



fast food

a guide to healthier choices

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Kaiser Permanente does not endorse any product or food mentioned in this booklet. Nutritional analyses are based on data provided by the food distributors.

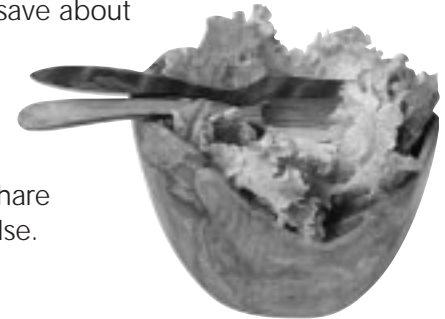
fast food

Eating fast food meals has become very common. Unfortunately, foods in both fast food and regular restaurants usually have too much unhealthy fat, salt, and calories. The average meal can be 1,500 to 2,000 calories! There are few fruits and vegetables and almost no whole grains on fast food menus. Keep asking for them—maybe one day they will be more available. Try to limit eating out to once or twice a week. Learn about better choices and how to order to improve the choices you do have.

Here are some things you can do to cut down on unhealthy fats, salt, and calories:

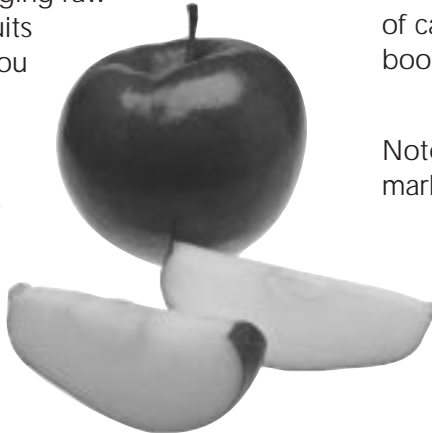
- Hold the mayonnaise, secret sauce, and cheese. If you have guacamole, use just a little.

- Skip breaded, batter-coated, and fried items like fried fish, chicken nuggets or strips, fries, fried zucchini, or onion rings. Order grilled or broiled items instead.
- Ask for a green side salad instead of fries, macaroni salad, potato salad, or coleslaw. Use lemon juice, vinegar, salsa, or light or diet salad dressing. When you use a regular salad dressing, choose a healthier, oil-based dressing. Ask for it on the side so you can limit your serving to 1 to 2 tablespoons.
- Order salads without high-fat additions like bacon bits, cheese, and croutons. Nuts and seeds contain a healthy kind of fat, but limit portion sizes to control the calories you eat.
- Remember that croissants, biscuits, bacon, sausage, hash browns, most desserts, and shakes are very high in fat and calories.
- Limit salt, especially if you have high blood pressure. Ask to have items prepared without salt, cheese, pickles, soy sauce, and other sauces. If you leave the pickle, mayonnaise, and ketchup off a burger, you save about 500 mg of sodium.
- Order a small serving. Avoid foods described with words like large, double, super, grande, supreme, or deluxe. Share large servings with someone else.



how to use this guide

- Make a trade-off. If you really want to have a burger, skip the fries and order a healthier side dish. Instead of a shake or soda, order fruit juice or iced tea.
- Be careful in your local coffee house or smoothie shop. These can really pack on the calories, fat, and sugar. Order coffee with nonfat milk instead of whole milk, cream, half and half, nondairy creamer, or breve. If you want flavoring, ask for sugar-free or use cinnamon. Make a healthier smoothie at home instead.
- Think about bringing raw vegetables or fruits with you when you leave the house. Bring your own water instead of choosing a high-calorie drink.



Use this guide to help you make better choices when you are eating food away from home. You can compare and choose foods that are lower in calories, sodium, and saturated and trans fats. If you have diabetes or pre-diabetes, information on carbohydrates and carbohydrate servings can help you control your blood sugar.

Not all foods listed are good choices. We have included many poor choices so you can see how much fat, calories, sodium, or carbohydrates the foods have. If you have been given a limit on the number of calories or grams of carbohydrates you can eat in a day, use this book as a guide to help you meet your health goals.

Note: Information for some categories was not available. This is marked as “NA” in the food charts.

