

FAST FOOD HEALTHY OPTIONS

McDonalds

AWESOME MEAL at McDonalds: 1 % Milk (not flavored), apple slices, side salad and grilled chicken wrap.



Premium Grilled Chicken Classic (9 grams of fat): (Not the Chicken Club with 27 grams of fat) *has 820 mg of sodium; more than 1/3 day's allowance



Chipotle BBQ snack wrap Grilled: 8 grams fat 670 mg sodium



Honey Mustard Snack Wrap Grilled: 8 grams fat 650 mg sodium



Premium Southwest Salad with Grilled Chicken: 8 grams fat 650 mg sodium



mg sodium

Premium Bacon Ranch Salad with Grilled Chicken: 9 grams fat 700



Side Salad: 0 grams fat VERY HEALTHY CHOICE



Egg White Delight McMuffin 7 grams fat 770 mg sodium



If you are going to get fries do the kid size only. They have 5 grams of fat per serving. [Compare to the small-11 grams fat; medium-19 grams fat; large-25 grams fat]



Apple Slices: 0 grams of fat. A VERY HEALTHY CHOICE

TACO BELL

AWESOME MEAL AT TACO BELL: Bowl of rice and beans, water, and a soft chicken taco

Taco Bell has a Fresco line of items: all under 10 grams of fat. Beware that the burritos have too much salt in them: ½ Days worth, which makes them an unhealthy choice. Stick with the tacos



Fresco Soft Chicken Taco: 3.5 grams fat each and 470 mg sodium OR
Fresco Soft Taco made with beef: 7 grams of fat each and 490 mg sodium;
Fresco Soft Grilled Steak Taco: 4.5 grams of fat each and 440 mg sodium
Chicken Soft Taco: 5 grams of fat each and 480 mg sodium
Beef Soft Taco: 9 grams of fat each and 500 mg sodium



Fresco Crunchy Taco: 8 grams of fat each and 310 mg sodium



Bowl of Rice and Black Beans: 4 grams of fat each and 430 mg sodium

BURGER KING

AWESOME MEAL AT BURGER KING: Apple slices, low fat milk, tender grilled chicken sandwich



Hamburger 9 grams fat, 460 mg sodium



TenderGrill Chicken Sandwich with NO mayo: 5 grams fat, 750 mg sodium



BK Veggie Burger without mayo: 8 grams fat, 840 mg sodium



SatisFries™ value size: 8 grams fat, 210 mg sodium

Also Apple slices, Low fat milk, and Quaker Oatmeal original flavor are all great choices

KENTUCKY FRIED CHICKEN

AWESOME MEAL AT KFC: 1% milk, corn, grilled chicken breast, GoGo SqueeZ



2 Grilled Breast: 7 grams of fat and 730 mg sodium OR 1 Grilled Drumstick: 4 grams of fat and 290 mg sodium OR 1 Grilled Thigh 10 grams of fat 530 mg sodium



Mashed Potatoes individual side order: 4 grams fat and 530 mg sodium



Coleslaw individual side order: 10 grams of fat and 170 mg sodium



Whole Kernel Corn individual side order or Corn on the Cob: 0.5 grams fat and 0 sodium

They also have 1 % milk and GoGo SqueeZ applesauce