



Fact Sheet

Student Health Services, Texas A&M University

Fast Food Frenzy

Follow these general tips to help increase nutritional value and lower fat and calories while eating at fast food restaurants:

- Pizza with vegetable toppings and no extra cheese to lower fat.
- Choose a whole wheat bun for extra fiber.
- Watch out for sauces, they have very high calories and fat
- Choose chicken over beef.
- Remove excess skin/fat on chicken/beef.
- Consider the Kids Meal as an option with better portion sizes
- Drink diet soda or water.
- Order your sandwich/burger without mayonnaise to save 15g fat and 150 calories, or try mustard or ketchup instead.
- Use salad dressing sparingly (ask for it on the side) and try low calorie or fat free versions.
- Look for baked, grilled, or roasted foods—not fried.
- Try substituting frozen yogurt for ice cream.
- At Freebird's, the white chicken is the leanest meat option. The dark chicken and lean steak meat contain about the same fat and calories. The BBQ sauce, guacamole, and sour cream are high in fat—use them sparingly.
- The shell under a Taco Salad doubles the fat to 52 grams and calories to 850. Even without the shell, the salad has more fat than a Quarter Pounder with cheese (30g).

Arby's – www.arbys.com

Healthy Menu Option	Fat(g)	Calories
Grilled Chicken Fillet Sandwich	17	395
Chicken Club Salad	22	426
Popcorn chicken (reg)	16	363
Martha's Vineyard Salad	9	273
Roast Turkey Reuben Wrap	27	564
Turkey Bacon Club Toasted Sub	18	619
Kids Meal- Junior Roast Beef Sandwich	10	272
Arby's Melt	12	302
Ham & Cheese Croissant	12	281

Chick-Fil-A – www.chick-fil-a.com

** This website has a meal calculator you can use!

Healthy Menu Option	Fat(g)	Calories
Chicken sandwich (wheat bun)	12	380
Chargrilled chicken	3	270
Chicken Soup	4	150

Fruit Cup	0	70
Side Salad	3	50
Chick-fil-a nuggets (8p)	13	260
Chargrilled Chicken Cool Wrap	12	410
Chick-n-Mini's (4p)	15	370
Chicken Breakfast Burrito	18	420

Fazoli's – www.fazolis.com

Healthy Menu Option	Fat(g)	Calories
Spaghetti w/ marinara (small)	2.5	450
Ziti w/ meat sauce (small)	15	480
Cheese Pizza (1 slice)	11	270
Pepperoni Pizza (1 slice)	14	310
Grilled Chicken Panini	14	480
Four Cheese & Tomato Panini	22	510
Kids Meal Fettuccine Alfredo	5	290
Chicken and Fruit Salad	1.5	220

Jack in the Box – www.jackinthebox.com

Healthy Menu Option	Fat(g)	Calories
Asian Chicken Salad- Grilled Chicken	1.6	163.5
Acapulco Chicken Salad- Grilled Chicken	10.9	245.5
Hamburger	11.7	281.1
Chicken Fajita pita	9.5	306.8
Chicken Strips- Grilled (4p)	2.4	289.8
Fruit Cup	0	90
Regular Beef Taco	8	160
<i>Breakfast Jack</i>	<i>12.1</i>	<i>290.4</i>

McDonald's – www.mcdonalds.com

Healthy Menu Option	Fat(g)	Calories
Premium Asian Salad w/ Grilled Chicken	10	300
Hamburger	9	250
Bacon Ranch Salad w/ Grilled Chicken	9	260
Scrambled Eggs (2)	11	150
English Muffin	3	160
Honey Mustard Snack Wrap	9	260
Vanilla Reduced Fat Ice Cream Cone	3.5	150
Chicken nuggets (6 piece)	17	280
Fruit & yogurt parfait	2	160
Fruit and walnut salad	13	310

Schlotzsky's Deli – www.schlotzskys.com

Healthy Menu Option	Fat(g)	Calories
Grilled Chicken Breast (small)	5	370
Homestyle Tuna	11	388
Angus Corned Beef	9	395

Smoked turkey breast (small)	6	355
Chicken breast sandwich (small)	4	344
Mediterranean Tuna Wrap	12	420

Subway – www.subway.com

Healthy Menu Option	Fat(g)	Calories
6" Roast Beef	5	290
6" Turkey Breast sub	4.5	280
6" Ham sub	5	290
6" Roasted chicken breast	5	310
6" Toasted Ham w/ Cheese	8	330
6" Subway club	6	320

Taco Bell – www.tacobell.com

Healthy Menu Option	Fat(g)	Calories
Fresco Taco	8	150
Fresco Zesty Chicken Border Bowl-no dressing	8	350
Fresco Ranchero Chicken Soft Taco	4	170
Chicken Fiesta Burrito	10	350
Fresco Bean burrito	7	330
Pintos 'n cheese	6	160
Fresco Grilled Steak Soft Taco	4.5	160
Chicken Taquitos	11	310
Spicy Chicken Soft taco	6	170

Wendy's – www.wendys.com

Healthy Menu Option	Fat(g)	Calories
Mandarin Chicken Salad	2	180
Chicken Cesar Salad	4	180
Side Salad	0	35
Sour Cream & Chives Baked Potato	4	320
Chili (small)	6	190
Mandarin Orange Cup	0	80
Ultimate Chicken Grill Sandwich	7	320
Jr. Hamburger	8	230

Whataburger – www.whataburger.com

Healthy Menu Option	Fat(g)	Calories
Garden Salad	0	60
Grilled Chicken Salad	7	230
Justaburger	15	290
Hashbrown Sticks (4p)	12	200
Whataburger Jr.	15	300

Your daily Requirement of fat grams may be higher or lower depending on your calorie needs:

Calories		1500	2000	2500
Total Fat	Less than	50g	65g	80g