

YOUR FAST
FOOD GUIDE

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NOTES:

YOUR FAST FOOD GUIDE

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NOTES:

FAST FOOD GUIDE

Fast foods are a part of the American lifestyle. At least one of every three meals is consumed at a restaurant. How can you work them into a healthy diet?

MyPyramid provides a guide for making healthy food choices. The MyPyramid symbol emphasizes physical activity, variety, proportionality, moderation, gradual improvement, and personalization. Go to www.mypyramid.gov to learn more. You can also enter your age, gender and activity level to develop a personalized plan.



A safe daily “budget” for sodium is 3000 mg (800-1000 mg per meal). If you “burn off” at least 2000 calories daily you can “budget” up to 65 grams of fat per day. If you’re not involved in daily exercise, are overweight or short in stature, allow only 50 grams or less of fat per day.

Since some fast foods may provide half of the fat you've "budgeted" for the day, it would be best to eat these less often and choose lower fat foods more often. This booklet lists the fat and sodium content many fast food items so you can balance your choices.

Remember these following tips when eating away from home:

1. Be assertive. Ask how foods are prepared. Limit fried foods. Choose those that are baked, broiled, or grilled. Order from the "healthy" menu where available.
2. Carry your own condiments, such as salt substitute, Mrs. Dash®, Perc, etc.
3. Ask if the food can be made without salt or added fats.
4. Ask for salad dressing and margarine on the side.
5. Limit the portion sizes to control calories. Take home extra food if portions are large or share with a friend.
6. Order "junior" or small portions when available.
7. Never supersize!
8. Skip the cheese.
9. Choose frozen yogurt or fruit over full-fat ice cream. The following pages can be used as a reference guide for popular fast food restaurants. If you have questions, please contact a

NOTES:

Here are some websites that provide nutritional information for restaurants:

www.calorieking.org

www.americanheart.org/presenter.jhtml?identifier=531

Most restaurants also have nutrition information posted on their website or available on site.

NOTES:

	CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
ARBY'S®				
Large Roast Beef	590	25	1860	45
Large Beef 'n Cheddar	650	33	2200	44
Arby's® Melt	320	11	900	38
Chicken Sandwich - Crispy	520	24	1130	51
Chicken Sandwich - Roast	400	16	950	40
Chicken Cordon Bleu - Crispy	610	29	1860	51
Roast Turkey, Ranch & Bacon Sandwich	850	37	2330	84
French Dip & Swiss Toasted Sub w/Au Jus	500	17	2080	59
Chopped Turkey Club Salad	250	14	900	9
Buttermilk Ranch Dressing	210	23	380	2
Balsamic Vinaigrette Dressing	130	12	470	5
Curly Fries - Large	640	34	1460	76
Junior Roast Beef	300	9	750	37
Curly Fries - Kids	240	13	550	29
BURGER KING				
Whopper®	670	40	1020	51
Whopper® w/o Mayo	520	23	880	51
Triple Whopper®	1160	76	1170	51
Whopper Jr.®	340	20	35	28
BK Burger Shot® 2 pack	220	11	420	18
Tendergrill® Chicken Sandwich	490	21	1220	51
BK Veggie® Burger	400	16	1070	43
Onion Rings - value	150	8	230	17
Onion Rings - large	490	26	770	57
French Fries - value (Salted)	220	11	340	28
French Fries - large (Salted)	540	27	830	69
Tendergrill® Chicken Garden Salad	210	7	780	8
Ken's® Light Italian Dressing (2 oz)	120	11	440	5
Ken's® Ranch Dressing (2 oz)	190	20	550	2
Garlic Parmesan Croutons	60	2	120	9
Croissan'wich® Sausage, Egg & Cheese	460	31	1000	27
Sausage, Egg & Cheese Biscuit	550	37	1520	34
Breakfast Burrito -				
Sausage, Egg & Cheese Salsa	440	29	1120	25

CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
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CULVERS

ButterBurger Original Single	346	12	700	35
ButterBurger Cheese, Double	580	29	1240	37
North Atlantic Cod Filet Sand.	663	41	979	47
Flame Roasted Chicken Sand.	309	9	980	36
Crinkle Cut Fries, Regular	385	17	56	53
Onion Rings, Breaded	630	36	1070	70
Banana Split, 2 scoop	1084	64	339	115
Vanilla Concrete Mixer	836	49	228	82
Vanilla Dish, 1 scoop	308	18	84	30
Crinkle Cut Fries (kids menu)	275	12	40	38
ButterBurger (kids menu)	346	12	700	35

