







Fast Food Best & Worst Choices

Restaurant	The Bad	The Better	Food for Thought
	<ul style="list-style-type: none"> • Reuben & Large Fries • Beef & Cheddar Mid • Roast Turkey, Ranch, & Bacon sandwich • Large Mozzarella Sticks 	<ul style="list-style-type: none"> • Chopped Farmhouse Salad w/ Roast Turkey • Roast Beef Classic • Grand Turkey Club • 3 Chicken Tenders 	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"> • Double Whopper w/ Cheese and Mayo • Bacon & Cheese Tendercrisp • A1 Ultimate Bacon Cheeseburger 	<ul style="list-style-type: none"> • Whopper Jr. no mayo • Tendergrill Chicken Sandwich & Side Salad w/ Light Dressing • Veggie Burger & Small Fries 	Burger King's mayo is one of the worst in the fast food world. You could save 17 grams of fat by switching to barbeque sauce.
	<ul style="list-style-type: none"> • Chicken Pot Pie • KFC Famous Bowls Mashed Potato w/ Gravy • Popcorn Nuggets • Sides: Potato Wedges, Cornbread Muffin, Baked Beans 	<ul style="list-style-type: none"> • KY Grilled Chicken • Roasted BLT Salad w/ Fat-Free Ranch • Honey BBQ Sandwich • Sides: Green Beans, Corn on the Cob, Mashed Potatoes 	<p>Order a side of green beans for a good source of vitamins A, C, and K.</p> <p>Choose the mashed potatoes over potato wedges to save nearly 200 calories.</p>
	<ul style="list-style-type: none"> • Steak, Egg & Cheese Bagel • Premium Buttermilk Crispy Chicken Club • Double Quarter Pounder w/ cheese 	<ul style="list-style-type: none"> • Egg McMuffin • Artisan Grilled Chicken Sandwich • Grilled Onion Cheddar Burger • Asian Salad w/ Grilled Chicken 	Making good food choices at McDonald's is very doable. Try to avoid foods with key words "double", "triple", "crispy", "deluxe", and "fried."
	<ul style="list-style-type: none"> • Cheesy Gordita Crunch • XXL Grilled Stuft Burrito • Volcano Quesarito • Fiesta Taco Salad • Nachos Bell Grande 	<ul style="list-style-type: none"> • Chicken Soft Taco • Chipotle Chicken Loaded Griller • Bean Burrito • Cantina Power Bowl • Nachos Supreme 	Order almost any menu item "fresco" style to cut calories dramatically and fat by 25%. This will replace the cheese and sour cream with a chunky tomato salsa!
	<ul style="list-style-type: none"> • Baconator • Asiago Ranch Chicken Club • Dave's Triple w/ cheese • Large Fries 	<ul style="list-style-type: none"> • Ultimate Chicken Grill • Baked Potato & Small Chili • Jr. Cheeseburger & Side Salad 	The salads at Wendy's are great choices, but the dressings contain 10-25 grams of fat each. Balsamic Vinaigrette, Light Ranch, or Fat-Free French are the best options.
	<ul style="list-style-type: none"> • Wings & Things • Chicken Finger Sandwich Meal • Chicken Finger Nibbler Meal • Chicken Finger Plate 	<ul style="list-style-type: none"> • House Zalad w/ Grilled Chicken and Lite Vinaigrette • The Blue Zalad w/ Blackened Chicken • 5 Boneless Wings w/ Celery & Ranch 	Wings & Things, is 1,500 calories and 96 grams of fat! Instead of having both the crinkle fries <i>and</i> the Texas toast, choose the toast and go light on the sauces.

