

# Fast Food The Best & The Worst

A - H

## BEST

## WORST

### Arby's

#### Roast Chicken Entree Salad

Make it healthier:

- Skip the cola, drink water
- Swap the ranch dressing for a vinaigrette dressing

#### Half Pound Beef 'n Cheddar

Think about it:

- 740 Calories + 39 grams fat
- 2530 mg sodium

### Burger King

#### Hamburger or Whopper Jr.

Make it healthier:

- Hold the mayo
- Side? Applesauce

#### Triple Whopper with Cheese

Think about it:

- 1299 Calories + 82 grams fat
- 1470 mg sodium

### Chick-fil-A

#### Grilled Chicken Sandwich

Make it healthier:

- Hold the sauce

#### Grilled Chicken Nuggets

Make it healthier:

- Add a side salad

#### Cobb Salad

Think about it:

- 850 Calories + 61 grams fat

#### Sausage Breakfast Platter

Think about it:

- 810 Calories + 1850 mg sodium

### Chipotle

#### Veggie Burrito Bowl

Make it healthier:

- Add black beans, tomato salsa
- Drink water

#### Carnitas Burrito

Think about it:

- 1410 Calories + 68 grams fat
- 3020 mg sodium

### Hardee's

#### Charbroiled Chicken Sandwich

Make it healthier:

- Remove top bun
- Drink water

#### Triple Bacon Beast Burger

Think about it:

- 1410 Calories + 97 grams fat, 35 of which are saturated
- 2780 mg sodium

### Make better choices

Avoid fried foods and choose grilled options instead.

Hold the sauces.

Avoid super-sizing!

And drink water.



# Fast Food

## The Best & The Worst

K - W



### BEST

### WORST

#### KFC

##### Grilled Chicken Pieces

Make it healthier:

- Sides: green beans or corn
- Drink water

##### Chicken Pot Pie

Think about it:

- 790 Calories + 45 grams, 35 of which are saturated
- 1970 mg sodium

#### McDonalds




##### Fruit & Maple Oatmeal

Make it healthier:

- Swap the whole milk for low-fat

##### Big Breakfast Platter with Hotcakes & Biscuit

Think about it:

- 1340 Calories + 63 grams fat
  - 48 grams sugar
  - 2070 mg sodium
- 



#### Subway


##### Veggie Delite Oven Roasted Turkey Sandwich

Make it healthier:

- Hold the mayo

##### Foot-long Chicken & Bacon Ranch Sandwich


Think about it:

- 1070 Calories + 52 grams fat
  - 2190 mg sodium
- 

#### Taco Bell


##### Veggie Power Bowl or Taco Bell Bean Burrito

Make it healthier:

- Avoid high calorie sides
  - Drink water
- 

##### Nachos Bellgrande

Think about it:

- 740 Calories + 38 grams fat
  - 1050 mg sodium
- 


#### Wendy's

##### Grilled Chicken Sandwich

Make it healthier:

- Hold the mayo
- Drink water

##### Dave's 3/4 lb. Triple Hamburger



Think about it:

- 1160 Calories + 81 grams fat, 34 of which are saturated
- 1570 mg sodium

#### Make better choices

Avoid fried foods and choose grilled options instead.

Hold the sauces.

Avoid super-sizing!

And drink water.

