

Smart Fast Food Choices

Believe it or not, there are actually more healthy choices at your favorite fast food restaurants than you might think. Do you know which foods to look for and which to avoid?



Wendy's		
	Calories	Fat(g)
Best		
Mandarin Chicken Salad	150	1.5
Small Chili	210	7
Jr. Hamburger	270	9
Worst		
Big Bacon Classic	570	29
Chicken Club Sandwich	470	19
Broccoli & Cheese Hot Stuffed Baked Potato	480	14

Taco Bell		
	Calories	Fat(g)
Best		
Crunchy Beef Taco	170	10
Bean Burrito	380	12
Grilled Chicken Burrito	410	15
Worst		
Taco Salad with Salsa	790	42
Zesty Chicken Border Bowl	730	42
Mexican Pizza	540	31

Pizza Hut		
	Calories	Fat(g)
Best		
Spaghetti with Marinara	490	6
Vegetable "Hand Tossed" (1 slice)	220	8
Chicken Supreme "Hand Tossed" (1 slice)	230	7
Worst		
Italian Sausage "Big New Yorker" (1 slice)	530	29
Pork "Stuffed Crust Gold" (1 slice)	500	25
Meat Lover's "Chicago Dish" (1 slice)	470	27

Subway		
	Calories	Fat(g)
Best		
6 Inch Veggie Delight	200	2.5
6 Inch Turkey Breast	254	3.5
6 Inch Subway Club	294	5
Worst		
6 Inch Tuna	450	22
Dijon Horseradish	470	21
6 Inch Meatball	540	26