



FAST FOOD CHOICES



✓ **Best Bite Less than 7 gms Saturated Fat and No Trans Fat per Serving**

	<i>gm carbo.</i>	<i># carbo. units</i>	<i>sat. fat gms</i>
<u>Arby's</u>			
Roast Beef Sandwich, regular	33	2	7
Roast Beef Sandwich, super	50	3	9
Roast Beef Sub	44	3	14
✓ Roast Beef Deluxe, Light	33	2	3
✓ Grilled Chicken Deluxe	41	3	4
Turkey Sub	47	3	7
✓ Turkey Deluxe, Light	33	2	2
✓ All Salads	0	0	0
✓ Baked Potato, plain	82	5 ½	0
Baked Potato, Broccoli 'n Cheddar	89	6	5 + trans
French Fries (2.5 oz)	30	2	3 + trans
Potato Cakes	20	2	2 + trans
Apple Turnover	48	3	7 + trans
<u>Burger King</u>			
Cheeseburger	28	2	9
Cheeseburger, Double	28	2	17
✓ Hamburger	28	2	6
Whopper Jr.	29	2	8
Whopper	45	3	11
Whopper w/ Cheese	46	3	16
✓ BK Broiler Chicken Sandwich	41	3	6
BK Big Fish	56	4	6 + trans
Chicken Tenders (6)	14	1	3 + trans
✓ All Salads	0	0	2-4
French Fries (medium order)	43	3	5 + trans
Onion Rings (1 order)	41	3	2 + trans
Orange Juice	33	2	0
✓ Chocolate/ Vanilla Shake	54	3 ½	4
Biscuit w/ Sausage	41	3	10 + trans
Croissan'wich w/ Sausage, Egg & Cheese	25	2	16 + trans
French Toast Sticks	60	4	7 + trans
Hash Browns	25	2	3 + trans



Heart Smart



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Carl's Jr.			
Carl's famous Star	50	3	9
Super Star	51	3	15
Bacon Cheeseburger	51	3 ½	13
Double Western Bacon Cheeseburger	65	4	21
✓ Hamburger	36	2 ½	3.5
✓ Charbroiled BBQ Chicken Sandwich	41	3	1
Carl's Ranch Crispy Chicken Sandwich	71	5	7 + trans
✓ Spicy Chicken Sandwich	47	3	5
Carl's Catch Fish Sandwich	55	4	7 + trans
✓ Plain Potato	68	4 ½	0
French Fries, small	37	2 ½	3 + trans
French Fries, large	80	7 ½	6 + trans
Onion Rings	53	3 ½	5 + trans
Breakfast Burrito	36	3 ½	11 + trans
Sunrise Sandwich	28	2	8 + trans

Jack in the Box

Burger, Grilled Sourdough	39	2 ½	16
✓ Cheeseburger	32	2	6
✓ Hamburger	31	2	4
Hamburger, Jumbo Jack	41	3	10
✓ Chicken Sandwich	38	2 ½	4
✓ Grilled Chicken Fillet	36	2 ½	5
✓ Chicken Fajita Pita	29	2	3
Spicy Crispy Chicken	55	4	5 + trans
Taco	15	1	4 + trans
Chicken Teriyaki Bowl	115	7	<1
Egg Rolls (3)	54	3 ½	7 + trans
Stuffed Jalapeños (7)	29	2	12
French Fries, regular	45	3	4 + trans
✓ Breakfast Jack	30	2	5
Breakfast Sandwich, Ultimate	39	2 ½	11
Pancake Platter + 1 pkt syrup	89	6	3 + trans
Scrambled Egg Pocket	31	2	8

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rev 12/22/2004 Lorri Holzberg, rd, cde



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<u>Kentucky Fried Chicken</u>			
Breast, Original Recipe	16	1	6 + trans
Breast, Tasty Crispy	25	2	7 + trans
Breast, Hot & Spicy	23	2	8 + trans
✓ Breast, Roasted w/ skin	1	0	3
✓ Breast, Roasted w/o skin	1	0	1
Hot Wings (6)	18	1	8 + trans
Pot Pie, Chunky Chicken	69	4 ½	13 + trans
Sandwich, Original Recipe Chicken	46	3	5 + trans
✓ BBQ Baked Beans (1 order)	33	2	1
Biscuit (1)	20	1 ½	3 + trans
✓ Coleslaw (1 order)	10	½	2
Potatoes, Mashed, w/ Gravy (1 order)	17	1	1 + trans
<u>McDonald's</u>			
Big Mac	47	3	10
✓ Cheeseburger	35	2	6
✓ Hamburger	34	2	3.5
Quarter Pounder	37	2 ½	8
Quarter Pounder w/Cheese	38	2 ½	13
McChicken Sandwich	44	3	5 + trans
Filet-O-Fish	40	2 ½	4 + trans
Chicken Nuggets (6)	15	1	3.5 + trans
French Fries, small order	26	2	1.5 + trans
French Fries, large order	57	4	4 + trans
✓ Salads w/ dressing	0	0	1 – 8
Biscuit (1)	32	2	3 + trans
Biscuit, Sausage	32	2	9 + trans
Breakfast Burrito	23	1 ½	7
✓ English Muffin	25	2	0
Hash Browns	14	1	1.5 + trans
Hotcakes, plain (1 order)	53	3 ½	1.5 + trans
✓ Egg McMuffin	27	2	4.5
Apple Danish	51	3 ½	5 + trans
✓ Ice Cream Cone, Vanilla Low-Fat	24	1 ½	0
✓ Shake, Vanilla (small)	62	4	3



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<u>Subway</u>			
Classic Italian B.M.T.	44	3	7
✓ Ham	44	3	1
✓ Roast Beef	44	3	0
✓ Seafood & Crab	44	3	3
✓ Tuna	44	3	5
✓ Turkey Breast	45	3	1
✓ Veggie Delite	43	3	0
✓ Meatball	53	3 ½	6
✓ Roasted Chicken Breast Fillet	44	3	1
<u>Taco Bell</u>			
✓ Burrito, Bean	55	3 ½	4
Burrito, Supreme	50	3 ½	8
Burrito, Supreme, Big Beef	52	3 ½	10
✓ Burrito, Chicken	41	3	2
✓ Taco, Chicken Soft	21	1 ½	2
Nachos	34	2	4 + trans
Nachos Bell Grande	83	5 ½	10 + trans
<u>Wendy's</u>			
Big Bacon Classic	45	3	13
✓ Cheeseburger, Jr.	34	2	6
✓ Hamburger, Single	31	2	6
Sandwich, Breaded Chicken	44	3	3 + trans
✓ Sandwich, Grilled Chicken	35	2	1.5
✓ Baked Potato, Plain	71	5	0
Baked Potato w/ Chili & Cheese	83	5 ½	9
French Fries (1 medium order)	47	3	4 + trans
Taco Salad	53	3 ½	11
✓ Soft Breadstick (1)	24	1 ½	0.5