DAIRY QUEEN

Cookie Dough Blizzard (small)	710	27	350	103
Cookie Dough Blizzard (large)	1300	51	640	189
Oreo Cookie Blizzard (small)	550	20	410	81
Oreo Cookie Blizzard (large)	980	36	730	145
Sundae, Chocolate (small)	280	7	115	48
Vanilla Cone (small)	230	7	100	31
Dipped Coned (small)	330	15	105	36
Chocolate Covered Strawberry				
Waffle Bowl Sundae	790	40	180	99
Chocolate Dilly Bar	240	15	70	24

FAZOLI'S

Baked Spaghetti	640	22	1340	80
Chicken Parmigano	1000	39	2550	108
Chicken Broccoli Penne Bake	920	42	2310	77
Spaghetti with Marinara - Small	440	2	650	86
Spaghetti with Meat Sauce - Small	520	8	1100	87
Fettuccine with Alfredo - Small	610	19	1040	84
Fazoli's® Original	880	50	2890	68
Ham and Swiss Supremo	690	31	2390	68
Garlic Breadstick (1 ea.)	150	7	290	20
Fettuccine Alfredo (kids menu)	290	8	470	42

CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
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SUBWAY

6" Black Forest Ham	290	4.5	1200	47
6" Oven Roasted Chicken	320	4.5	750	49
6" Subway Club®	320	5	1160	47
6" Turkey Breast	280	3.5	920	47
6" Veggie Delite®	230	2.5	410	45
6" BLT	360	13	990	45
6" Chicken & Bacon Ranch	570	28	1190	49
6" Cold Cut Combo	410	16	1450	48
6" Italian B.M.T.®	450	20	1730	48
6" Meatball Marinara	580	23	1530	70

Condiments

Light Mayonnaise (1 Tbsp.)	50	5	100	<1
Mayonnaise (1 Tbsp.)	110	12	80	0

Cheese

American, Processed	40	3.5	200	1
Natural Cheddar	60	5	100	0
Provolone	50	4	125	0

TACO BELL

Fresco Crunchy Taco	150	7	350	13
Fresco Soft Taco - Beef	180	7	640	22
Volcano Nachos	1000	62	1930	89
Fiesta Taco Salad	770	41	1650	75
Fiesta Taco Salad w/o shell	460	24	1420	41
Double Decker® Taco Supreme®	360	15	840	41
Gordita Supreme® - Beef	300	13	590	31
Chalupa Supreme - Beef	370	21	610	31
Grilled Stuft Burrito - Beef	700	30	2100	79
Cinnamon Twists	170	7	200	26
Caramel Apple Empanada	310	15	310	39
Crunchwrap Supreme®	540	21	1400	71
Mexican Pizza	540	30	1020	47
Chicken Quesadilla	520	28	1420	41
Nachos BellGrande®	770	42	1300	78

	CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
Full Chopped Chicken Cobb	500	36	1320	8
Full Reduced Fat Balsamic Vinaigrette	130	10	240	9
Full Caesar Dressing	150	16	190	2
Full FF Reduced- Poppyseed Dressing	15	0	160	4
Full Light Buttermilk Ranch	80	4	350	9
Full White Balsamic Apple Vinaigrette	150	12	310	11

PIZZA HUT

12" Medium Pan Pizza - 1 slice	1 slice = 1/8 pizza			
Veggie Lover's®	230	9	500	28
Meat Lover's®	330	18	840	27
12" Medium Thin 'N Crispy - 1 slice				
Veggie Lover's®	180	6	530	23
Meat Lover's®	280	16	870	22
12" Medium Hand Tossed - 1 slice				
Veggie Lover's®	200	7	540	27
Meat Lover's®	310	16	880	26
12" Fit 'n Delicious - 1 slice				
Ham, Red Onions & Mushrooms	160	4.5	550	23
14" Large Pan Pizza - 1 slice				
Veggie Lover's®	330	15	690	38
Meat Lover's®	480	28	1190	37
6" Personal Pan Pizza®				
All Natural Pepperoni & Mushrooms	570	23	1260	68
9" Personal PANormous™ Pizza				
All Natural Pepperoni & Mushrooms	1050	43	2290	123
Appetizers				
Breadsticks (each)	140	6	240	18
Marinara Dipping Sauce (3 oz)	60	0	440	12

	CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
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KENTUCKY FRIED CHICKEN