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Beverages—Any Restaurant												
<i>Beverages are fluid measure, no ice</i>												
Coffee, black, 10 oz.	5	0	1	0	0	0	0	3	0	0	0	0
Hot chocolate, 6 oz.	80	1	15	3	3	0	34	135	0	1	0.5	0
Milk, whole, 8 oz.	160	8	11	9	5	0	71	120	0	1	2	0
Milk, low-fat, 1%, 8 oz.	100	8	14	3	2	0	23	115	0	1	0	1
Chocolate milk, low-fat, 16 oz.	170	9	26	3	2	0	16	150	0	2	0	0
Iced tea, plain, 16 oz.	0	0	0	0	0	0	0	0	0	0	0	0
Iced tea, raspberry, 16 oz.	200	0	42	0	0	0	0	68	0	3	0	0
POWERAde, 16 oz.	100	0	25	0	0	0	0	85	0	2	0	0
Lemonade, regular, 16 oz.	180	0	40	0	0	0	0	20	1	3	0	0
Lemonade, light, 16 oz.	20	0	8	0	0	0	0	10	0	0.5	0	0
Cola, regular, 16 oz.	180	0	48	0	0	0	0	40	0	3	0	0
Cola, diet, 16 oz.	0	0	0	0	0	0	0	10–40	0	0	0	0
Lemon-lime soda, regular, 16 oz.	180	0	48	0	0	0	0	50	0	3	0	0
Lemon-lime soda, diet, 16 oz.	5	0	1	0	0	0	0	10–50	0	0	0	0
Root beer, regular, 16 oz.	222	0	60	60	0	0	0	48	0	4	0	0

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Burger King (bk.com)												
French Toast Sticks, 5	390	6	46	20	4	4	46	440	2	3	4	0
Hash Brown Rounds, small	230	2	23	15	4	5	56	450	2	1.5	3	0
Croissan'wich, Egg & Cheese	320	12	24	19	7	2	53	730	1	1.5	3	1.5
Enormous Omelet Sandwich	760	35	44	50	18	0	59	2080	3	3	7	4
Fire-Grilled Chicken Caesar Salad	190	25	9	7	3	0	32	900	1	1 veg	0	3
Fire-Grilled Shrimp Caesar Salad	180	19	9	10	3	0.5	1	900	2	1 veg	1	2.5
Fire-Grilled Chicken Garden Salad	210	26	13	7	3	0	29	910	2	2 veg	0	3
Tendergrill Chicken Sandwich	400	36	56	10	2	0	23	1290	4	4	1	3
Original Chicken Sandwich	560	25	52	28	6	2	46	1270	3	3.5	5.5	3.5
BK Veggie Burger	340	14	47	10	2	0	26	950	4	3	2	2
Hamburger	310	17	30	13	5	0	38	580	2	2	2	2
Whopper Jr.	350	26	30	14	2	0	37	900	2	2	2.5	3.5
Whopper	710	31	52	43	13	1	53	980	4	3.5	8	4
Whopper, no mayo, pickle, or catsup	530	31	48	24	11	1	39	860	4	3	4	4

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Burger King (continued)												
Whopper with Cheese	800	35	53	49	18	1	55	1420	4	3.5	9.5	5
Chicken Tenders	210	14	13	12	3.5	2.5	56	530	4	1	2	2
Fries, small	230	3	29	11	3	3	43	410	2	2	2	0
Onion Rings, small	180	3	22	9	2	2	45	260	2	1+1veg	2	0
Strawberry Applesauce	90	0	23	0	0	0	0	0	0	1.5	0	0
Vanilla Shake, small	400	8	57	15	10	1	33	240	1	4	3	1
Carl's Jr. (carlsjr.com)												
Sourdough Breakfast Sandwich, no meat	410	21	39	19	9	NA	41	510	2	2.5	2	2
Breakfast Burrito	560	29	37	32	11	NA	50	980	1	2.5	7	4
Breakfast Quesadilla	390	17	38	17	5	NA	41	920	1	2.5	3	2
Low Carb Breakfast Bowl	900	58	5	73	33	NA	73	2050	2	0	14	8
Charbroiled BBQ Chicken Sandwich	370	35	47	4	1	NA	9	1070	4	3	0	5

