



## Best Bets at Fast Food Restaurants

<b>Arby's</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Plain baked potato	240	5	2
Blueberry muffin	200	3	6
Chicken fajita pita	256	20	9
French dip	345	30	12
Light roast beef deluxe	296	25	10
Light roast chicken deluxe	253	23	5
Roast beef Jr.	218	18	11
Side salad with Weight Watcher's dressing	54	0	3

<b>Baskin Robbins</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Fat free ice cream or nonfat Yogurt, small	~100	2	0
Light strawberry royal	110	0	3
Sherbet	160	0	2
Fruit whip sorbet	80	0	0
Red raspberry sorbet	140	0	0

<b>Burger King</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
BK broiler chicken sandwich (with or without sauce)	267	29	8
Frozen yogurt	120	2	3
Hamburger	272	19	11
Chunky chicken salad	142	14	4
Side salad	25	0	0
Newman's Own Light Italian dressing	30	0	1

<b>Carl's Jr.</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Lite baked potato	290	6	1
Charbroiler BBQ chicken sandwich	310	25	6
English muffin with margarine	190	5	5
Charbroiler chicken salad w/reduced calorie french dressing	280	25	12
Garden salad with reduced calorie french dressing	130	3	7
Santa fe Chicken sandwich	540	28	13

Source: Individual restaurants' websites, except as noted below.

\* Some protein values were estimated. Most were obtained the restaurants' websites.

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<b>Carl's Jr. (continued)</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
BBQ beef sandwich	225	25	4
Vanilla cone, small	140	6	4
Grilled chicken fillet sandwich	300	24	8
Reduced calorie french salad dressing	90	0	5
Side salad	25	0	0
Yogurt cup/cone, regular	180	8	0

<b>Dunkin' Donuts</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Cinnamon and raisin, egg, onion or plain bagel	250	6	1 or 2
Bran muffin with raisins	310	6	9
Oat bran muffin, plain	330	6	11

<b>Hardee's</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Grilled chicken sandwich	310	25	9
Hamburger	270	13	10
Pancakes, 3	280	6	2
Real lean deluxe	340	25	13
Roast beef sandwich	350	26	11
side salad w/ reduced calorie French salad dressing	150	0	5

<b>Jack in the Box</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Chicken fajita pita	292	24	8
Hamburger	267	12	11
Side salad with reduced calorie dressing	221	2	11

<b>KFC</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Baked beans	133	6	2
Corn on the cob	176	5	3
Mashed potatoes and gravy	71	1	2
Original recipe breast (side or center) of wing	283	29	15-16

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<b>Long John Silver's</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Baked chicken sandwich, without sandwich sauce	320	19	8
Fries	170	3	0
Green beans	30	1	0
Rice pilaf	210	3	2
Seafood salad	230	10	5
Side or small salad, with lite italian salad dressing	37	3	0

<b>McDonald's</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Carrot or celery sticks	37	0	0
Cheerios	80	3	1
Frozen yogurt cone, vanilla, lowfat	105		1
Grilled chicken breast sandwich	252	26	4
Hamburger	255	13	9
Hotcakes with margarine and syrup	410	9	9
McLean deluxe	320	23	10
Fat-free apple bran muffin	180	6	0
Chunky chicken salad	150	17	4
Garden or side salad, lite vinaigrette salad dressing	50	7	2

<b>Pizza Hut</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Cheese pan pizza, medium, 2 slices	492	26	18
Thin and crispy cheese pizza, medium, 2 slices	398	22	17

<b>Subway</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Garden salad, large	46	0	0
Ham sandwich, 6 inch	360	18	11
Roast beef sandwich, 6 inch	375	19	11
Club sandwich, 6 inch	379	21	11
Turkey sandwich, 6 inch	357	17	10

All of Subway's "7 Under 6 (grams of fat)" and the newer low fat sandwiches are good choices. No data was available on veggie and cheese, but most likely good choice. Also at most locations mayonnaise is available only on request. Try mustard or a little oil and vinegar for moisture if you need it.

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<b>Taco Bell</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Bean burrito	447	13	14
Chicken burrito	390	19	4
Fiesta tostada	250	10	5
Light taco	170	9	
Light soft taco	210	11	10
Light taco supreme	210	20	4
Light soft taco supreme	240	15	5
Soft chicken taco	260	11	13

<b>Wendy's</b>	<b>Calories</b>	<b>Protein (g)*</b>	<b>Fat (g)</b>
Baked potato, plain	270	7	0
Banana	26	0	0
Chili, 9 oz.	220	20	7
Garden salad with reduced calorie italian dressing	170	4	9
Grilled chicken sandwich	320	27	9
Hamburger Jr.	260	15	9

In addition, Wendy's taco salad (without the chips) and their other specialty salads (be careful of the type and amount of salad dressing) are also good choices.

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