Original Recipe - Breast	320	15	710	4
Extra Crispy - Breast	510	33	1010	16
Grilled Chicken - Breast	190	6	550	0
Popcorn Chicken - Individual	400	26	1160	22
KFC Snacker® with Orig. Rec. Strip	270	12	560	28
KFC Snacker® with Orig. Rec. w/o sauce	230	7	500	27
Tender Roast Twister®	440	18	1120	42
Tender Roast Twister® w/o sauce	340	7	980	41
KFC Famous Bowls®				
Mashed Potatoes w/Gravy	700	32	2260	77
Mashed Potatoes with Gravy	130	4.5	550	20
Potato Wedges	260	13	740	33
Cole Slaw	180	11	160	19
Three Bean Salad	70	0	170	14

MCDONALDS

Hamburger	250	9	520	31
Cheeseburger	300	12	750	33
Quarter Pounder® w/cheese	510	26	1190	40
Big Mac®	540	29	1040	45
Angus Bacon & Cheese	790	39	2070	63
Filet-O-Fish®	380	18	640	38
Premium Grilled Chicken Classic	420	10	1190	51
Ranch Snack Wrap®	270	10	830	26
Mac Snack Wrap®	330	19	690	26
French Fries - small	230	11	160	29
French Fries - large	500	25	350	63
Chicken McNuggets® (6 pc)	280	17	600	16
Chicken Select Premium Breast Strips® (5 pc)	660	40	1680	39
Premium Southwest Salad with Grilled Chicken	320	9	960	30
Premium Southwest Salad with Crispy Chicken	430	20	920	38

	CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
Snack Size Fruit & Walnut Salad	210	8	60	31
Newmans® Own Creamy Southwest Dressing	100	6	340	11
Newmans® Own Low Fat Balsamic Vinaigrette	40	3	730	4
Newmans® Own Low Fat Family Recipe Italian Dressing	60	2.5	730	8
Breakfast				
Egg McMuffin®	300	12	820	30
Sausage Biscuit w/Egg (Regular size biscuit)	510	33	1170	36
Bacon, Egg & Cheese McGriddles®	420	18	1110	48
Hash Brown	150	9	310	15
Desserts				
Fruit & Yogurt Parfait (7 oz)	160	2	85	31
Apple Dippers	35	0	0	8
Low Fat Caramel Dip	70	0.5	35	15
McFlurry® w/M & M's® Candies (12 fl oz cup)	620	20	190	96
Chocolate Triple Thick® Shake (21 fl oz cup)	770	18	330	134

PANERA

	CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
Bagels				
Asiago Cheese	330	6	570	55
Blueberry	330	1.5	490	67
Chocolate Chip Bagel	370	6	480	69
Cinnamon Crunch	430	8	430	81
Dutch Apple & Raisin	360	3	620	77
Everything	300	2.5	630	59
Plain	290	1.5	450	59
Whole Grain	370	3.5	420	70
Cream Cheese Spreads				
Plain	180	18	210	2

	CAL	FAT (GMS)	SODIUM (MG)	CARB (GMS)
Reduced Fat Hazelnut	80	6	110	3
Reduced Fat Plain	130	12	230	2
Reduced Fat Veggie	120	10	200	3
Muffins & Muffies				
Pumpkin Muffie	270	10	220	42
Pumpkin Muffin	530	20	430	81
Reduced Fat Wild Blueberry Muffin	350	10	280	60
Breakfast Sandwiches				
Breakfast Power Sandwich	360	14	860	36
Sausage, Egg & Cheese	550	30	800	44
Strawberry Granola Parfait	280	12	95	41
Sandwiches				
Full Frontega Chicken® on Focaccia	860	39	2150	80
Half Frontega Chicken® on Focaccia	430	20	1080	40
Full Asiago Roast Beef on Asiago Cheese	690	27	1270	64
Full Chicken Caesar on Three Cheese	710	32	1470	66
Full Mediterranean Veggie on Tomato Basil	610	13	1450	100
Full Sierra Turkey on Focaccia with Asiago Cheese	970	54	1970	80
Soups				
Baked Potato	340	22	1210	29
Broccoli Cheddar	290	16	1540	24
French Onion w/cheese & croutons	240	12	2210	24
Low-Fat Chicken Noodle	110	4	1360	10
Low-Fat Vegetarian Black Bean	170	4	1590	29
New England Clam Chowder	450	34	1190	29
Salads				
Full Caesar	390	27	610	25
Full Classic Cafe	170	11	270	18
Full Fuji Apple w/Chicken	520	31	930	33