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Carl's Jr. (continued)												
Charbroiled Santa Fe Sandwich	610	38	43	32	8	NA	48	1440	4	3	6	5
Charbroiled Chicken Salad-To-Go	200	25	12	7	3	NA	30	440	4	0	1.5	3.5
Garden Salad-To-Go	120	3	5	3	1.5	NA	23	230	2	1 veg	0.5	0.5
Hamburger	280	14	36	9	4	NA	29	480	1	2	2	1.5
Famous Star, no cheese	590	24	50	32	9	NA	49	910	3	3	6.5	3
Western Bacon Cheeseburger	660	32	64	30	12	NA	41	1410	2	4	6	4.5
The Six Dollar Burger	960	39	61	62	25	NA	58	1690	3	4	12	5.5
Low Carb Six Dollar Burger	490	33	6	37	16	NA	67	1270	2	1 veg	7	5
Milkshake, strawberry	520	14	93	11	7	NA	17	340	0	6	0	2
Dairy Queen (dairyqueen.com)												
Grilled Chicken Salad, no dressing	240	26	12	10	5	0	38	950	4	2 veg	2	3.5
Side Salad	60	3	6	2.5	1.5	0	38	60	2	1 veg	0	0
Grilled Chicken Sandwich	340	22	26	16	2.5	0	26	1000	2	2	1	3

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Dairy Queen (continued)												
Home-Style Hamburger	290	17	29	12	5	0	42	630	2	2	2	2
Hot Dog	240	9	19	14	5	0	56	730	1	1	2.5	1
French Fries	300	3	45	12	2.5	3.5	36	700	3	3	2	0
Vanilla Soft Serve, 1/2 cup	140	3	22	4.5	3	0	29	70	0	1.5	0	0
Chocolate Soft Serve, 1/2 cup	150	4	22	5	3.5	0	30	75	0	1.5	0	0
Vanilla Cone, small	230	6	38	7	4.5	0	27	115	0	2.5	0	0
Dipped Cone, small	340	6	42	17	9	1	45	130	1	3	1	0
Mocha Moo Latte	590	8	80	23	15	0	36	210	1	5	3	1
Banana Split	510	8	96	12	8	0	21	180	3	6.5	2	1
Oreo Cookies Blizzard, small	570	11	83	21	10	2.5	33	430	<1	5.5	4	1
DQ Fudge Bar, no sugar added	50	4	13	0	0	0	0	70	0	1	0	0
DQ Vanilla Orange Bar, no sugar added	60	2	17	0	0	0	0	40	0	1	0	0

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Del Taco (deltaco.com)												
Breakfast Burrito	250	10	24	11	6	NA	52	520	3	2	2	1
Macho Bacon & Egg Burrito	1030	40	82	60	20	NA	52	1760	6	5.5	12	5.5
Bacon & Egg Quesadilla	450	21	40	23	12	NA	46	920	2	2.5	4.5	3
Chicken Taco Del Carbon	170	12	19	5	1	NA	25	530	2	1	1	1.5
Carnitas Taco	170	9	18	6	2	NA	32	370	2	1	1	1
Big Fat Chicken Taco	340	18	38	13	4	NA	34	840	3	2.5	2	2
Spicy Chicken Burrito	480	23	66	16	10	NA	30	1850	8	4.5	3	3
Veggie Works Burrito	490	18	69	18	11	NA	33	1660	9	4.5	3	2
Bean & Cheese Burrito	270	11	38	8	5	NA	17	1020	6	2.5	1	1.5
1/2 lb. Burrito	430	20	65	12	9	NA	25	1670	13	4	2	2.5
Spicy Jack Cheese Quesadilla	490	23	38	26	17	NA	22	920	2	2.5	5	3
Chicken Jack Quesadilla	580	33	41	31	21	NA	48	1240	2	2.5	6	4.5
Deluxe Chicken Salad	740	33	77	34	15	NA	41	2610	16	5	6.5	4.5

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Domino's Pizza (dominos.com)												
12-inch Pizza, Cheese, 1 slice												
Thin	137	5	14	7	2.5	NA	46	292	1	1	1	0.5
Hand Tossed	186	7	28	5.5	2	NA	27	385	1	2	1	1
Deep Dish	238	9	28	11	3.5	NA	43	566	2	2	2	1
14-inch Pizza, Cheese, 1 slice												
Thin	188	7	19	10	3.5	NA	47	409	1	1	2	1
Hand Tossed	256	10	38	8	3	NA	28	536	2	2.5	1	1
Deep Dish	336	13	41	15	5	NA	40	786	2	3	3	1.5
14-inch Pizza, Pepperoni/ Sausage, 1 slice												
Thin	252	10	20	16	6	NA	61	616	2	1.5	3	1.5
Hand Tossed	350	14	39	16	6	NA	41	836	2	2.5	3	2
Deep Dish	400	15	42	21	7	NA	48	990	3	2.5	4	2
14-inch Pizza, Vegetarian Feast, 1 slice, Thin	231	10	21	13.5	5	NA	55	550	2	1+1veg	2	1
Breadsticks, 1	115	2	12	6.3	1.1	NA	49	122	0	1	1	0
Hot Buffalo Wings, 1	45	5	1	2.5	0.5	NA	50	254	0	0	0	0.5

