

Happy Body's Guide to Surviving Fast Food in a *semi* Healthy Way

	Breakfast	Lunch/ Dinner	Sides/ Snacks/ Desserts	Make it healthier!
Chic-fil-a	<ul style="list-style-type: none"> • Egg White Grill: 25 grams of protein and 300 calories. • Chick-n-Minis: 280 calories 	<ul style="list-style-type: none"> • Spicy Southwest Salad: 260 calories before extra toppings or dressing • 8-count Grilled Nuggets • Grilled Chicken Sandwich: fewer than 400 calories and 5 grams of fat 	<ul style="list-style-type: none"> • Superfood Side: 140 calories and 7 grams of fat • Greek Yogurt Parfait: 7 g protein • Frosted Lemonade: <250 calories 	<ul style="list-style-type: none"> • Swap out the English muffin for a biscuit or a toasted multigrain bun instead of regular. • Light Italian Dressing adds only 25 calories to a wrap or salad and can be substituted for any dressing or sauce. Order the Chili Lime Vinaigrette for a lower-calorie option • Hold the butter. Ask servers to leave out the butter on any classic Chick-fil-A sandwich to shave a few calories and fat grams off your meal. You can also skip the cheese on salads and wraps. • Any sandwich can be ordered protein-style. Instead of a bun, the chicken comes wrapped in green-leaf lettuce.

Burger King		<ul style="list-style-type: none"> • Grilled chicken sandwich without mayo: 370 calories, 7 grams fat, 2 grams saturated, 6 grams fiber, 36 grams protein 	<ul style="list-style-type: none"> • Value-sized onion rings: 150 calories, 8 grams fat, 1.5 grams saturated, 1 gram fiber, 1 gram protein 	
Carl's Jr./Hardee's		<ul style="list-style-type: none"> • All-natural charbroiled BBQ chicken sandwich: 370 calories, 5 grams fat, 1 gram saturated, 3 grams fiber, 33 grams protein 	<ul style="list-style-type: none"> • Garden side salad with low-fat balsamic vinaigrette dressing: 160 calories, 8 grams fat, 2.5 grams saturated, 2 grams fiber, 6 grams protein 	
Sonic		<ul style="list-style-type: none"> • Grilled chicken wrap: 440 calories, 15 grams fat, 3.5 grams saturated, 2 grams fiber, 32 grams protein 	<ul style="list-style-type: none"> • Small fries: 250 calories, 12 grams fat, 2 grams saturated, 3 grams fiber, 3 grams protein 	
Taco Bell		<ul style="list-style-type: none"> • Two fresco soft tacos with steak: 280 calories, 8 grams of fat, 3 grams saturated, 2 grams fiber, 20 grams protein 	<ul style="list-style-type: none"> • Black beans & rice: 190 calories, 3.5 grams fat, 0 grams saturated, 6 grams fiber, 6 grams protein 	
KFC		<ul style="list-style-type: none"> • Kentucky grilled chicken breast: 210 calories, 7 grams fat, 2 grams saturated, 38 grams protein 	<ul style="list-style-type: none"> • Green beans: 25 calories, 0 gram fat, 2 grams fiber, 1 gram protein 	

Arby's		<ul style="list-style-type: none"> • Chopped Farmhouse salad with roast turkey and light Italian dressing: 250 calories, 14 grams fat, 7 grams saturated, 2 grams fiber, 22 grams protein 	<ul style="list-style-type: none"> • Two potato cakes: 250 calories, 14 grams fat, 2 grams saturated, 2 grams fiber, 2 grams protein 	
Five Guys		<ul style="list-style-type: none"> • Veggie sandwich: 440 calories, 15 grams fat, 3.5 grams saturated, 2 grams fiber, 7 grams protein 	<ul style="list-style-type: none"> • Little fry: 528 calories, 23 grams fat, 4 grams saturated, 8 grams fiber, 8 grams protein 	
McDonald's		<ul style="list-style-type: none"> • Regular hamburger: 250 calories, 8 grams fat, 3 grams saturated, 2 grams fiber, 13 grams protein 	<ul style="list-style-type: none"> • Side salad with Newman's Own low-fat balsamic vinaigrette: 50 calories, 1.5 grams fat, 1 gram fiber, 1 gram protein 	
Dairy Queen		<ul style="list-style-type: none"> • Grilled chicken BLT salad: 270 calories, 11 grams fat, 5 grams saturated, 3 grams fiber, 35 grams protein 	<ul style="list-style-type: none"> • Oven-Baked Lay's Original Potato Crisps: 130 calories, 2 grams fat, 0 grams saturated, 2 grams fiber, 2 grams protein 	

