

# The Facts About Fast Food

Fast food is generally high in calories, fat, sugar and sodium. A typical value meal can average 1200-1500 calories! You might even be surprised to find out that just because you



order a salad, it doesn't necessarily mean you are eating healthy. However there are some healthy options available when eating fast food.

## Use the nutrition information in this table and be smart about YOUR fast food choices !

Wendy's Double Cheeseburger <b>700 calories</b>	Wendy's Jr. Cheeseburger <b>280 calories</b>
McDonald's Large Fries <b>570 calories</b>	McDonald's Small Fries <b>250 calories</b>
M&M McFlurry 12oz <b>620 calories</b>	Vanilla Reduced Fat Ice Cream Cone <b>150 calories</b>
Burger King Tender Crisp Salad <b>670 calories</b> add another <b>200 calories</b> for salad dressing	Burger King Tender Grill Salad <b>240 calories</b> add fat free dressing for <b>60 calories</b>
Taco Bell Grilled Stuffed Beef Burrito <b>630 calories</b>	Taco Bell Bean Burrito <b>340 calories</b>
McDonalds Double Quarter Pounder w/Cheese <b>740 calories</b>	McDonalds Cheeseburger <b>300 calories</b>
Large Coke 32oz <b>310 calories</b>	Small Coke 16oz <b>150 calories</b>
Wendy's Creamy Ranch <b>200 calories</b>	Wendy's Low Fat Ranch <b>90 calories</b>
Pizza Hut Cheese Pan Pizza 2 slices medium <b>540 calories</b>	Pizza Hut Thin 'N Crispy Pizza 2 slices medium <b>400 calories</b>
Dunkin Donuts Strawberry Banana Smoothie Medium <b>550 calories</b>	McDonald's Fruit and Yogurt Parfait Medium <b>160 calories</b>
Wendy's Southwest Taco Salad <b>430 calories</b>	Wendy's Mandarin Chicken Salad <b>170 calories</b>

NUTRITIONAL INFORMATION ACCESSED 7/07 FROM: [WWW.BURGERKING.COM](http://WWW.BURGERKING.COM); [WWW.MCDONALDS.COM](http://WWW.MCDONALDS.COM); [WWW.WENDYS.COM](http://WWW.WENDYS.COM);  
[WWW.PIZZAHUT.COM](http://WWW.PIZZAHUT.COM); [WWW.TACOBELL.COM](http://WWW.TACOBELL.COM); [WWW.DUNKINDONUTS.COM](http://WWW.DUNKINDONUTS.COM);

## SALADS ARE NOT ALWAYS THE LOW FAT OPTION



### Dressings can be high in fat

Newman's Own® (1 packet)

- Ranch **170 calories**
- Creamy Caesar **190 calories**
- Low fat Vinaigrette **40 calories**

### Low fat dressing can be high in sugar

Newman's Own® (1 packet)

- Low Fat Sesame Ginger **10g of sugar**
- Low Fat Italian Dressing **1g of sugar**

### High Fat Toppings

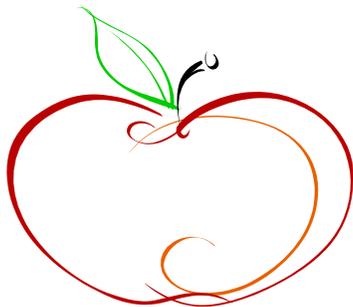
- crispy chicken
- bacon
- croutons
- cheeses
- almonds ♥ healthy fat
- sunflower seeds ♥ healthy fat
- walnuts ♥ healthy fat

## Avoid

- X** Crispy or fried
- X** Anything “Jumbo”, “Super”, or “Double”
- X** French Fries as a side dish
- X** Added fats like “special sauce”, oils, or spreads
- X** Mayonnaise 1 TBSP of is about 100 calories
- X** A 21oz “small” soft drink is about 210 calories.
- X** Thick crust pizza with meat toppings
- X** Ranch, Bleu Cheese, and Caesar salad dressings

## Try

- ✓ Broiled or baked meat or poultry
- ✓ Single patty burgers
- ✓ Fresh salads and vegetables as a side dish
- ✓ Toppings like lettuce and tomatoes
- ✓ Ketchup or mustard
- ✓ Low fat milk, 100% fruit juice, or water
- ✓ Thin crust pizza with vegetable toppings
- ✓ Low fat or fat free salad dressings



### Websites for more information on staying healthy:

#### Kids Health

[www.kidshealth.org](http://www.kidshealth.org)

#### Kids Nutrition Website

[www.ext.nodak.edu/food/kidsnutrition](http://www.ext.nodak.edu/food/kidsnutrition)

#### Harvard School of Public Health:

<http://www.hsph.harvard.edu/nutritionsource/pyramids.f>

#### FDA Kids

<http://www.fda.gov/oc/opacom/kids>