

# Better Choices On The Go

## HEALTHIER 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 (small vs. large), and skip the sweetened drink.

<b>McDonald's</b>	cal	fat	<b>Burger King</b>	cal	fat	<b>Wendy's</b>	cal	fat
Grilled Chicken Classic Sandwich (no mayo)	300	4	Whopper (no mayo, no cheese)	256	17	Apple Pecan Chicken Salad (no blue cheese)	460	17
Single hamburger	250	9	6 piece chicken nuggets	290	17	Small chili	210	6
Fruit 'n Yogurt Parfait w/ granola	150	2	Hamburger	240	8	Potato w/ sour cream & chives	320	4
Chicken McNuggets (6 piece)	280	18	Side garden salad w/ lite honey balsamic	180	11	Jr. hamburger	250	10
Grilled chicken Caesar salad w/ low-fat dressing	260	8	Ham, Egg & Cheese croissant	310	15	Ultimate Chicken Grill	400	10
<b>Double Quarter Pounder w/ cheese</b>	<b>740</b>	<b>40</b>	<b>Double Whopper w/ cheese and mayo</b>	<b>1060</b>	<b>69</b>	<b>Classic triple w/ cheese and mayo</b>	<b>970</b>	<b>59</b>
<b>Arby's</b>	cal	fat	<b>Panda Express</b>	cal	fat	<b>Chipotle</b>	cal	fat
Roast Beef Classic	360	14	String Bean Chicken Breast	160	9	Bowl w/ chicken, guac, beans, fajita veg, salsa	590	30
Grand turkey club	480	24	Mushroom Chicken	220	14	Soft corn tacos, barbacoa, veggies, salsa	460	25
Farmhouse salad w/ turkey & light italian	250	14	Broccoli Beef	150	7	Bowl w/ steak, cauliflower rice, beans, fajita veg, salsa	365	9
Chicken Tenders (3)	350	17	Super greens	45	2	Vegetarian Bowl	460	25
Junior Roast Beef	210	6	Steamed rice (side)	380	0	<b>Steak Burrito (loaded)</b>	<b>1300</b>	<b>62</b>
<b>Roast Turkey &amp; Swiss Sandwich</b>	<b>700</b>	<b>27</b>	<b>Fried rice + Orange Chicken</b>	<b>1010</b>	<b>39</b>			

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<b>Chick-Fil-A</b>	cal	fat	<b>KFC</b>	cal	fat	<b>Taco Bell</b>	cal	fat
Lemon kale ceaser with grilled nugget	470	24	Extra crispy tenders (2)	280	14	Chicken soft taco	160	5
Grilled nuggets (12)	200	5	BBQ baked beans	190	1	Beef soft taco	180	9
Chicken noodle soup (Lg)	255	6	Green beans	25	0	Bean burrito	350	9
Grilled Chicken sandwich	320	6	Kentucky grilled chicken thigh	150	9	Burrito supreme chicken	370	11
Chicken Cool Wrap	350	13	Kentucky grilled chicken breast	210	7	Black beans (side)	50	1
<b>Deluxe Chicken sandwich w/ medium waffle fries</b>	<b>970</b>	<b>49</b>	<b>Chicken Pot Pie</b>	<b>720</b>	<b>41</b>	<b>Chicken Power Bowl</b>	<b>470</b>	<b>19</b>
						<b>Quesarito beef</b>	<b>650</b>	<b>33</b>

<b>Domino's Pizza</b>	cal	fat	<b>Starbucks</b>	cal	fat	<b>Einstein's</b>	cal	fat
Personal Pizza (6 inch, cheese)	180	6	Grande Café Misto with 2% milk, no sweeteners	110	4	Egg white sandwich bacon, avocado, tomato thin	410	18
Pepperoni (2 slices, thin crust)	290	7	Grande latte with 2% milk, no sweeteners	190	7	Bagel thin with cream cheese and 2 egg whites	370	13
Veggie (2 slices, thin crust)	260	12	Black coffee	0	0	1 egg sandwich with cheddar	410	11
Sausage (1 slice, deep dish)	460	10	Tall café latte w/ skim milk and 1 pump of sugar-free syrup	120	0	Veggie chili (large)	310	4
Cheese (1 slice, thin)	190	10	Spinach, feta, egg wrap	290	8	100% whole wheat bagel w/ 2 egg whites	340	5
<b>Pepperoni (2 slices, deep dish)</b>	<b>890</b>	<b>48</b>	<b>Venti mocha cookie frap with 2% milk</b>	<b>590</b>	<b>27</b>	<b>Asiago bagel with cream cheese, 2 eggs, and chorizo</b>	<b>750</b>	<b>40</b>

<b>Subway</b> (6", 9-grain bread)	cal	fat	<b>Quizno's</b>	cal	fat	<b>Sonic</b>	cal	fat
Veggie w/ Swiss	280	7	4 in. spicy Monterey sub	310	8	Chicken slinger	350	16
Turkey w/ cheese and honey mustard	370	8	4 in tuna melt	330	11	Grilled chicken sandwich	470	22
Ham (no cheese)	290	4.5	4 in southwest chicken sub	430	22	Veggie burger	500	17
Tuscan Chicken Melt	380	8	4 in apple harvest sub	400	16	Chicken tenders (3)	260	12
Steak and Cheese	380	10	Apple harvest salad (full)	520	29	Junior burger	340	17
Roast beef w/ cheese	370	9	Chili (regular size)	290	10	<b>Super Sonic Bacon Double Cheeseburger</b>	<b>1140</b>	<b>77</b>
<b>Tuna on tomato basil wrap</b>	<b>820</b>	<b>54</b>	<b>12 in classic Italian sub</b>	<b>1260</b>	<b>63</b>			

Web site for further reference of restaurant meal calorie and fat amounts, [calorieking.com](http://calorieking.com)

Many restaurants also post their nutrition information on their website