

FAST FOOD QUICK GUIDE

Fast food is frequently high in calories, high in fat, high in sugar, high in sodium, and usually offers heavily processed foods. Consider these strategies next time you're on the run to eat healthier:

PICKING YOUR ENTREE

Consider trying a grilled entree, a salad, or a wrap instead of a fried option. Go one step further and ask for any sauce or cheese on the side, or a sandwich with no bun. Grilled items offer your body protein without the extra salt, oil, fat, and negative effects of fried foods. Keep reading to see a range of options below:

MCDONALD'S

<i>Bacon Ranch Grilled Chicken Salad:</i>	<i>Grilled Chicken Sandwich:</i>	<i>Quarter Pounder w/ Cheese:</i>
330 Calories	380 Calories	540 Calories
14g of fat	6g fat	27g fat
1140mg sodium	960mg sodium	1110mg sodium
9g carbs	44g carbs	42g carbs

SUBWAY

<i>6" Turkey Breast on Wheat</i>	<i>6" Oven Roasted Chicken on Wheat</i>	<i>6" Spicy Italian on Wheat:</i>
280 Calories	320 Calories	480 Calories
3.5g fat	5g fat	24g fat
760mg sodium	610mg sodium	1490mg sodium
46g carbs	46g carbs	46g carbs

ARBY'S

<i>Farmhouse Salad - Roast Turkey w/ Balsamic</i>	<i>Roast Beef Classic- Mid</i>	<i>Turkey Ranch & Bacon Sandwich</i>
360 Calories	460 Calories	800 Calories
25g fat	20g fat	34g fat
1340mg sodium	1400mg sodium	2420mg sodium
13g carbs	37g carbs	79g carbs

PICKING YOUR SIDE

Have you ever tried a side item like a fruit cup, small salad, or baked potato? Most fast food chains will gladly swap greasy salty fries for a healthier side.

MCDONALD'S

SUBWAY

ARBY'S

Apple Slices:	Med. French Fry:	Apple Slices:	Doritos:	Potato Cakes (2):	Med. Curly Fry:
15 Calories	340 Calories	35 Calories	140 Calories	250 Calories	550 Calories
0g fat	140 fat cal	0 fat cal	8g fat	14g fat	29g fat
0 mg sodium	190 mg sodium	0 mg sodium	180 mg sodium	430mg sodium	1250 mg sodium
4 g carbs	44 g carbs	9 g carbs	17 g carbs	23g carbs	65g carbs

The Bottom Line.

Fast food restaurants typically offer heavily processed and preserved items. Next time you're on the go, try and challenge yourself to consider a healthier option off the menu!