

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.

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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.