

babytalk Fast Food Without the Guilt

	NOT BAD	EVEN BETTER	SAVE FOR A SPLURGE	QUICK TIP
MCDONALD'S	Single hamburger (260 calories, 9 grams of fat); cheeseburger (310 calories, 12 grams of fat). The Fruit & Walnut Salad (310 calories, 13 grams of fat), while nutrient-dense, may leave you hungry for something more substantial.	Caesar Salad with Grilled Chicken (220 calories, 6 grams of fat); Bacon Ranch Salad with Grilled Chicken (260 calories, 9 grams of fat). Top both with Newman's Own Low Fat Balsamic Vinaigrette (40 calories, 3 grams of fat per pack).	French fries (medium size: 350 calories, 16 grams of fat); Chicken Selects Premium Strips (5 pieces: 630 calories, 33 grams of fat).	Skip the special sauce. Order your sandwich or burger sans sauce and request lettuce and tomato on top . Your special-order sandwich will be fresh—and you'll get in some extra veggies , too.
BURGER KING	Whopper Jr. without mayonnaise (310 calories, 12.5 grams of fat); BK Veggie Burger without mayo (340 calories, 7 grams of fat).	Fire-Grilled Chicken Garden or Shrimp Garden or Caesar Salad (all around 200 calories and 9 grams of fat) with Fat Free Honey Mustard dressing (70 calories per pack).	French fries (medium size: 360 calories, 18 grams of fat); onion rings (medium size: 320 calories, 16 grams of fat); BK Big Fish sandwich (630 calories, 30 grams of fat); Tendercrisp salads (each 400 calories and 22 grams of fat).	Many carb-conscious women fear the buns on their fast-food sandwiches, but carbs are the primary fuel source for your body. So if you do skip the bread, go home and have some whole-grain crackers or whole-wheat pasta for dinner.
SUBWAY	Any of the "Under 6 (grams of fat)" 6-inch sandwiches (from 230 calories and 3 grams of fat for the Veggie Delight to 370 calories and 5 grams of fat for the Sweet Onion Chicken Teriyaki); Turkey Breast Wrap (190 calories, 6 grams of fat).	Grilled Chicken Breast and Baby Spinach Salad (140 calories, 3 grams of fat); Subway Club Salad (160 calories, 4 grams of fat). Top salads with Fat Free Italian dressing (35 calories per pack).	Tuna 6-inch sandwich (530 calories, 31 grams of fat); Meatball Marinara 6-inch sandwich (560 calories, 24 grams of fat); Chicken & Bacon Ranch 6-inch sandwich (530 calories, 25 grams of fat).	Choose the Wheat bread , which has more nutrients, including fiber, than some of the other bread varieties, for your sandwiches.
WENDY'S	Jr. Hamburger (280 calories, 9 grams of fat); Jr. Cheeseburger (320 calories, 13 grams of fat); Ultimate Chicken Grill Sandwich (360 calories, 7 grams of fat).	Mandarin Chicken Salad (300 calories, 13 grams of fat if you skip the crispy noodles and Oriental dressing, but keep the almonds) with Fat Free French Style dressing (80 calories per pack).	French fries (medium size: 440 calories, 21 grams of fat); Taco Supremo Salad (680 calories, 31 grams of fat); Bacon & Cheese baked potato (560 calories, 25 grams of fat).	At 160 calories, 4 grams of fat, and 4 grams of protein, the Jr. Frosty (make sure it's the junior size) isn't a bad option if you're in need of a sweet treat.
KFC	Tender Roast Filet meal (360 calories, 7 grams of fat).	Roasted BLT Salad (210 calories, 7 grams of fat) topped with Hidden Valley Fat Free Ranch dressing (35 calories per pack); Honey BBQ Sandwich (300 calories, 6 grams of fat); Tender Roast sandwich without sauce (260 calories, 5 grams of fat).	Wings (6 pieces: up to 540 calories and 29 grams of fat); Chicken Pot Pie (770 calories, 40 grams of fat); anything "crispy" or "crunchy."	If you're splitting a bucket of Original Roasted chicken (avoid the Extra Crispy kind) with the family, opt for the breast pieces and peel off the skin and breading to save yourself 240 calories and 16 grams of fat per piece.
ARBY'S	Regular Roast Beef Sandwich (320 calories, 13 grams of fat). If you like to eat your sandwiches with Arby's " Horsey " Sauce (60 calories, 5 grams of fat per pack), go for the Junior Roast Beef (270 calories, 9 grams of fat).	Market Fresh Martha's Vineyard Salad (250 calories, 8 grams of fat) topped with a half packet of Raspberry Vinaigrette (full pack: 190 calories, 14 grams of fat).	Curly fries (medium size: 410 calories, 22 grams of fat); any of the Market Fresh menu items other than the Martha's Vineyard Salad (up to 830 calories and 47 grams of fat); chicken fingers (4 pieces: 640 calories, 38 grams of fat).	Try to skip sodas and other sugary drinks: They're devoid of nutrients and packed with calories. Diet soft drinks —a couple a day—are okay as long as you're still drinking plenty of water.
TACO BELL	Gordita Nacho Cheese with chicken (270 calories, 10 grams of fat); Gordita Nacho Cheese with steak (270 calories, 11 grams of fat); Bean burrito (370 calories, 10 grams of fat).	Fresco Style Ranchero Chicken Soft Taco (170 calories, 4 grams of fat), plus a side order of Pintos 'n Cheese (180 calories, 7 grams of fat).	Grilled Stuff Burritos (they start at 680 calories, 26 grams of fat); Mexican Pizza (550 calories, 31 grams of fat); Fiesta Taco Salad (870 calories, 47 grams of fat); Zesty Chicken Border Bowls (730 calories, 42 grams of fat).	Protein (chicken, lean meat) and fiber (beans, veggies) are the nutrients that satisfy you most, so try to eat some of each at every meal—it will help to control your appetite and limit your calories.
PIZZA HUT	Two slices of the Veggie Lover's Thin 'N Crispy pizza (360 calories, 14 grams of fat); half of a Veggie Lover's Personal Pan pizza (whole pizza: 580 calories, 23 grams of fat).	Slices from any of the lower-fat pizzas in the Fit 'n Delicious line (which have half the cheese of Pizza Hut's other thin-crust pizzas). All varieties are around 150 calories and 4 grams of fat per slice.	Pizzas that advertise having tons of meat or cheese (i.e. " Supreme " or " Lover " lines); that third—or fourth—slice of any kind of pie.	Blot the top of your slice with a napkin. If you wipe off just one teaspoon of oil, you save yourself about 40 calories and 4.5 grams of fat.