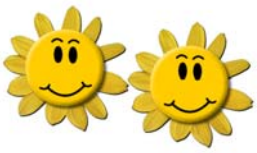

Fast Food Choices

Fruits & Veggies – More Matters!

Use the chart below to help choose fruits and vegetables when eating out at fast food restaurants.

Menu Item	Serving size	Calories	Calories from Fat	Total Fat (grams)	Fiber (grams)
McDonalds					
Fruit n Yogurt Parfait	5.3 oz	160	20	2	1
Fruit & Walnut Salad	1 pkg	210	70	8	2
Apple Dippers	1 pkg	35	0	0	0
Orange Juice	12 oz	140	0	0	0
Apple Juice	6.8 oz	90	0	0	0
Southwest Chix Salad	12.3 oz	320	90	9	7
Southwest Salad (no chix)	12.4 oz	140	40	4.5	6
Asian Chix Salad	12.8 oz	300	90	10	5
Asian Salad (no chix)	8.6 oz	150	70	7	5
Bacon Ranch Chix Salad	11.3 oz	260	90	9	3
Bacon Ranch Salad (no chix)	7.8 oz	140	70	7	3
Caesar Chix Salad	11 oz	220	60	6	3
Caesar Salad (no chix)	7.5 oz	90	35	4	3
Side Salad	3.1 oz	20	0	0	1
Burger King					
Tender Grill Chix Salad	1	240	81	9	4
Garden Salad (no chix)	1	90	40	5	3
Side Garden Salad	1	15	0	0	1
Apple Juice	6.67 oz	90	0	0	0
Orange Juice	8 oz	140	0	0	0
Wendy's					
Mandarin Chicken Salad	1	540	225	25	5
Chicken Caesar Salad	1	370	194	21.5	3
Chicken BLT Salad	1	650	391	43.5	4
Southwest Taco Salad	1	680	351	39	9
Caesar Side Salad	1	270	180	20	2
Mandarin Orange Cup	1	80	0	0	1
Plain Baked Potato	10 oz	270	0	0	7
Pizza Hut					
Veggie Lover's Pizza	119 g	250	100	11	2