







## Fast Food Choices

Restaurant	The Bad	The Better	Food For Thought
	<ul style="list-style-type: none"> <li>Asiago Ranch Chicken Club</li> <li>Dave's Hot N' Juice ¾ lb. Triple</li> <li>Baconator and Medium French Fries</li> </ul>	<ul style="list-style-type: none"> <li>Ultimate Chicken Grill Sandwich</li> <li>Jr. Cheeseburger</li> <li>5 Piece Spicy Chicken Nuggets and Small Chili</li> </ul>	The Ultimate Chicken Grill sandwich only contains 1.5 grams of fat. If you want your chicken spicy, it will be fried, tacking on another 9.5 grams of fat.
	<ul style="list-style-type: none"> <li>Premium Crispy Chicken Club Sandwich</li> <li>Angus Bacon Cheeseburger</li> <li>Double Quarter Pounder w/ cheese</li> </ul>	<ul style="list-style-type: none"> <li>Premium Grilled Chicken Classic Sandwich</li> <li>Regular Cheeseburger</li> <li>6 Piece Chicken McNuggets</li> </ul>	Making good food choices at McDonald's is very doable. Try to avoid foods with the key words "double," "triple," "crispy," "deluxe," and "fried."
	<ul style="list-style-type: none"> <li>Double Whopper Sandwich</li> <li>BK Big Fish Sandwich</li> <li>Premium Crispy Chicken Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Whopper Jr. Sandwich w/o mayo</li> <li>Tendergrill Chicken Salad w/ Light Italian Dressing</li> <li>3 Piece Home-style Chicken Strips</li> </ul>	Burger King tends to be heavy with the mayo. You could save 17 grams of fat by switching to barbeque sauce.
	<ul style="list-style-type: none"> <li>Roast Beef and Swiss Market Fresh Sandwich</li> <li>Roast Turkey, Ranch, &amp; Bacon Sandwich</li> <li>Large Mozzarella Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Classic Roast Beef Sandwich</li> <li>Turkey n' Cheddar Classic</li> <li>Jr. Chicken Sandwich</li> </ul>	Arby's large mozzarella sticks contain 26 grams of saturated (bad) fat. This is as much saturated fat as a Triple Whopper.
	<ul style="list-style-type: none"> <li>KFC Famous Bowl Mashed Potato w/ gravy</li> <li>Popcorn Chicken Value Box</li> <li>Crispy Caesar Salad w/ Caesar Dressing</li> </ul>	<ul style="list-style-type: none"> <li>Honey BBQ Sandwich</li> <li>3 Crispy Strips w/ side of green beans and corn on the cob</li> <li>Roasted BLT Salad w/ Fat-Free Ranch</li> </ul>	Order a side of green beans for a good source of vitamins A, C, and K.  Choose the mashed potatoes and gravy instead of the potato wedges to save 110 calories.
	<ul style="list-style-type: none"> <li>Wings &amp; Things w/ Ranch Sauce &amp; Zax Sauce</li> <li>The Blue Zalad, Fried &amp; Buffaloed</li> <li>Kickin' Chicken Sandwich Meal</li> </ul>	<ul style="list-style-type: none"> <li>3 Chicken Fingerz</li> <li>Grilled Chicken House Salad w/ Lite Ranch Dressing</li> <li>5 Boneless Wings w/ Celery &amp; Ranch</li> </ul>	One of Zaxby's most popular meals, Wings & Things, is about 1,500 calories and 90 grams of fat! Instead of having both the crinkle fries and the Texas toast, choose only the toast and go light on the sauces.