<p>Chipotle</p>		<ul style="list-style-type: none"> • Chicken salad with black beans, fajita vegetables, and extra salsa: 410 calories, 8.5 grams fat, 3 grams saturated, 11 grams fiber, 42 grams protein 	<ul style="list-style-type: none"> • Guacamole: 230 calories, 22 grams fat, 3.5 grams saturated, 6 grams fiber, 2 grams protein 	
<p>Wendy's</p>		<ul style="list-style-type: none"> • Asian Cashew Chicken Salad: 380 calories, fiber (6 grams) and protein • Mandarin Chicken Salad, avoid the crispy noodles, croutons, and full fat dressing (180 calories, 24 g protein) • Apple Pecan Chicken Salad: Hold the Blue Cheese and dressing (330 calories, 11g fat, 30g protein) • Chicken BLT Cobb Salad, no blue cheese, or dressing (260 calories and 9g fat) • Baja Chili Salad: Half Size, No Tortilla Strips (260 calories, 16g fat, 14g protein) • Ultimate Chicken Grill: 370 calories, 7 g fat, 34 grams of protein • Grilled Chicken Go Wrap with extra lettuce, tomato, red onion, honey mustard, mayo, ranch dressing on the side (250 calories, 10 g fat, 17g protein) 	<ul style="list-style-type: none"> • Jr. Frosty (190 - 200 calories and 4.5 - 5g fat) • Garden Side Salad, No Croutons (20 calories, 4g carbs, 2g fiber). • Sour Cream and Chive Potato (320 calories, 3.5g fat, 7g fiber, 8g protein) • Small Rich and Meaty Chili (180 calories, 5g fat, 4g fiber, 13g protein) 	<ul style="list-style-type: none"> • Add apple slices for a healthy addition of fiber! • If you have to have fries- get Kids' Natural Cut Fries (220 calories, 11g fat, 3g fiber, 3g protein) • The best options are the Fat Free French (40 calories, 0g fat), Light Classic Ranch (50 calories, 4.5g fat), and Pomegranate Vinaigrette (60 calories, 3g fat)

		<ul style="list-style-type: none"> • Junior Hamburger with lettuce, tomato, onion, pickle, mustard or ketchup • Junior cheeseburger deluxe without mayo (<i>300 calories, 13g fat, 17g protein</i>) 		
Au Bon Pain	<ul style="list-style-type: none"> • Whole Wheat Skinny Bagel (90 calories, 230mg sodium, 6g fiber) • Honey 9 Grain Bagel 310 calories, 480mg sodium, 6g fiber. • Plain Bagel or Onion Dill Bagel 280 calories, 440mg sodium, 2-3g fiber • Egg Whites & Cheddar 230 cal, 510mg sodium, 6g fiber. • Eggs (or Egg Whites) with Cheddar and Avocado, on a Skinny Whole Wheat Bagel, hold the Lemon Aioli Approx 280 cal, 	<ul style="list-style-type: none"> • Classic Chicken Salad Sandwich (Half) 230 cal, 480mg sodium. • Classic Chicken Salad Sandwich (Whole) 450 cal, 960mg sodium. • Turkey & Swiss Sandwich (Half) 370 cal, 740mg sodium • Blank Angus Roast Beef & Herb Cheese Signature Sandwich (Half) 260 cal, 620mg sodium • Caprese Sandwich (Half) 300 cal, 620mg sodium • Caprese Sandwich (Whole) 550 cal, 860mg sodium • Garden Salad 80 cal, 105mg sodium • Southwest Chicken Salad 320 cal, 360mg sodium • Thai Peanut Chicken Salad 200 cal, 300mg sodium <i>Careful, though, the Thai Peanut Dressing is one of the worst! It's only a good choice if you skip (or minimize) the dressing.</i> 	<ul style="list-style-type: none"> • Broccoli & Carrots 50 cal, 200mg sodium • Tomato Cucumber Salad 50 cal, 200mg sodium • Green Beans 50 cal, 300mg sodium • Pearl Barley with Vegetables 200 cal, 225mg sodium Note, this is made with chicken. • Roasted Chicken and Thyme 250 cal, 250mg sodium • Southwest Vegetable 130 cal, 290mg sodium • Tomato Basil Bisque 150 cal, 360mg sodium • Mediterranean Pepper Soup 120 cal, 430mg sodium • 	<ul style="list-style-type: none"> • Fat Free Raspberry Vinaigrette 50 cal, 190mg sodium, 12g sugars • Balsamic Vinaigrette Dressing 120 cal, 360mg sodium • Lite Olive Oil Vinaigrette 110 cal, 420mg sodium

