



Fact Sheet

2005

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.
- ✓ Think salads with light or reduced fat salad dressings.
- ✓ Choose chicken over beef.
- ✓ Remove excess skin/fat on chicken/beef.
- ✓ Avoid super sizing.
- ✓ Eat an english muffin instead of a sausage and egg biscuit.
- ✓ Drink diet soda or water.
- ✓ Order your sandwich/burger without mayonnaise to save 15g fat and 150 calories, or try mustard 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

| <u>Item</u> | <u>Fat(g)</u> | <u>Calories</u> |
|-----------------------------------|---------------|-----------------|
| Chicken club wrap | 38 | 680 |
| Beef & cheddar | 21 | 440 |
| Jamocho shake (reg) | 13 | 500 |
| Market Fresh Roast Turkey Swiss | 27 | 720 |
| Market Fresh Roast Beef and Swiss | 39 | 780 |
| Regular roast beef | 13 | 320 |
| Chicken breast filet | 25 | 500 |
| Curly fries (med) | 22 | 410 |
| Homestyle fries (med) | 16 | 380 |

Healthiest Choices:

- Roast beef sandwich
- Hot ham & swiss sandwich
- Anything from the “light” menu
- Any salad but the chicken finger and turkey club salads with light or reduced fat dressings

Chick-Fil-A – www.chick-fil-a.com

| Item | Fat(g) | Calories |
|------------------------------|---------------|-----------------|
| Chicken sandwich | 16 | 410 |
| Chargrilled chicken | 3.5 | 270 |
| Waffle potato fries (small) | 13 | 270 |
| Waffle potato fries (medium) | 17 | 350 |
| Chicken caesar cool wrap | 10 | 460 |
| Chick-fil-a nuggets (8p) | 12 | 260 |

Healthiest Choices:

- Most of the sandwiches are healthy choices but watch out for high fat dressings
- Chicken strips
- Salads with light or reduced fat dressings
- Spicy and Chargrilled chicken wraps
- Chicken soup

Fazoli's – www.fazolis.com

| Item | Fat(g) | Calories |
|-------------------------------|---------------|-----------------|
| Spaghetti w/ marinara (small) | 2.5 | 430 |
| Fettuccini alfredo (small) | 10 | 490 |
| Classic sampler | 20 | 810 |
| Baked chicken parmesan | 35 | 1,010 |
| Turkey submarino | 36 | 940 |
| Chicken Caesar club panini | 33 | 670 |
| Smoked turkey panini | 40 | 710 |
| Breadstick (1) | 5 | 130 |

Healthiest Choices:

- Anything with the marinara sauce; the build your own pastas you can control what goes on them
- Soups and salads
- Watch out how many breadsticks you eat

Jack in the Box – www.jackinthebox.com

| Item | Fat(g) | Calories |
|-----------------------------|---------------|-----------------|
| Ultimate bacon cheeseburger | 77 | 1,090 |
| Sourdough jack | 51 | 710 |
| Ultimate cheeseburger | 71 | 1,010 |
| Southwest pita | 4.5 | 260 |
| Chicken sandwich | 21 | 400 |
| French fries (small) | 12 | 270 |
| Regular beef taco | 8 | 160 |
| Breakfast Jack | 12 | 290 |

Healthiest Choices:

- Regular hamburger
- Chicken fajita pita or taco
- Side salad

McDonald's – www.mcdonalds.com

| Item | Fat(g) | Calories |
|---------------------------------|---------------|-----------------|
| Egg McMuffin | 11 | 290 |
| Bacon, egg, cheese McGriddle | 21 | 450 |
| Quarter Pounder w/ cheese | 25 | 510 |
| Big Mac | 30 | 560 |
| French Fries (small) | 11 | 230 |
| French Fries (large) | 25 | 520 |
| Premium grilled chicken classic | 9 | 420 |
| Chicken nuggets (6 piece) | 15 | 250 |
| Fruit & yogurt parfait | 2 | 160 |
| Fruit and walnut salad | 13 | 310 |