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
EI Pollo Loco (elpollo loco.com)												
Chicken Breast, no skin	155	29	0	4	1	NA	23	540	0	0	0.5	4
Chicken Breast, with skin	187	30	0	7	2	NA	34	540	0	0	1	4
Chicken Leg, with skin	86	14	0	3	2	NA	31	206	0	0	0.5	2
Chicken Thigh, with skin	120	14	0	7	2	NA	52	245	0	0	1	2
Pollo House Breast Meal	344	38	16	16	5	NA	42	1063	7	1	0	5
Classic Chicken Burrito	583	34	72	21	6	NA	31	1655	2	5	4	5
BRC Burrito	423	17	62	17	4	NA	26	1135	6	4	3	2
Pollo Bowl	543	31	84	10	1	NA	17	2159	12	5+1 veg	2	2
Chicken Caesar Bowl	546	27	47	9	6	NA	15	1451	5	3	1.5	3
Fiesta Salad, no dressing	439	22	15	9	2	NA	37	1249	3	1	1.5	3
Caesar Salad, no dressing	221	22	15	9	2	NA	37	908	3	1	1.5	3
Monterey Salad, no dressing	176	22	12	6	1	NA	31	836	3	1	1	3
Taco al Carbon	134	9	18	3	1	NA	20	224	1	1	0	1
Fresh Vegetables	68	6	3	4	1	NA	53	78	2	1 veg	1	0.5
Pinto Beans	154	7	24	4	0	NA	23	674	4	1.5	0.5	1

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
El Pollo Loco (continued)												
Garden Salad	111	8	8	7	3	NA	57	271	2	1 veg	1	1
Corn	41	1	10	0	0	0	0	7	1	1	0	0
Carmel Flan	303	4	32	12	11	NA	37	160	0	2	2	0.5
In-N-Out (in-n-out.com)												
Hamburger	390	16	39	19	5	NA	44	650	3	2.5	3.5	2
“Protein-Style”	240	13	11	17	4	NA	64	379	0	1	3	2
Double-Double	670	37	39	41	18	NA	55	1140	3	2.5	8	5
French Fries	400	7	54	18	5	NA	41	245	2	3.5	4	1
Shake, 15 oz.	690	9	83	36	24	NA	47	350	0	5.5	6	1

Jack in the Box (jackinthebox.com)	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Breakfast Jack	290	17	29	12	4.5	0.5	24	760	1	2	2	2
Breakfast Burrito with Salsa	580	35	34	38	14	0	59	1530	2	2	3	4.5
Chicken Caesar Salad, no dressing	220	26	10	8	4	0	33	1030	3	2 veg	1	3
Asian Chicken Salad, with dressing	595	20	58	32.5	4.5	0	49	1315	8	4	6	2.5
Chicken Fajita Pita	315	22	33	9	4	0	26	880	0	2	2	3
Southwest Pita	260	20	35	4.5	1	0	31	880	4	2+1 veg	1	3
Classic Chicken Ciabatta Sandwich	510	36	69	13	5.5	0	23	1700	4	4+1 veg	2	5
Bruschetta Chicken Ciabatta Sandwich	660	41	69	26	7	0	35	1880	4	4+1 veg	2	4
Jack's Spicy Chicken	615	24	62	30.5	5.5	2.5	45	1090	3	4	6	3
Jumbo Jack	600	20	52	34.5	12	1	52	935	2	3.5	6.5	3
Sourdough Jack	715	26	36	51	18	2.5	64	1165	2	2	10	3.5
Ultimate Cheeseburger	1010	39	52	71	27	2.5	62	1525	2	3.5	14	5
Regular Beef Taco	160	5	15	8	3	1	45	270	2	1	1	0.5
Monster Beef Taco	240	8	20	14	5	2	53	390	3	1	2.5	1

