

Some “Healthier” Fast Food Options[♦]

Here’s what to look for:

- Calories around 500-600 calories or less, per meal (depending on individual calorie needs)
- The percentage of fat calories around 25 –35% of calories or less
- The sodium about 500-700 mg or less, per meal

Fast Food Chain	Menu Choice	Calories	Calories from fat	Sodium
McDonald’s	Hamburger	260 calories	31% calories from fat	530 mg sodium
	Grilled Chicken Caesar Salad*	200 calories	25% calories from fat	830 mg sodium
	Newman’s Own© Low Fat Balsamic Vinaigrette	40 calories	25% calories from fat	730 mg sodium
Burger King	Hamburger	310 calories	39% from fat	550 mg sodium
	Veggie Burger (w/o Mayo)	300 calories	20% from fat	870 mg sodium
Subway	Savory Turkey Breast (6 in)	280 calories	14 % calories from fat	1,010 mg sodium
	Veggie Delite (6 in)	230 calories	13% calories form fat	510 mg sodium
Arby’s	Asian Market Fresh Sesame Salad	140 calories	7 % from fat	360 mg sodium
	Arby’s Fat Free Italian Dressing	30 calories	0% from fat	520 mg sodium
Wendy’s	Jr. Hamburger	270 calories	30% of calories from fat	610 mg sodium

[♦] You will have trouble meeting all three criteria at a fast food chain!

* Caesar salad w/o chicken has 90 calories and 39% of calories from fat. Sodium is 170 mg.