

AIM FOR FOODS WITH LESS THAN 15% TOTAL FAT

Establishment/Food Selections	Calories	% Fat Calories	Cholesterol (milligrams)	Establishment/Food Selections	Calories	% Fat Calories	Cholesterol (milligrams)
ARBY'S				MCDONALD'S			
Regular Roast Beef	400	43	40	Hamburger	270	30	30
Beef'n Cheddar	510	47	50	Big Mac	570	49	85
Chicken Breast Fillet	560	45	55	McGrill (without mayo)	340	18	50
Potato Cakes (2)	220	59	0	Chicken McNuggets (6 pieces)	290	52	55
Turkey Sub	670	53	60	French Fries (large)	540	43	5
Garden Salad	110	21	0	Hotcakes w/ margarine and syrup	600	25	20
BURGER KING				Egg McMuffin			
Dutch Apple Pie	300	46	0	Breakfast Burrito	320	56	195
Double Cheeseburger	580	55	120	Sausage Bisquit	470	60	35
Double Whopper w/ Cheese and Mayo	1010	59	180	Low-fat apple bran muffin	300	10	0
Onion Rings (king size)	600	45	4	Grilled Chicken Ceasar salad	100	25	40
Vanilla Milk Shake (medium)	430	18	20	PIZZA HUT			
Croissan'wich with sausage/egg/cheese	530	70	185	Thin 'N' Crispy cheese, 1 medium slice	309	25	11
Dipping sauce, Ranch	170	94	17	Pan, cheese, Veggie Lover's, 1 medium slice	333	32	7
Dipping sauce, Sweet and Sour	45	0	0	Stuffed Crust, Meat Lover's, 1 medium slice	543	47	48
HARDEE'S				Personal pan pizza, supreme (whole pizza)			
Country Ham Biscuit	440	45	30	Big New Yorker Supreme, 1 medium slice	459	44	33
Hamburger, regular	270	37	35	New Edge, Veggie Lover's, 1 medium slice	70	36	5
Monster Burger	1060	70	45	SUBWAY			
Cole Slaw	240	75	10	Subway Club	380	14	26
Fisherman's Fillet	530	34	75	Turkey Breast	282	12	20
Fried Chicken Breast	370	35	75	Tuna (light mayo)	378	34	32
Grilled Chicken	350	43	65	Veggie Delight	232	11	0
Peach Cobbler	310	19	0	TACO BELL			
KENTUCKY FRIED CHICKEN				Bean burrito			
BBQ Baked Beans	190	13	5	Big Beef Burrito Supreme	520	40	55
Corn on the Cob	150	10	0	Taco, Beef	180	50	25
Mashed Potatoes with Gravy	120	42	1	Soft Taco, Beef	220	41	25
Side Breast (original recipe)	400	55	135	Soft Taco, Chicken	240	46	45
Side Breast (extra crispy)	470	51	160	Big Beef Nachos Supreme	450	49	30
Chicken Sandwich (original recipe)	450	44	70	Chicken Fajita Wrap	520	44	70
LONG JOHN SILVERS				WENDY'S			
Ultimate fish sandwich	480	46	50	Plain single hamburger	360	42	65
Popcorn Shrimp (1 serving)	320	41	85	Grilled Chicken sandwich	310	23	65
Fish with Batter, 1 piece	230	52	30	Plain potato, baked	310	0	0
Hush puppies, 2 pieces	120	33	0	Potato with broccoli and cheese	470	28	5
				Chicken Nuggets (5 piece)	210	62	45
				Chili (lagre)	310	29	45

IN OTHER WORDS: AVOID MOST OF THESE!