

Healthy Fast Food Choices

Arby's®	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)
Baked Potato, Plain	240	2	7.5	6	50
Grilled Chicken Caesar	230	8	30	33	8
Light Grilled Chicken	280	5	17	23	33
Light Roast Chicken Deluxe	260	5	17	23	33
Light Roast Turkey Deluxe	260	5	17	23	33
Roast Chicken Salad	160	2.5	13	20	15
Grilled Chicken Salad	210	4.5	19	30	14
Garden Salad	70	1	7	4	14
Side Salad	25	0	0	2	5

Blimpie®	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)
Blimpie® Best Sub, 6" on white	410	13	28.5	39	47
Best Sub, 6" on wheat	410	13	28.5	39	47
Club Sub, 6" on white	370	10	24	23	48
Club Sub, 6" on wheat	370	11	27	23	48
Ham & Swiss, 6" on white	410	14	29	25	50
Turkey Sub, 6" on white	330	6	18	19	48
Turkey Sub, 6" on wheat	330	7	19	19	48
Roast Beef, 6" on white	390	7	15	37	47
Roast Beef, 6" on wheat	390	8	18	37	45
Grilled Chicken Hot Sub	400	9	18	28	52
Smokey Cheddar Beef Melt Hot Sub	380	12	29	23	42
Roast Turkey Cordon Blue Hot Sub	430	14	28	29	43
Chick Max on White	483	12	15	34	70
Grille Max on White	413	6	18	18	72
Vegi Max on White	403	7	7	24	61
Mexi Max on White	393	5	11	25	66
Blimpie	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)

Burger King®	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)
BK Broiler Chicken Sandwich	267	8	27	22	25
Frozen Yogurt, Vanilla	120	3	22.5	2	20
Frozen Yogurt, Chocolate	130	3	20.8	3	21
Salad, Chunky Chicken	142	4	25.4	20	8
Side Salad	25	0	0	1	5

Carl's Jr.®	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)
Hamburger	280	9	28	14	36
Charbroiled BBQ Chicken Sandwich	290	3.5	10	25	41
Charbroiled Chicken Salad-to-go	200	7	17	25	12

Chick-fil-A®	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)
Chargrilled Chicken Sandwich	280	7	21	25	29
Chargrilled Chicken Club Sandwich	360	13	30	30	31
Hearty Breast of Chicken Soup	100	1.5	10	9	13
Chargrilled Chicken Garden Salad	180	6	33	23	8
Spicy Chicken Cool Wrap	390	7	17	31	51
Chargrilled Chicken Cool Wrap	390	7	17	31	53

Dairy Queen/Brazier®	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)
Grilled Chicken Sandwich	310	10	29	24	30

Dominoes' Pizza®	Calories	Fat (g)	% Fat	Protein (g)	Carb (g)
Hand-tossed (cheese only), 12" med, 2 sl.	375	11	26	15	55
Hand-tossed (cheese only), 14" lg, 2 sl	516	15	26	21	75

Jack In The Box®	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)
Hamburger	250	9	32	12	31
Chicken Fajita Pita	330	11	30	24	35

KFC®	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)
Original Recipe, Whole Wing	140	10	15	9	5
Original Recipe, Drumstick	140	9	13	13	4
Original Recipe, Thigh	250	18	28	16	6
Extra Crispy, Whole Wing	220	15	23	10	10
Extra Crispy, Drumstick	195	12	19	15	7
Hot & Spicy, Whole Wing	210	25	23	10	9
Hot & Spicy, Drumstick	175	10	17	13	9
Original Recipe Sandwich without sauce	360	13	20	29	21
Triple Crunch Sandwich without sauce	390	15	23	25	29
Triple Crunch Zinger Sandwich without sauce	390	15	23	25	36
Tender Roast Sandwich with sauce	350	15	23	32	26
Tender Roast Sandwich without sauce	270	5	8	31	23
Honey BBQ Flavored Sandwich	310	6	19	28	37
Colonels Crispy Strips, 3 pcs	300	16	24	26	18
Spicy Crispy Strips, 3 pcs	335	15	22	25	23
Honey BBQ Strips, 3 pcs	377	15	23	27	33
Blazin Strips, 3 pcs	315	16	25	26	21
Mashed Potatoes w/Gravy	120	6	9	1	17
Potato Wedges	280	13	20	5	28
Macaroni and Cheese	180	8	12	7	21
Corn on the Cob	150	1.5	3	5	35
BBQ Baked Beans	190	3	5	6	33
Cole Slaw	232	13.5	21	2	26
KFC	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)

Long John Silver's®	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)
Lemon Crumb Fish, a-la-carte	480	17	33	27	52
Corn Cobette without butter	80	1	6	3	19
Rice	180	4	22	3	34
Ocean Chef Salad	130	2	15	14	15
Grilled Chicken Salad	140	2.5	14	20	10
Garden Salad	45	0	0	3	9
Side Salad	20	0	0	1	3

McDonald's®	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)
English Muffin	140	2	10	4	25
Chicken McGrill w/o mayo	340	7	19	26	45
Hamburger	280	10	32	12	35

*without cheese

*Subway®	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)
6" Steak & Cheese	362	13	32	23	41
6" Honey Mustard Turkey with Cucumber	275	3.5	12	22	42
*6" Ham Sub	261	4.5	15	17	39
*6" Roast Beef	264	4.5	15	18	39
*6" Roasted Chicken Breast	311	6	16	25	40
*6" Subway Club®	294	5	15	22	40
*6" Turkey Breast	254	3.5	12	16	39
*6" Turkey Breast with Ham	267	4.5	15	18	40
*6" Veggie Delight	200	2.5	11	7	37

Taco Bell®	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)
Bean Burrito	380	12	28.9	13	55
Grilled Chicken Burrito	410	15	32.9	50	17

Wendy's®	Calories	Fat (g)	% Fat	Protein (g)	Carbs (g)
Jr. Hamburger	270	9	30	14	34
Grilled Chicken Sandwich	300	7	20	24	36
Chili, large	310	10	29	23	32
Chili, small	210	7	28	15	21
Baked Potato, Plain	310	0	0	7	72
Baked Potato, Broccoli & Cheese	470	14	27	9	80
Baked Potato, Sour Cream & Chives	370	5	14	7	72