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Jack in the Box (continued)												
Egg Rolls, 3	445	14	44	19	6	3	38	920	6	2+1 veg	4	2
Stuffed Jalapenos, 3	230	7	22	13	6	2	51	690	2	1+1 veg	2	1
Side Salad	155	5	16	7.5	2.5	0.5	44	290	2	3 veg	1.5	1
Lite Ranch Dressing	190	1	3	18	3	0	36	700	0	0	3	0
Low-Fat Balsamic Dressing	40	0	6	2	0	0	45	600	0	1/2 pkg. is free	0	0
Onion Rings	500	6	51	30	6	10	54	420	3	3+1 veg	6	1
Seasoned Curly Fries, medium	400	6	45	23	5	7	52	890	5	3	4	1
Jamba Juice (jambajuce.com)												
<i>Beverages, 16-ounce serving</i>												
Blueberry Balance, Original	270	10	59	1.5	0	NA	<1	310	8	4	0	1
Blueberry Balance, Enlightened	150	7	31	0.5	0	NA	<1	230	3	2	0	1
Blueberry Balance, Power	320	11	71	2	0	NA	<1	340	9	5	0	1
Peanut Butter Moo	540	15	95	11	3	NA	19	340	0	6	2	2 milk

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
KFC												
Roasted Caesar Salad, no dressing or croutons	220	29	6	9	4.5	0.5	37	850	3	1 veg	2	4
Tender Roast Filet Meal	360	33	41	7	2	0.5	18	2010	4	3	1	4
Honey BBQ Sandwich	300	22	41	6	1.5	0.5	18	920	1	3	1	3
Tender Roast Sandwich, no sauce	260	31	23	5	2	0.5	17	690	1	1.5	1	4
Original Recipe Chicken, breast	380	40	11	19	6	2.5	45	1150	0	1	3.5	5
Extra Crispy Chicken, breast	460	34	19	28	8	4.5	55	1230	0	1	5	4
Original Recipe Chicken, drumstick	140	14	4	8	2	1	51	440	0	0	1	2
Extra Crispy Chicken, drumstick	160	12	5	10	2.5	0.5	56	420	0	0	2	1.5
Green Beans	50	2	7	1.5	0	0	27	570	2	1 veg	0	0
Mashed Potatoes and Gravy	120	2	18	4.5	1	0.5	34	380	1	1	1	0
Corn on the Cob	70	2	13	1.5	0.5	0	19	5	3	1	0	0
Baked Beans	230	8	46	1	1	0.25	4	720	7	3	0	1

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
KFC (continued)												
Coleslaw	190	1	22	11	2	0	52	300	3	1+1veg	2	0
Biscuit	190	2	23	10	2	3.5	46	580	0	1.5	2	0
Mott's Applesauce	100	0	24	0	0	0	0	24	1	1.5	0	0
Apple Pie Minis, 3	400	3	46	22	5	7	50	250	2	3	4	0
Sweet Potato Pie	340	5	44	16	4	3	42	210	1	3	3	0.5
Pecan Pie	480	5	68	21	4.5	1	40	380	2	4.5	4	0.5
McDonald's (mcdonalds.com)												
Egg McMuffin	300	17	30	11	4.5	0	34	850	2	2	2	2
Sausage McMuffin	380	14	31	22	8	0.5	52	800	2	2	4	2
Sausage Burrito	300	13	26	16	6	1	48	760	1	2	3	1.5
Fruit and Walnut Salad	310	5	45	13	2	0	38	85	6	3	2.5	0.5

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
McDonald's (continued)												
Grilled Chicken Caesar Salad, no dressing*	210	28	11	6	3	0	26	830	3	2 veg	0	4
Grilled Chicken Cobb Salad, no dressing*	270	33	11	11	5	0	37	1060	4	2 veg	1	4
Side Salad, no dressing*	150	0	3	0	0	0	0	10	1	1 veg	0	0
Hamburger	260	13	33	9	3.5	0.5	31	530	1	2	1.5	1.5
Cheeseburger	310	15	35	12	6	1	35	740	1	2	2	2
Big Mac	560	25	46	30	10	1.5	48	1010	3	3	4	2.5
Big N' Tasty	470	24	41	29	9	1.5	50	770	3	3	6	3
McGrill Chicken	370	15	41	16	3	0	36	810	3	2.5	3	2
Premium Grilled Chicken Classic Sandwich	420	32	52	9	2	0	19	1240	3	3.5	2	4.5
Crispy Chicken Sandwich	500	24	50	23	4	2	41	1090	3	3	4.5	3

*Salad dressing nutrition information can be found on the packets.

