

Fast Food Facts

Eating at fast food restaurants can be challenging when trying to maintain a healthy lifestyle. Fast food can be high in calories, saturated (sat) and trans-fats, sugar, and refined carbohydrates; a combination that can leave you feeling sluggish and stuffed. When you decide to eat an occasional fast food meal, choose from the healthier, lower calorie options below.

McDonald's

Breakfast:

Egg McMuffin® with 1% Milk Jug:
400 calories, 6.5 g sat fat, 42 g carbs

Lunch/Dinner:

Grilled Chipotle BBQ or Honey Mustard Snack Wrap® and Small Fries:

400 calories, 7 g sat fat, 57 g carbs
OR

Cheeseburger and Apple Dippers with Low Fat Caramel Dip:
400 calories, 6 g sat fat, 56 g carbs

OR

Hamburger and Premium Bacon Ranch Salad with Low Fat Balsamic Vinaigrette:

430 calories, 7 g sat fat, 45 g carbs

Best Bet Meal Guidelines



- 250-500 calories
- ≤ 7 g saturated (sat) fat
- ≤ 60 g carbohydrate (carbs)
- No or minimal trans-fat



Side Guidelines

Remember! 250-500 calories is a reasonable amount for a meal. Be mindful of adding calories to your meal with sides.

Burger King®

Lunch/Dinner:

Whopper Jr.® (without mayo) and Side Garden Salad with Light Italian dressing:
450 calories, 7 g sat fat, 42 g carbs

OR

Tendergrill® Chicken Sandwich (without mayo) and Fresh Apple Fries:

430 calories, 5 g sat fat, 56 g carbs

OR

4-Piece Chicken Tenders and Value-Size Fries with 1 packet BBQ or 1 Sweet 'n Sour sauce:

450 calories, 4.5 g sat fat, 47 g carbs

Over for More

Wendy's®

Lunch/Dinner:

Jr. Cheeseburger and Side Salad with Light Classic Ranch dressing:

345 calories, 6 g sat fat, 34 g carbs

OR

Grilled Chicken Go Wrap and Value-size

Natural-Cut Fries:

480 calories, 5.5 g sat fat, 54 g carbs

OR

5-Piece Chicken Nuggets with

1 packet BBQ sauce and Small Chili:

495 calories, 5.5 g sat fat, 46 g carbs

Beverages



- Choose plain water, skim or 1% milk.
- Soda, juice, and sugary coffee beverages add lots of sugar and calories.

Taco Bell®

Lunch/Dinner:

Chicken or Steak Fresco Burrito Supreme® with Guacamole:

380 calories, 2.5 g sat fat, 52 g carbs

OR

1 Supreme Chicken Gordita® with Pintos-n-Cheese Side:

440 calories, 6 g sat fat, 48 g carbs

OR

2 Fresco Grilled Steak Soft Tacos and 1 Fresco Crunchy Taco with Salsa:

475 calories, 5.5 g sat fat, 52 g carbs



Dunkin' Donuts®

Breakfast:

Egg White Turkey Sausage Wake-Up Wrap® and 2 Powdered Cake Munchkins®:

270 calories, 6 g sat fat, 28 g carbs

OR

Egg White and Cheese on Wheat English Muffin and Small Latte Lite:

320 calories, 3 g sat fat, 43 g carbs

Lunch/Dinner:

Egg White Turkey Sausage Flatbread:

280 calories, 3 g sat fat, 32 g carbs



Go Online and Get the Facts!

Fast food restaurants let you mix and match and remove some ingredients to create healthier options. Go online and find healthy choices for *you!*

McDonald's: http://www.mcdonalds.com/us/en/food/food_quality/nutrition_choices.html

Burger King®: <http://www.bk.com/en/us/menu-nutrition/index.html>

Wendy's®: <http://www.wendys.com/food/nutritious-options.jsp>

Taco Bell®: <http://www.tacobell.com/nutrition>

Dunkin' Donuts®: http://www.dunkindonuts.com/content/dunkindonuts/en/menu/nutrition/nutrition_catalog.html