Sandwich Restaurants Best & Worst Choices

Restaurant	The Bad	The Better	Food for Thought
	<ul style="list-style-type: none"> Newport Turkey Sandwich Turkey & Swiss Sandwich Grilled Cheese Baked Stuffed Potato Soup 	<ul style="list-style-type: none"> Classic Chicken Salad Sandwich Tuna Salad Sandwich Caprese Sandwich Southwest Vegetable Soup 	All the salads are great options but be wary of the fat and sodium-laden dressings. Balsamic Vinaigrette & Fat-Free Raspberry Vinaigrette are the best choices.
	<ul style="list-style-type: none"> Ham Muffaletta Chicken Pot Pie Soup Chicken Pasta Alfredo 	<ul style="list-style-type: none"> Mediterranean Wrap Fire Roasted Tortilla Soup Chicken Pasta Primo "Lighter Portion" 	If ordering pasta, choose the "lighter portion" and a side salad. The salad bar is also a great choice, but watch out for the high fat dressings.
	<ul style="list-style-type: none"> #9 Club Supreme (cold) #43 Chipotle Chicken (hot) Grilled Veggie wrap 	<ul style="list-style-type: none"> #7 Turkey Breast & Provolone (cold) #18 Grilled Chicken Parmesan (hot) Turkey w/ Honey Mustard Sauce wrap 	Watch your portions. Choosing the mini size sandwich when possible is your best bet. Also, skip the oil and mayo- together they add 29 grams of fat!
	<ul style="list-style-type: none"> #9 Italian Night Club #15 Club Tuna The J.J. Gargantuan 	<ul style="list-style-type: none"> Turkey Breast Slim Sub w/ Vegetables & Avocado Spread #2 Big John #4 Turkey Tom 	Jimmy John's is heavy on the mayo. Substitute avocado spread for mayo and knock off 200 calories, 24 grams of fat, and 175 mg of sodium.
	<ul style="list-style-type: none"> Chicken & Bacon Ranch Melt Spicy Italian Tuna Salad w/ Ranch Dressing 	<ul style="list-style-type: none"> Turkey, Ham and/or Roast Beef on 9-Grain Wheat Sweet Onion Chicken Teriyaki Double Chicken Chopped Salad w/ Honey Mustard 	Skip the mayo. The Sweet Onion Sauce and Honey Mustard are good alternatives and low in fat.
	<ul style="list-style-type: none"> Steak & White Cheddar Panini Fuji Apple Chicken Salad Broccoli Cheddar Soup 	<ul style="list-style-type: none"> Smoked Turkey Breast Sandwich Seasonal Greens Salad w/ Chicken Low-Fat Vegetarian Garden Vegetable Soup 	When choosing a side, skip the baguette and opt for an apple instead. This will save you 100 calories.



Old Country Store

Breakfast

<u>Best*</u>	<u>Worst</u>
Fruit n' Yogurt Parfait Breakfast - low-fat yogurt topped with fresh fruit, served with 2 Egg Beaters and 3 slices of turkey bacon <i>440 calories, 7g fat, 2g carbs, 21g protein</i>	Grandpa's Country Fried Breakfast - 2 eggs, grits, gravy, biscuits, fried apples or hash brown casserole, and fried chicken or country fried steak <i>1750 calories, 20g fat, 35g carbs, 0g protein</i>
Whole Grain Pancakes <i>330 calories, 9g fat, 51g carbs, 9g protein</i>	Momma's Pancake Breakfast - 3 buttermilk pancakes, 2 eggs, and bacon or sausage <i>1224 calories, 64g fat, 63g carbs, 39g protein</i>
Good Morning Breakfast - 2 scrambled Egg Beaters, turkey bacon or turkey sausage, cheese grits, fresh fruit, and sliced tomatoes <i>380 calories, 17g fat, 58g carbs, 18g protein</i>	Sunrise Sampler - 2 eggs, grits, gravy, buttermilk biscuits, fried apples and hash brown casserole, and sausage, country ham, and bacon <i>1408 calories, 58g fat, 159g carbs, 39g protein</i>
Cinnamon Oatmeal <i>390 calories, 5g fat, 70g carbs, 12g protein</i>	Old Timers Breakfast - 2 eggs, grits, gravy, buttermilk biscuits, fried apples or hash brown casserole, and bacon or sausage <i>1292 calories, 82g fat, 78g carbs, 52g protein</i>

*Tip: Cracker Barrel offers a *Wholesome Fixin's* menu with entrees under 500 calories.

Lunch/Dinner

<u>Best</u>	<u>Worst</u>
Buttermilk Oven-Fried Chicken Breast w/ Steamed Broccoli <i>330 calories, 8g fat, 8g carbs, 43g protein</i>	Homestyle Chicken (chicken only) <i>710 calories, 28g fat, 100g carbs, 110g protein</i>
Pecan Crusted Catfish <i>280 calories, 15g fat, 7g carbs, 31g protein</i>	Chicken and Dumplings <i>731 calories, 34g fat, 55g carbs, 47g protein</i>
Lemon Pepper Grilled Rainbow Trout (1 filet) <i>163 calories, 9g fat, 0g carbs, 17g protein</i>	Country Grilled Sampler - Chicken n' dumplings, meatloaf, and sugar cured ham <i>539 calories, 28g fat, 25g carbs, 47g protein</i>
Pepper-Grilled Sirloin Steak <i>180 calories, 8g fat, 0g carbs, 25g protein</i>	Chicken Fried Chicken <i>710 calories, 45g fat, 42g carbs, 55g protein</i>

Sides

<u>Best</u>	<u>Worst</u>
Green Beans <i>60 calories, 2g fat, 7g carbs, 1g protein</i>	Macaroni & Cheese <i>437 calories, 26g fat, 33g carbs, 17g protein</i>
Carrots <i>80 calories, 1g fat, 16g carbs, 1g protein</i>	Corn Muffin <i>270g calories, 5g fat, 50g carbs, 6g protein</i>
Tossed Salad <i>20 calories, 0g fat, 5g carbs, 1g protein</i>	Biscuit <i>133 calories, 6g fat, 18g carbs, 3g protein</i>
Brown Rice Pilaf (1/2 cup) <i>65 calories, 3g fat, 9g carbs, 2g protein</i>	French Fries <i>226 calories, 11g fat, 3g carbs, 3g protein</i>

Tips when ordering:

- Start your meal off right by ordering water or unsweet iced tea instead of soda. This can save you several hundreds of calories and a few grams of sugar.
- Ask for gravies and sauces on the side so you can control how much you add.
- Split a meal with a friend or ask your server to wrap up half of your meal right away so that you are not tempted to keep eating after you are full.