Healthiest Choices:

- Salads with low fat salad dressings
- Chicken McGrill with BBQ or honey mustard instead of mayo
- Regular hamburger
- English muffin or plain bagel
- Apple bran muffin
- Fruit & yogurt parfait

Schlotsky's Deli – www.schlotskys.com

| Item | Fat(g) | Calories |
|-------------------------------|---------------|-----------------|
| Original (small) | 24 | 525 |
| Original (reg) | 31 | 738 |
| Turkey original (reg) | 32 | 822 |
| Smoked turkey breast (reg) | 7 | 498 |
| Chicken breast sandwich (reg) | 4 | 499 |
| Turkey & bacon club (reg) | 35 | 834 |
| Ham & cheese original (reg) | 27 | 749 |

Healthiest Choices:

- Avoid the originals
- Order small sandwiches
- Smoked turkey breast
- Chicken breast
- Vegetarian (sm)

Subway – www.subway.com

| Item | Fat(g) | Calories |
|---------------------------|---------------|-----------------|
| 6" Meatball sub | 24 | 560 |
| 6" Turkey Breast sub | 4.5 | 280 |
| 6" Ham sub | 5 | 290 |
| 6" Roasted chicken breast | 5 | 330 |
| 6" Tuna | 31 | 530 |
| 6" Subway melt | 12 | 380 |

Healthiest Choices:

- Any of the sandwiches with under 6 grams of fat
- Make sandwiches better with no cheese, mayo, or oil and lots of veggies

Taco Bell – www.tacobell.com

| Item | Fat(g) | Calories |
|---------------------------------|---------------|-----------------|
| Taco | 10 | 170 |
| Taco supreme | 14 | 220 |
| Beef soft taco supreme | 14 | 260 |
| Grilled steak soft taco | 17 | 280 |
| Bean burrito | 10 | 370 |
| Chili cheese burrito | 18 | 390 |
| Beef burrito supreme | 18 | 440 |
| Chicken grilled stuffed burrito | 26 | 680 |
| Steak chalupa supreme | 22 | 370 |
| Chicken gordita supreme | 12 | 290 |
| Nachos supreme | 26 | 450 |

Healthiest Choices:

- Bean burrito
- Beef, chicken, or steak gordita nacho cheese
- Chicken gordita santa fe
- Chicken or steak gordita baja
- Chicken or steak soft taco
- Chicken or steak fiesta burrito
- Any of the “fresco style” options

Wendy's – www.wendys.com

| Item | Fat(g) | Calories |
|--------------------------------|---------------|-----------------|
| Big bacon classic | 29 | 580 |
| Jr. cheeseburger | 13 | 320 |
| Grilled chicken | 7 | 360 |
| Classic single with everything | 19 | 420 |
| French fries (great biggie) | 28 | 590 |
| French fries (medium) | 21 | 440 |
| Chicken nuggets (5p) | 14 | 220 |
| Frosty (sm) | 8 | 330 |

Healthiest Choices:

- Salad with low fat dressing
- Grilled chicken sandwich
- Baked potato
- Chili
- Jr. hamburger

Whataburger – www.whataburger.com

| Item | Fat(g) | Calories |
|------------------------------|---------------|-----------------|
| Whataburger Jr. | 15 | 314 |
| Whataburger | 30 | 607 |
| Whataburger w/bacon & cheese | 45 | 810 |
| Taquito w/potato,egg,&cheese | 24 | 427 |
| French fries (small) | 13 | 257 |
| French fries (lg) | 26 | 514 |
| Grilled chicken sandwich | 20 | 473 |
| Whatachick'n | 30 | 571 |

Healthiest Choices:

- Grilled chicken fajita
- taco
- Grilled chicken salad
- Garden salad
- Whataburger Jr.
- Grilled chicken sandwich without mayo

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

| | | | |
|------------------|-----------|-------|---------|
| Calories | 1500 | 2,000 | 2,500 |
| Total Fat | Less than | 50g | 65g 80g |

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4