Make Wise Fast Food Choices

A limited amount of fat is needed by the body. Fat intake should be restricted because of high calorie content and its association with the increased risk of chronic diseases. CAUTION: Recommended fat intake is based on total calories consumed, other physical factors, and individual activity levels. The recommendation is 30% of total calories. Eating foods containing greater than 30 grams of fat per serving daily may contribute to chronic health problems.

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### Tips for Making Wise Food Choices at Fast Food Restaurants

- Order meat items grilled, roasted, broiled or baked without added fat.
- Order sandwiches without mayonnaise or other creamy dressings.
- Skip the extra cheese.
- Order breakfast sandwiches made with English muffins instead of biscuits.
- NEVER say “Supersize It.”

### Why Choose Low Fat Food When Eating?

- Too much fat and high calories cause obesity.
- Too much fat and cholesterol may clog arteries and cause heart disease.
- Too much fat may cause certain types of cancer.

### Burger King ®

**Healthiest Choices (10 g fat or less)**
- Garden Salad w/Fat Free Ranch Dressing (40 calories, 2 g fat)
- TENDERGRILL Garden Salad (230 calories, 7 g fat)
- 4-Piece Chicken Tenders (170 calories, 10 g fat)

**Reasonable Choices (18 g fat or less)**
- BK Veggie Burger (410 calories, 16 g fat)
- Small Fries (270 calories, 14 g fat)
- TENDERGRILL Chicken Sandwich (470 calories, 18 g fat)

**Occasional Choices (28 g fat or less)**
- Whopper Jr. (340 calories, 19 g fat)
- Medium Onion rings (400 calories, 21 g fat)
- TENDERCRISP Garden Salad w/fat free dressing (410 calories, 22 g fat)

### McDonald’s ®

**Healthiest Choices (10 g fat or less)**
- Fruit & Yogurt Parfait (160 calories, 2 g fat)
- Premium Southwest Salad w/grilled chicken (290 calories, 8 g fat)
- Fruit & Walnut Salad (210 calories, 8 g fat)

**Reasonable Choices (18 g fat or less)**
- Small Fries (230 calories, 11 g fat)
- Cheeseburger (300 calories, 12 g fat)
- McChicken Sandwich (360 calories, 16 g fat)

**Occasional Choices (28 g fat or less)**
- Quarter Pounder w/cheese (510 calories, 26 g fat)
- Premium Crispy Chicken Classic Sandwich (510 calories, 22 g fat)
- Big N’ Tasty (460 calories, 24 g fat)

### Taco Bell ®

**Healthiest Choices (10 g fat or less)**
- Fresco Grilled Steak Soft Taco (150 calories, 4 g fat)
- Fresco Beef Soft Taco (180 calories, 7 g fat)
- Tostada (250 calories, 10 g fat)

**Reasonable Choices (18 g fat or less)**
- Gordita Beef Supreme (300 calories, 14 g fat)
- Original Chicken Flatbread Sandwich (290 calories, 15 g fat)
- Chicken Chalupa Supreme (350 calories, 18 g fat)

**Occasional Choices (28 g fat or less)**
- Grilled Chicken Burrito (430 calories, 18 g fat)
- Nachos Supreme (440 calories, 25 g fat)
- Cheese Quesadilla (480 calories, 27 g fat)

### Pizza Hut ®

**Healthiest Choices (10 g fat or less)**
- 12” Fit and Delicious Pizza, 2 slices (chicken, red onions, and green pepper) (360 calories, 9 g fat)
- Mild Buffalo wings, 2 pieces (110 calories, 6 g fat)
- 12” Fit and Delicious Pizza, 2 slices (green pepper, red onion, diced tomato) (300 calories, 8 g fat)

**Reasonable Choices (18 g fat or less)**
- Veggie Lover’s Thin Crust Pizza, 2 slices (360 calories, 12 g fat)
- 12” Cheese Pizza Thin Crust, 2 slices (380 calories, 16 g fat)
- 3 Breadsticks w/marinara sauce (420 calories, 15 g fat)

**Occasional Choices (28 g fat or less)**
- 6” Pepperoni Panent Pan Pizza (610 calories, 28 g fat)
- 1/2 order Meaty P’Zone (550 calories, 23 g fat)
- 14” Stuffed Crust Pizza, 2 slices (240 calories, 28 g fat)

### Subway ® (6” sub)

**Healthiest Choices (10 g fat or less)**
- Veggie Delight (230 calories, 2.5 g fat)
- Oven Roasted Chicken (320 calories, 5 g fat)
- Subway Club (310 calories, 4.5 g fat)

**Reasonable Choices (18 g fat or less)**
- Subway Melt (370 calories, 11 g fat)
- Cold Cut Combo (370 calories, 13 g fat)
- Italian B.M.T. (410 calories, 16 g fat)

**Occasional Choices (28 g fat or less)**
- Meatball Marinara (480 calories, 18 g fat)
- Spicy Italian (480 calories, 24 g fat)
- Tuna (470 calories, 24 g fat)

### Wendy’s ®

**Healthiest Choices (10 g fat or less)**
- Ultimate Chicken Grill Sandwich (390 calories, 10 g fat)
- Jr. Hamburger (250 calories, 10 g fat)
- Grilled Chicken Wrap (260 calories, 10 g fat)

**Reasonable Choices (18 g of fat or less)**
- 5 piece Chicken Nuggets (230 calories, 15 g fat)
- Berry Almond Chicken Half Salad (270 calories, 12 g fat)
- Caesar Side Salad (250 calories, 17 g fat)

**Occasional Choices (28 g fat or less)**
- Medium Fries (420 calories, 21 g fat)
- Spicy Chicken Sandwich (520 calories, 22 g fat)
- BLT Cobb Salad Half Size (300 calories, 23 g fat)