Best Choices

- **Mangofest**
*285 Calories, 0g Fat
72g Carbs, 0g Protein*
- **Slim-n-Trim Vanilla**
*253 Calories, 1g Fat
53g Carbs, 7g Protein*
- **Pineapple Pleasure**
*280 Calories, 0g Fat
67g Carbs, 1g Protein*
- **Mocha Coffee Smoothie**
*260 Calories, 2g Fat
43g Carbs, 17g Protein*
- **Blackberry Dream**
*300 Calories, 1g Fat
72g Carbs, 2g Protein*
- **Gladiator**
*180 Calories, 0g Fat
1g Carbs, 45g Protein*
- **Banana Berry Treat**
*364 Calories, 0g Fat
86g Carbs, 4g Protein*
- **Light & Fluffy**
*395 Calories, 0g Fat
99g Carbs, 1g Protein*

Worst Choices

- **Pina Colada Island**
*600 Calories, 10g Fat
110g Carbs, 13g Protein*
- **Vanilla Shake**
*738 Calories, 37g Fat
81 Carbs, 14g Protein*
- **Banana Boat**
*524 Calories, 12g Fat
97g Carbs, 11g Protein*
- **The Hulk Chocolate**
*804 Calories, 31g Fat
108g Carbs, 24g Protein*
- **Mo'cuccino Mocha**
*440 Calories, 12g Fat
73g Carbs, 10g Protein*

Tip: Order your smoothie "skinny" to save 100 calories and 23g of carbs.



Drinks

Best	Worst*
Iced Coffee <i>90 calories; 0g fat; 21g carbs; 0g protein</i>	Iced Caffè Mocha <i>320 calories; 17g fat; 40g carbs; 9g protein</i>
Skinny Vanilla Latte <i>120 calories; 0g fat; 19g carbs; 12g protein</i>	Vanilla Latte <i>250 calories; 6g fat; 37g carbs; 12g protein</i>
Caramel Frappuccino Light Blended <i>140 calories; 0g fat; 30g carbs; 3g protein</i>	Caramel Frappuccino <i>410 calories; 15g fat; 66g carbs; 4g protein</i>
Peppermint Mocha Frappuccino Light Blended <i>170 calories; 1g fat; 38g carbs; 4g protein</i>	Double Chocolate Chip Frappuccino <i>410 calories; 20g fat; 57g carbs; 6g protein</i>
Skinny Caramel Macchiato <i>140 calories; 1g fat; 21g carbs; 11g protein</i>	Caramel Latte <i>240 calories; 7g fat; 34g carbs; 10g protein</i>
Hot Chocolate w/ Skim milk <i>240 calories; 2.5g fat; 48g carbs; 14g protein</i>	White Hot Chocolate <i>360 calories; 6g fat; 62g carbs; 16g protein</i>
Skinny Peppermint Mocha <i>130 calories; 1.5g fat; 17g carbs; 13g protein</i>	Peppermint White Chocolate Mocha <i>520 calories; 18g fat; 78g carbs; 14g protein</i>
Tazo Shaken Iced Green Tea <i>80 calories; 0g fat; 21g carbs; 0 protein</i>	Tazo Green Tea Frappuccino <i>490 calories; 14g fat; 68g carbs; 6g protein</i>

*Made with 2% milk. For a healthier option, you can order your drink with nonfat milk.

Food

Best	Worst
Marshmallow Dream Bar <i>210 calories; 4g fat; 43g carbs; 1g protein</i>	Cinnamon Chip Scone <i>480 calories; 18g fat; 70g carbs; 7g protein</i>
Double Fudge Mini Doughnut <i>130 calories; 7g fat; 16g carbs; 1g protein</i>	Chocolate Glazed Doughnut <i>420 calories; 21g fat; 57g carbs; 5g protein</i>
Everything with Cheese Bagel <i>280 calories; 2g fat; 56g carbs; 10g protein</i>	Blueberry Scone <i>460 calories; 22g fat; 61g carbs; 7g protein</i>
Spinach, Roasted Tomato, Feta & Egg White Wrap <i>290 calories; 10g fat; 33g carbs; 19g protein</i>	Sausage, Egg & Cheese Breakfast Sandwich <i>500 calories; 28g fat; 41g carbs; 19g protein</i>
Greek Yogurt with Mango & Passionfruit <i>120 calories; 0g fat; 23g carbs; 8 g protein</i>	Apple Fritter <i>420 calories; 20g fat; 59g carbs; 5g protein</i>
Roasted Tomato & Mozzarella Panini <i>390 calories; 18g fat; 44g carbs; 15g protein</i>	Egg Salad Sandwich <i>460 calories; 27g fat; 37g carbs; 22g protein</i>