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
McDonald's (continued)												
Filet-O-Fish Sandwich	400	14	42	18	4	1	41	640	1	3	3	2
Chicken McNuggets, 6	250	15	15	15	3	1.5	52	670	0	1	3	2
French Fries, small	230	2	30	11	2	2.5	43	140	3	2	2	0
French Fries, large	520	6	70	25	5	6	43	320	7	5	5	1
Fruit 'n Yogurt Parfait with granola	130 160	4 4	25 31	2 2	1 1	0 0	12 13	55 85	0 1	1.5 2	0 0	0 0
Apple Dippers	35	0	8	0	0	0	0	0	0	0.5	0	0
Carmel Dip	70	0	14	1	0.5	0	7	35	0	1	0	0
Vanilla Cone	150	4	24	3.5	2	0	21	60	0	1.5	0.5	0.5
Chocolate Shake, 12 oz.	440	10	76	10	6	0.5	20	190	<1	5	2	1
Oatmeal Raisin Cookie	140	2	22	6	1	1	32	120	1	1.5	1	0
POWERade, 12 oz.	70	0	16	0	0	0	0	65	0	1	0	0

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Panda Express (pandaexpress.com) <i>Per 5.5-ounce serving</i>												
String Beans with Tofu	180	10	11	11	2	NA	56	650	3	0.5	2	1
Black Pepper Chicken	180	13	10	10	4.5	NA	50	820	2	0.5	2	2
Chicken and Green Beans	170	11	12	8	1.5	NA	41	560	3	1	1	1.5
Chicken and Mushrooms	130	11	7	7	1.5	NA	46	590	2	0.5	1	1.5
Orange Chicken	480	21	50	21	4.5	NA	40	820	2	3	4	3
Sweet and Sour Chicken	426	25	38	19	4	NA	42	454	3	2.5	3	3
Beef with Broccoli	150	11	9	8	2	NA	41	730	1	0.5	1.5	1.5
Beef with Green Beans	170	12	11	9	2	NA	47	640	2	1	2	1.5
Mixed Vegetables	70	3	8	3	0.5	NA	43	420	1	0.5	1	0.5
Rice, 8 oz.	330	7	74	0	0	NA	0	20	2	5	0	1
Vegetable Chow Mein	330	10	48	11	2	NA	30	810	4	3	2	1
Vegetable Spring Roll, 1	80	2	14	2.5	0	NA	25	270	<1	1	0	0
Chicken Egg Roll, 1	190	8	21	6	1.5	NA	37	450	3	1.5	1	1

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Pizza Hut (pizzahut.com)												
12-inch Pizza, Fit N' Delicious, 1 slice												
Chicken, onion, green pepper	170	10	23	4.5	2	NA	24	460	2	1.5	1	1
Chicken, mushroom, jalapeno	170	10	22	5	2	NA	26	690	2	1.5	1	1
Ham, onion, mushroom	160	8	22	4.5	2	NA	25	470	2	1.5	1	1
Ham, pineapple, tomato	160	8	24	4	2	NA	23	470	2	1.5	1	1
Green pepper, onion, tomato	150	6	24	4	1.5	NA	24	360	2	1.5	1	1
Tomato, mushroom, jalapeno	150	6	22	4	2	NA	24	590	2	1.5	1	1
12-inch Pizza, Cheese, 1 slice												
Thin N' Crispy	200	10	21	8	4.5	NA	36	490	1	1.5	1	1
Hand-Tossed Style	240	11	29	13	5	NA	30	500	2	2	2.5	1
Pan Pizza	280	11	29	13	5	NA	49	500	1	2	2	1
Stuffed Crust	360	18	43	13	8	NA	33	920	2	3	2.5	2
12-inch Pizza, Meat Lover's, 1 slice												
Thin N' Crispy	270	13	21	14	6	NA	47	740	1	1.5	3	2
Hand-Tossed Style	300	14	29	13	6	NA	39	760	2	2	2	2
Pan Pizza	340	15	29	19	7	NA	50	750	2	2	4	2
Stuffed Crust	500	21	43	21	10	NA	53	1250	3	3	4	3

