

Fast Food Choices

Check out the lists below. They're your guide to a lot of fast foods that are mostly on the healthy side. Use these lists to make better choices when you go out to eat.

Arby's

Junior Roast Beef

Salads, no dressing:

Caesar Salad

Caesar Side Salad

Grilled Chicken Caesar
Salad

Burger King

Whopper Jr Sandwich,
no mayo

Hamburger

BK Broiler Chicken Sandwich,
no mayo

Chick-Fil-A

Chicken Filet

Chicken Sandwich

Chargrilled Chicken Sandwich

Chargrilled Deluxe Chicken
Sandwich

Chicken Salad on whole wheat

Chargrilled Chicken Cool Wrap

Spicy Chicken Cool Wrap

Hearty Breast of Chicken Soup

Salads:

Chargrilled Chicken Garden
Salad

Southwest Chargrilled
Chicken Salad

Side Salad

Carrot and Raisin Salad

Dairy Queen

Grilled Chicken Sandwich,
no cheese
DG Homestyle Hamburger
Grilled Chicken Salad,
fat-free Italian dressing
DQ Fudge Bar, sugar-free
DQ Vanilla Orange, sugar-free
Lemon DQ Freeze, ½ cup

Hardee's

Grilled Chicken Sandwich
Regular Roast Beef Sandwich

Jack-in-the-Box

Hamburger
Taco
Chicken Fajita Pita
Salads:
Asian Chicken Salad
Southwest Chicken Salad
Chicken Club Salad
Side Salad

Kentucky Fried Chicken

Tender Roast Chicken
Sandwich, no sauce
Honey BBQ Chicken Sandwich
Sides:
Corn on the Cob
BBQ Beans
Green Beans

Long John Silver's

Chicken Sandwich
Sides:
Corn Cobbette
Rice

McDonald's

Breakfast:
Low-Fat Apple Bran Muffin
Scrambled Eggs
Chicken McGrill, no mayo
Hamburger
Cheeseburger
Salads, no dressing:
Grilled Chicken Salad
Deluxe
Grilled Chicken Caesar
Salad
Grilled Chicken California
Cobb Salad
California Cobb Salad
Caesar Salad
Garden Salad
Snack Size Fruit in Yogurt
Parfait
Vanilla Reduced-Fat Ice
Cream Cone

Pizza Hut

Veggie Lover's (all varieties of
pizza), 1 slice

Subway

Breakfast:

Ham and Egg Sandwich

Western Egg Sandwich

6-inch subs, no dressing

or mayo:

Ham

Honey Mustard Turkey

Roast Beef

Turkey Breast

Turkey and Ham

Veggie Delite

Roasted Chicken Breast

Subway Club

Deli Sandwiches:

Ham Deli Style Sandwich

Roast Beef Deli Style

Sandwich

Turkey Breast Deli Style

Sandwich

Salads, no dressing:

Ham Salad

Roast Beef

Roasted Chicken

Breast

Subway Club

Tuna, light mayo

Turkey Breast Salad

Turkey Breast and Ham

Veggie Delite Salad

Soups:

Black Bean

Brown and Wild Rice with

Chicken

Minestrone

New England Clam Chowder

Roasted Chicken Noodle

Tomato Bisque

Vegetable Beef

Taco Bell

Taco

Tostada

Soft Taco, Steak

Soft Taco, Light Chicken

Chicken Burrito, Light

Sides:

Mexican Rice

Wendy's

Jr. Hamburger

Jr. Cheeseburger

Grilled Chicken Sandwich

Fresh Stuffed Pita—Caesar,

Garden, or Chicken

Salad, no dressing:

Caesar Side Salad

Deluxe Garden Salad

Grilled Chicken Salad

Mandarin Chicken Salad

Spring Mix Salad

Side Salad

Baked Potato, Plain

Chili, Plain