ Sauce	45	0	0	0	350

BURGER KING

Whopper Jr or hamburger (no chz/mayo)	260	10	4.5	0	460
Veggie Burger (no mayo)	320	7	1.0	0	960
TENDERGRILL Chicken Sandwich(no sauce)	360	7	5	0	1010
Garden Salad	70	3.5	2	0	90
TENDERGRILL Chicken Garden Sld(no drsg)	230	7	3	0	920
KENS Fat Free Ranch Dressing (2 oz)	60	0	0	0	740
KENS Light Italian Dressing (2 oz)	120	11	1.5	0	440
BK Fresh Apple Fries w/ caramel sauce	70	0.5	0	0	40

KENTUCKY FRIED CHICKEN

Roast Chx Caesar Salad (no drsg/no croutons)	220	7	3.5	0	740
Roasted Chx BLT Salad (no drsg)	230	8	2.5	0	920
Hidden Valley Fat Free Ranch	35	0	0	0	410
Marzettis Light Italian	15	0.5	0	0	510
Grilled Chicken Breast Sandwich	210	8	2.5	0	460
Original Chicken Wing	120	7	1.5	0	380
Oven Roasted Filet sandwich (no sauce)	300	4	1.5	0	1080
2 Oven Roasted Strips	200	10	3.5	0	660
Honey BBQ Sandwich	320	3.5	1.0	0	770
Honey BBQ Snacker	210	3	1.0	0	470
Green Beans	20	0	0	0	290
3" Corn on the Cob	70	0.5	0	0	0
Oven Roasted Chx Breast (no skin/breading)	160	3.5	1	0	580
3 Bean Salad	70	0	0	0	170
Sweet Kernel Corn	100	0.5	0	0	0
Mashed Potatoes (no gravy)	90	3	0.5	0	320

McDONALD'S

English Muffin	160	3	0.5	0	280
Egg McMuffin	300	12	5	0	820
Small Hamburger	250	9	3.5	0.5	520
Premium Grilled Chicken Classic Sdwich	420	10	2.0	0	1190
Bacon Ranch Salad w/ Grld Chix (no drsg)	260	9	4.0	0	1010
Grilled Chicken Snack Wrap w/ Hny Must	260	9	3.5	0	800
Chipotle Grilled Chx BBQ Snack Wrap	260	9	3.5	0	830
Southwest Salad with Grilled Chicken	320	9	3.0	0	960
Southwest Chipotle BBQ Sauce	70	0	0	0	260
Grilled Chicken Caesar Salad (no drsg)	220	6	3.0	0	890
Asian Salad with Grilled Chix (no drsg)	300	10	1.0	0	890
Side Salad (no drsg)	20	0	0	0	10
Newman's LF Balsamic Vinaigrette	40	3	0	0	730
Newman's LF Italian	60	2.5	0	0	680
Fruit & Yogurt (no granola)	130	2	1.0	0	55
Apple Dippers with LF Caramel Dip	105	0.5	0	0	35
Low-fat Ice Cream Cone	150	3.5	2.0	0	60
Snack Size Fruit & Walnut Salad	210	8	1.5	0	60
Fruit & Maple Oatmeal (no brown sugar)	260	4.5	2	0	115

	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT(g)	SODIUM (mg)
<u>PANERA BREADS</u>					
1 cup LF Chicken Noodle Soup	100	2.0	1	0	990
1 cup LF Black Bean Soup	110	2.5	1	0	980
1 cup LF Garden Vegetable Soup	110	2	0	0	830
½ Smkd Turkey Breast on Sourdough	220	1.5	0	0	930
½ Mediterranean Veggie Sandwich	300	7.0	1.5	0	710
½ Asian Sesame Chicken Salad*	200	10	2.0	0	410
½ BBQ Chopped Chicken Salad*	250	11	1.5	0	380
½ Classic Café Salad*	80	5	1.0	0	135
5 oz. Fresh Fruit Cup	70	0	0	0	15
* Choose light, fat free or reduced sugar dressings * Many to choose from *					
<u>PIZZA HUT</u>					
*Fit N Delicious Chkn, Onion, Grn Ppr	180	4.5	1.5	0	500
*Fit N Delicious Ham, Pinapple, Tom	160	4.5	1.5	0	550
*Fit N Delicious Grn Ppr, Onion, Tom	150	4.0	1.5	0	400
* = 1/8 12" pizza (1 slice)					
<u>SUBWAY</u>					
6" Veggie Delite (no mayo/cheese)	230	2.5	0.5	0	410
6" Roast Beef (no mayo/cheese)	310	4.5	1.5	0	800
6" Turkey (no mayo/cheese)	280	3.5	1	0	910
6" Ham (no cheese)	290	4.5	1	0	1200
6" Turkey & Ham (no mayo/cheese)	300	4	1	0	1140
6" Oven Roasted Chicken (no cheese)	320	4.5	1	0	750
6" Sweet Onion Teriyaki (no cheese)	380	4.5	1	0	1010
4" Ham Mini Sub (no mayo/cheese)	180	2.5	0.5	0	670
4" Rst Beef Mini Sub(no mayo/cheese)	200	3	1	0	480
4" Turkey Mini Sub (no mayo/cheese)	190	2.5	0.5	0	610
Oven Rsted Chix Salad (no drsg)	130	2.5	0.5	0	270
Subway Club Salad (no drsg)	140	3.5	1	0	790
Turkey Breast Salad (no drsg)	110	2	0.5	0	570
Veggie Delite Salad (no drsg)	50	1.0	0	0	65
FF Italian Dressing	35	0	0	0	720
Minestrone Soup (10oz)	90	1.0	0	0	910
Vegetable Beef Soup	100	2.0	0.5	0	960
Tomato Garden w/Rotini Soup	90	0.5	0	0	820
Apple Slices	35	0	0	0	0
Roasted Chicken Noodle Soup	80	2	0.5	0	950
Chicken Tortilla Soup	110	1.5	0.5	0	440
Fire Roasted Tomato Orzo Soup	130	1	0.5	0	410
Rosemary & Chicken Dumpling Soup	90	1.5	0.5	0	810
<u>TACO BELL</u>					
Ranchero Ckn Soft Taco "Fresco Style"	170	4	1.5	0	740
Grld Steak Soft Taco "Fresco Style"	160	4.5	1.5	0	600
Chx Supreme Burrito "Fresco Style"	350	8	2.5	0	1290
Mexican Rice	130	3.5	0	0	410
<u>WENDY'S</u>					
Junior Hamburger	230	8	3	0	480
Ultimate Chkn Grill Sdwch (no sauce)	330	4	1	0	1090
Mandarin Chicken Salad (no drsg)	180	2	0.5	0	630
Chicken Caesar Salad (no drsg)	180	4	2	0	690
Grilled Chicken Go Wrap	260	10	3.5	0	750
Side Salad	25	0	0	0	30
Baked Potato, plain	270	0	0	0	25
Small chili, no cheese	190	6	2.5	0	830
Light Classic Creamy Ranch	50	4.5	1	0	200
Fat Free French dressing	40	0	0	0	95
Junior Frosty	150	4	2.5	0	90
Mandarin Orange Cup	80	0	0	0	15