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Pizza Hut (continued)												
Hot Wings, 2	110	11	1	6	2	NA	49	450	0	0	1	1.5
Cheese Breadstick	200	7	21	10	3.5	NA	45	340	<1	1.5	2	1
Apple Dessert Pizza, 1 slice	260	4	53	3.5	0.5	NA	12	250	1	4	0.5	0.5
Rubio's (rubios.com)												
HealthMex Chicken Salad	250	27	35	2	0	NA	8	1050	6	1+3 veg	0	4
Grilled Chicken Chopped Salad	570	36	28	33	9	NA	25	1490	7	1+3 veg	5	5
Low-Carb Chicken Salad	470	34	11	33	10	NA	64	980	4	2 veg	4	4
Fat-Free Grape Dressing	40	0	9	0	0	NA	0	135	0	0.5	0	0
HealthMex Chicken Taco	170	14	23	2	0.5	NA	12	400	2	1+1 veg	0	2
Chicken Taco	300	16	24	15	4	NA	47	440	2	1+1 veg	3	2
Chicken Street Taco	110	11	10	3.5	0.5	NA	27	240	2	0.5	0.5	1.5
Fish Taco, Original	300	14	30	16	5	NA	46	250	2	2	3	2

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Rubio's (continued)												
Fish Taco, Especial	370	18	30	21	5	NA	51	330	3	2	4	2
Mahi Mahi Taco	310	18	24	16	4.5	NA	45	230	2	1.5	3	2
Carne Asada Taco	250	14	24	10	4.5	NA	36	530	2	1.5	2	2
Mahi Mahi Burrito	700	32	56	38	11	NA	49	1210	5	4	5	3.5
HealthMex Chicken Burrito	530	35	77	10	1.5	NA	17	1670	7	5	2	5
HealthMex Veggie Burrito	520	19	98	8	1	NA	13	1020	11	6+1veg	1.5	2.5
Cheese Quesadilla	830	35	56	52	27	NA	57	1400	4	4	10	5
Nachos Grande with Chicken	1380	59	113	80	28	NA	52	2360	20	7.5	16	8
Pinto Beans, 1/2 cup	190	4	37	3	1.5	NA	13	600	1	2+1veg	0.5	0.5
Black Beans, 1/2 cup	170	11	28	2	1	NA	9	600	4	2	0	1.5
Rice, 1/2 cup	160	2	33	1.5	0	NA	9	290	1	2	0	0
Guacamole, small	170	2	8	16	2.5	NA	82	65	5	1 veg	3	0

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Starbucks (starbucks.com)												
<i>12-ounce, Tall</i>												
Caramel Chocolate Frappuccino with whipped cream	330	11	62	5	1.5	NA	14	260	4	4	1	1 milk
	420	11	64	14	7	NA	31	270	<1	4	3	1 milk
Cold Mocha Frappuccino, light	140	5	28	1.5	0	NA	11	220	3	2	0	0.5 milk
Espresso Americano	15	0	0	0	0	NA	0	0	0	0	0	0
Caffé Latte, whole milk	200	11	16	11	7	NA	50	160	0	1	2	1 milk
nonfat milk	120	11	18	0	0	NA	0	170	0	1	0	1 milk
soy milk	160	8	21	4.5	0.5	NA	25	120	1	1.5	1	1
Caffe Misto/Café Au Lait, nonfat	60	6	9	0	0	NA	0	90	0	0.6	0	0.5 milk
Flavored Syrup, 1 pump	20	0	5	0	0	NA	0	0	0	0	0	0
Sugar-Free Flavored Syrup, 1 pump	0	0	0	0	0	NA	0	0	0	0	0	0
Whipped Cream, Grande/Venti, cold	130	0	2	12	8	NA	83	10	0	0	2	0
Whipped Cream, Grande/Venti, hot	100	0	2	9	6	NA	81	10	0	0	2	0