	510mg sodium, 9g fiber.	•		
Subway	<ul style="list-style-type: none"> • Any Egg Muffin Melt, except the Double Bacon, Egg & Cheese 170-190 cal, 2-2.5g sat fat, 6-7g fat, 450-650mg sodium, 5-6g fiber, 13-16g protein <i>The basic “Egg & Cheese” melt is the best of all these.</i> • Double Bacon, Egg & Cheese Muffin Melt 220 cal, 3.5g sat fat, 10g total fat, 640mg sodium, 5g fiber, 16g protein 	<ul style="list-style-type: none"> • Veggie Delite® 290 cal, 3.5g sat fat, 7.5g total fat, 505mg sodium, 5g fiber, 12g protein • Oven Roasted Chicken 380 cal, 5.5g sat fat, 9.5g total fat, 5g fiber, 27g protein • Turkey Breast 340 cal, 4.0g sat fat, 8g total fat, 5g fiber, 22g protein • Roast Beef 380 cal, 4.5g sat fat, 9.5g total fat, 5g fiber, 30g protein • Veggie DeLite® Salad 50 cal, no sat fat, 1g total fat, 65mg sodium, 4g fiber, 3g protein • Oven Roasted Chicken Salad 130 cal, 0.5g sat fat, 2g total fat, 280mg sodium, 4g fiber, 19g protein • Roast Beef Salad 140 cal, 1g sat fat, 3.5g total fat, 500mg sodium, 4g fiber, 21g protein • Turkey Breast Salad 110 cal, 0.5g sat fat, 2g total fat, 570mg sodium, 4g fiber, 12g protein 	<ul style="list-style-type: none"> • Apple Slices 35 cal, no fat, no sodium, 2g fiber, no protein • Raisins 130 cal, no fat, no sodium, 2g fiber, 2g protein • Baked Lays® 130 cal, no sat fat, 1.5g total fat, 2g fiber, 2g protein • Dannon Light and Fit® Yogurt 80 cal, no fat, 80mg sodium, no fiber, 5g protein, 11g sugars 	<ul style="list-style-type: none"> • “Omega 3” Wheat Bread 230 cal, 0.5g sat fat, 3g total fat, 310mg sodium, 4g fiber, 8g protein • 9-Grain Wheat 210 cal, 0.5g sat fat, 2g total fat, 410mg sodium, 4g fiber, 8g protein • Honey Oat 260 cal, 0.5g sat fat, 3g total fat, 430mg sodium, 5g fiber, 9g protein • Sourdough – <i>A bit low in fiber, but also lower in sodium.</i> 210 cal, 1g sat fat, 3g total fat, 210mg sodium, 3g fiber, 8g protein • Provolone (two half-circles) 50 cal, 2g sat fat, 4g total fat, 125mg sodium, 4g protein • Swiss 50 cal, 2.5g sat fat, 4.5g total fat, 30mg sodium, 4g protein • Yellow Mustard or Deli Brown Mustard (2 teaspoons) 5 cal, no fat, 115mg

