

# Healthy on the Go

## Healthful Choices When Eating Fast Foods

Dining out has become part of our fast-paced lifestyles. Controlling what you eat is easier at home, but you **can** eat out and enjoy delicious fast-food meals that are lower in calories, fat, and cholesterol. By planning ahead, fast foods can fit into a healthful eating plan.

When ordering food, don't be afraid to ask how an item is prepared, including what condiments are standard on the order. Simple requests such as substituting mustard for mayonnaise or deletion of cheese can turn a not-so-healthful choice into a healthier one.

As a general rule of thumb, kids' meals are better choices than regular meals. Kids' meals tend to be smaller portion sizes and often offer better "side" choices such as low-fat milk and fruit.

Here are some more tips for dining out at fast-food restaurants.

### **Breakfast**

Breakfast items at many fast-food restaurants are chocked full of calories, fat, and cholesterol. However, many now offer dry cereals, skim milk, and low-fat yogurt. Plain pancakes and scrambled eggs are also healthier choices when compared to donuts, biscuits and gravy, and giant breakfast sandwiches.



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### **Sandwiches**

In general, sandwiches prepared with fish, chicken, or lean roast beef will be the lowest in calories and fat. Look for words like *grilled*, *baked*, or *broiled*—these are usually the healthier choices. Small or regular hamburgers without cheese or sauce are also good choices. Adding lettuce, tomato, onion, and pickles to a regular hamburger makes it look bigger without adding many calories. If available, choose buns made with whole grains.

### **French Fries**

Let's face it . . . French fries are a standard side item at many fast-food restaurants. An occasional serving can be part of a healthful meal plan. When you opt for French fries, choose the smallest portion available, often the "child's meal-size" portion. A small serving of fries will give you 250 calories and 13g of fat. This is less than half the calories in a large serving and almost 2/3 less calories than the jumbo serving sizes available in many fast-food restaurants.

### **Salads**

Salads sound so healthful, but watch out. They may be hiding high-fat and calorie-laden items that can sabotage an otherwise healthy choice. Most salad dressing packets offered at fast-food restaurants contain 2 ounces of dressing—that's 4 Tablespoons. If it's the full-fat version, this packet can add 200 to 300 calories, pushing some salads to more calories than some large hamburgers. Bacon bits, nuts, crispy rice noodles, croutons, and sunflower seeds are also high-calorie additions, so use sparingly.

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### Arby's®

Arby's Melt  
300 calories, 12 g fat

Ham 'N Swiss Melt  
280 calories, 6 g fat

### Subway®

Any salad with 6g fat or less  
*Choose low-fat salad dressing*

Any 6-in sub with 6g fat or less

Chicken Tortilla soup  
110 calories, 1.5 g fat

Tomato garden vegetable soup with  
rotini  
90 calories, 0g fat

### Burger King®

Whopper Jr.®  
*(w/o mayonnaise or cheese)*  
290 calories, 12 g fat

Tendergrill Chicken Sandwich  
*(w/o mayo or sauce)*  
380 calories, 9 g fat

BK Burger Shots® – 2 pack  
220 calories, 10 g fat

### Wendy's®

Ultimate Chicken Grill *(w/o sauce)*  
320 calories, 7 g fat

Small chili  
190 calories, 6 g fat

Crackers – per pack  
25 calories, .5 g fat

### Fazoli's®

Small Spaghetti w/ Marinara  
440 calories, 2 g fat

Cranberry Walnut Chicken Salad  
390 calories, 14 g fat  
*Choose low-fat salad dressing*

### Dairy Queen®

Original Hamburger  
350 calories, 14g fat

Barbecue Beef Sandwich  
270 calories, 4.5 g fat

Shredded Chicken Sandwich  
290 calories, 7 g fat

### Hardee's®

Regular Hamburger  
310 calories, 15 g fat

Regular Roast Beef  
310 calories, 15 g fat

BBQ Chicken Sandwich  
400 calories, 6 g fat

### Long John Silver's™

Freshside Grille Smart Choice Salmon  
280 calories, 7 g fat

Shrimp Bowl/with sauce  
380 calories, 14.5 g fat

Baked Cod – 1 piece  
120 calories, 4.5 g fat

### McDonald's®

Grilled Snack Wrap - any variety  
260 calories, 9 g fat

Premium Southwest Salad with  
grilled chicken

320 calories, 9 g fat  
*Choose low-fat salad dressing*

Fruit 'N Yogurt Parfait  
160 calories, 2 g fat

### Taco Bell®

Any "Fresco" Style Item

Soft Taco Supreme - beef  
240 calories, 11 g fat

Fiesta Steak Burrito  
350 calories, 11 g fat

### Pizza Hut®

Any Medium Fit 'N Delicious™  
*(3 slices)*

500 calories, 15 g fat

Thin 'N Crispy® Veggie Lovers  
*(2 slices)*

480 calories, 18 g fat

### KFC®

Tender Roast Sandwich *(w/o sauce)*  
300 calories, 4 g fat

Grilled Chicken Breast  
180 calories, 4 g fat

Roasted Chicken Caesar Salad  
*(w/o dressing or croutons)*  
120 calories, 6 g fat

### General Calorie Guidelines

When eating out, try to keep your meal moderate in calories, fat, and sugar. Follow these general guidelines:

*2000 calories per day* – keep calories around 600 and fat below 20g per meal

*1800 calories per day* – keep calories around 500 and fat below 18g per meal

*1500 calories per day* – keep calories around 400 and fat below 15g per meal.

*While there may be lower fat and calorie food options at these restaurants, these selections represent some of the healthier choices that are available.*