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Subway (subway.com)												
6" Sandwich												
Savory Turkey Breast	280	18	46	5	1.5	0	5	1020	4	3	1	2
Sweet Onion Chicken Teriyaki	370	26	59	5	1.5	0	12	1220	4	4	1	3.5
Classic Tuna	530	22	45	31	7	1	53	1030	4	3	6	3
Double Meat Turkey	340	28	48	6	1.5	0	16	1520	4	3	1	4
Deli-Style Sandwich												
Savory Turkey Breast	210	13	36	3.5	1.5	0	17	730	3	2	0.5	1.5
Roast Beef	220	13	35	4.5	2	0	18	660	3	2	1	2
Turkey Breast Wrap	190	24	18	6	1	0	26	1290	3	1	1	3
Chicken & Bacon Ranch Wrap	440	41	18	27	10	0	55	1670	3	1	5	6
Chocolate Chip Cookie	210	2	30	10	4	1	43	160	1	2	2	0.5
Cheese, amount on 6" sub												
Swiss	50	4	0	4.5	2.5	0	81	30	0	0	1	0.5
Provolone	50	4	0	4	2	0	72	125	0	0	1	0.5
American	40	2	1	3.5	2	0	79	200	0	0	0.5	0.25

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Taco Bell (tacobell.com)												
Ranchero Chicken Soft Taco	279	14	21	14	4	0.5	485	710	2	1+1veg	3	2
Fresco Style	170	12	22	4.5	1	0.5	21	710	2	1+1veg	1	1.5
Beef Taco, crunchy	170	8	13	10	4	0.5	53	350	<1	1	2	1
Fresco Style	150	7	14	7	2.5	0.5	47	360	<1	1	1	1
Beef Taco, soft	210	10	21	10	4	1	43	620	<1	1.5	2	1
Fresco Style	190	7	22	8	2.5	1	37	630	2	1.5	1.5	1
Gordita Baja, Chicken, Fresco	230	15	29	6	1	0	22	570	2	2	1	2
Bean Burrito	370	14	55	10	3.5	2	24	1200	8	4	2	2
Fresco Style	350	13	56	8	2	2	20	1220	9	4	1.5	2
Burrito Supreme, Chicken, Fresco	350	19	53	8	2	1.5	20	1210	6	3.5	1	2
Zesty Chicken Border Bowl	730	23	65	42	9	4	52	1640	12	4	8	3
No Dressing	500	22	60	19	4.5	4	34	1400	12	4	4	3
Grilled Steak Soft Taco, Fresco	170	11	21	5	1.5	0.5	25	560	2	1.5	1	1.5
Pintos and Cheese	180	10	20	7	3.5	1	33	700	6	1	1	1
Mexican Rice	210	6	23	10	4	1.5	43	740	3	1.5	2	1

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Wendy's (wendys.com)												
Mandarin Chicken Salad	170	23	17	2	0.5	0	11	480	4	1	0	3
with almonds, add	130	5	4	11	1	0	76	70	2	0.25	2	0.5
with crispy noodles, add	60	1	10	2	0	0.5	30	170	0	0.5	0	0
with Oriental Sesame dressing, add	190	1	21	11	2.5	0	68	560	0	1	2	0
Taco Supremo Salad	380	27	31	17	9	0.5	40	1000	9	2	3	3
with salsa, add	30	1	6	0	0	0	0	440	0	0.5	0	0
with sour cream, add	60	1	2	5	3.5	0	75	20	0	0	1	0
with chips, add	210	3	29	9	1.5	2.5	39	240	2	2	2	0.5
Fresh Fruit Bowl	130	2	33	0	0	0	0	35	3	2	0	0
with yogurt, add	90	4	16	1	0	0	0	50	0	1	0	0.5
Side Salad	25	2	7	0	0	0	0	20	3	0.5	0	0
Mandarin Orange Cup	80	1	20	0	0	0	0	15	1	1	0	0
Fresh Fruit Cup	80	0	20	0	0	0	0	20	2	1	0	0
Plain Baked Potato	270	7	61	0	0	0	0	61	7	4	0	1
Broccoli & Cheese Baked Potato	440	10	69	15	3	0	31	540	9	4.5	3	1

	nutritional values									servings/ounces		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein ounces
Wendy's (continued)												
Chili, small	220	17	23	6	2.5	0	25	780	5	1.5	1	2
Chili, large	330	25	35	9	3.5	0.5	30	1170	8	2+1veg	2	3
Ultimate Chicken Grill Sandwich	360	31	44	7	1.5	0	18	1090	2	3	1	4
Jr. Hamburger	280	15	34	9	3.5	0.5	29	600	1	2	1	2
Classic Single	430	25	37	20	7	1	42	890	2	2.5	4	3
Kids' Meal French Fries	280	3	37	14	2.5	3.5	45	270	3	2.5	3	0.5