				<p>sodium, no fiber, no protein</p> <ul style="list-style-type: none"> • Vinegar (1 teaspoon) 8 cal, no fat, no sodium, no fiber, no protein • Fat Free Honey Mustard 30 cal, no fat, 115mg sodium, no fiber, no protein, 6g sugars • Fat Free Sweet Onion 40 cal, no fat, 85mg sodium, no fiber, no protein, 8g sugars • Olive Oil Blend (1 teaspoon) 45 cal, 1g sat fat, 5g total fat, no sodium, no fiber, no protein
Panera	<ul style="list-style-type: none"> • Whole Grain Bagel 370 cal, no sat fat, 3.5g total fat, 420mg sodium, 70g carbs, 5g sugars, 6g fiber, 13g protein. • Plain Bagel 290 cal, no sat fat, 1.5g total fat, 450mg sodium, 59g carbs, 3g sugars, 2g fiber, 10g protein 	<ul style="list-style-type: none"> • Half Mediterranean Veggie Cafe Sandwich on Tomato Basil 300 cal, 1.5g sat fat, 7g total fat, 730mg sodium, 50g carbs, 3g sugars, 5g fiber, 11g protein • Half Tomato & Mozzarella Panini on Ciabatta 380 cal, 5g sat fat, 15g total fat, 650mg sodium, 48g carbs, 5g sugars, 3g fiber, 15g protein • Half Napa Almond Chicken Salad Cafe Sandwich on 	<ul style="list-style-type: none"> • Low Fat Chicken Tortilla 140 cal, 1g sat fat, 4.5g total fat, 750mg sodium, 18g carbs, 1g sugars, 1g fiber, 7g protein • Low Fat Garden Vegetable with Pesto 110 cal, no sat fat, 2g total fat, 830mg sodium, 19g carbs, 5g sugars, 4g fiber, 4g protein • Low-Fat Vegetarian Black Bean 110 cal, 1g sat fat, 2.5g total fat, 980mg sodium, 18g 	<ul style="list-style-type: none"> • Reduced Fat Honey Walnut, per 2-ounce serving: 150 cal, 6g sat fat, 11g total fat, 200mg sodium, 8g carbs, 7g sugars, 1g fiber, 5g protein • Reduced Fat Raspberry, per 2-ounce serving: 130 cal, 6g sat fat, 10g total fat, 200mg sodium, 7g carbs, 6g sugars, 1g fiber, 4g protein

	<p>(lowest in overall calories)</p> <ul style="list-style-type: none"> • Sesame Bagel 310 cal, no sat fat, 3g total fat, 450mg sodium, 59g carbs, 3g sugars, 2g fiber, 10g protein • Egg & Cheese on Ciabatta 380 cal, 6g sat fat, 14g total fat, 620mg sodium, 43g carbs, 1g sugars, 2g fiber, 18g protein • Breakfast Power Sandwich 360 cal, 6g sat fat, 14g total fat, 860mg sodium, 36g carbs, 3g sugars, 4g fiber, 23g protein • Strawberry Granola Parfait 310 cal, 4g sat fat, 11g total fat, 100mg sodium, 44g carbs, 28g sugars, 3g fiber, 9g protein 	<ul style="list-style-type: none"> • Sesame Semolina 350 cal, 2g sat fat, 13g total fat, 660mg sodium, 44g carbs, 6g sugars, 2g fiber, 15g protein • Half Asiago Roast Beef Signature Sandwich on Asiago Cheese 350 cal, 7g sat fat, 13g total fat, 630mg sodium, 32g carbs, 2g sugars, 1g fiber, 24g protein • Half Chicken Caesar Signature Sandwich on Three Cheese 360 cal, 4.5g sat fat, 16g total fat, 730mg sodium, 33g carbs, 2g sugars, 2g fiber, 21g protein • Half Smoked Turkey Breast Cafe Sandwich on Country 280 cal, 1.5g sat fat, 9g total fat, 980mg sodium, 34g carbs, 2g sugars, 2g fiber, 16g protein • Half Classic Cafe Salad 80 cal, 1g sat fat, 5g total fat, 135mg sodium, 9g carbs, 6g sugars, 2g fiber, 1g protein • Half Strawberry Poppysseed Salad with Chicken 140 cal, no sat fat, 4g total fat, 260mg sodium, 14g carbs, 	<p>carbs, 3g sugars, 3g fiber, 6g protein</p> <ul style="list-style-type: none"> • Apple or Fruit Cup • Whole Grain Baguette (unless, of course, you're already having a sandwich — then you're getting plenty of bread!) 	
--	---	--	---	--

		<p>9g sugars, 2g fiber, 14g protein</p> <ul style="list-style-type: none">• Half Asian Sesame Chicken Salad 200 cal, 2g sat fat, 10g total fat, 460mg sodium, 14g carbs, 3g sugars, 2g fiber, 15g protein• Half Caesar Salad 200 cal, 4g sat fat, 14g total fat, 310mg sodium, 13g carbs, 1g sugars, 1g fiber, 6g protein		
--	--	--	--	--

Vending Machine Survival

Peanuts.

They're likely to be salted, but as long as they're not "honey roasted" or "butter toffee," peanuts are a pretty good bet.

Dry Roasted & Salted Peanuts, 1 ounce ✓

166 cal, 2g sat fat, 14g total fat, 230mg sodium, 6g carbs, 2g sugars, 2g fiber, 7g protein

Dried Fruit.

Even if they add sugar, you're still getting more nutrients than you would from a candy bar.

Seedless Raisins, 1.5 ounce box ✓

129 cal, no sat fat, 0.2g total fat, 5mg sodium, 34g carbs, 26g sugars, 2g fiber, 1g protein

Dried Apricots, 1.4 ounces ✓

10 cal, no fat, no sodium, 26g carbs, 22g sugars, 3g fiber, 1g protein

Sunflower Seeds.

If you're not that hungry, but feeling "snacky," these are a great choice.

Roasted & Salted Sunflower Seeds, 1 ounce ✓

165 cal, 1.5g sat fat, 14g total fat, 116mg sodium, 7g carbs, 1g sugar, 3g fiber, 6g protein

Nutrition Bars.

These are usually the most expensive items in the machine, but with good reason. They are usually fortified with lots of vitamins and minerals, and pack a lot more protein than fat or salt — which will help you actually feel full.

Balance Bar, Yogurt Honey Peanut ✓

200 cal, 3g sat fat, 6g total fat, 190mg sodium, 22g carbs, 18g sugars, 0.5g fiber, 15g protein

Power Bar, Performance, Chocolate ✓

230 cal, 0.5g sat fat, 2g total fat, 95mg sodium, 45g carbs, 18g sugars, 3g fiber, 10g protein

Trail Mix.

See if you can peek inside the bag; if it's not all chocolate chips, this is a good way to go. Hopefully you'll score some raisins and other nuts, not just salty carbs mixed in.

Typical Trail Mix, 1.5 ounces ✓

194 cal, 2g sat fat, 13g total fat, 100mg sodium, 19g carbs, 12g sugars, 6g protein

Pretzels.

Rold Gold Tiny Twists, 1 ounce ✓

110 cal, no sat fat, 1g total fat, 450mg sodium, 23g carbs, 0.5g sugars, 1g fiber, 2g protein

Fat-Free Microwave Popcorn.

If you're lucky enough to have a vending machine with low-fat or fat-free microwave popcorn (and a microwave nearby!), this is a terrific choice. Popcorn is a whole grain, and is high in fiber and protein. Just watch the salt and fat...

Act II 94% Fat-Free Butter-Flavor Popcorn ✓ 1.4 ounce bag (unpopped)

130 cal, 0.5g sat fat, 2.5g total fat, 310mg sodium, 28g carbs, 5g fiber, 4g sugar

Fig Newtons.

They actually make these in "Fat-Free" and "100% Whole Grain" varieties now, but I doubt you'll find those trapped in the shiny spirals. Nevertheless, they're still much better than a Three Musketeers.

Original Fig Newtons, 4 cookies ✓

220 cal, no sat fat, 4g total fat, 240mg sodium, 44g carbs, 24g sugars, 2g fiber, 2g protein

Nature Valley Granola Bars.

These have an “aura” of health about them, even though they’re pretty high in sugar and fat (and surprisingly low in fiber)... Still, they’re one of the better options behind the glass.

Nature Valley Crunchy Oats ‘n Honey, 1 pouch (2 bars) ✓

180 cal, 0.5g sat fat, 6g total fat, 160mg sodium, 29g carbs, 11g sugars, 2g fiber, 4g protein

Quaker Granola Bars

Best if you can find the low-fat or less-sugar varieties, but still, these aren’t bad.

Quaker Chewy Granola Bar, Chocolate Chip ✓

100 cal, 1.5g sat fat, 3g total fat, 75mg sodium, 18g carbs, 7g sugars, 1g fiber, 1g protein

Baked Lays.

Not a ton of nutritional value in these, but they are tasty — and have less fat than any of the regular chips.

Original Baked! Lays, 1 ounce bag ✓

110 cal, no sat fat, 1.5g total fat, 150mg sodium, 23g carbs, 2g sugars, 2g fiber, 2g protein

Peanut Butter Sandwich Crackers.

These aren’t as bad for you as you might expect, and they’re better than the ones stuffed with orange cheese-like paste.

Lance’s Peanut Butter on Wheat Sandwich Crackers ✓

200 cal, 1.5g sat fat, 9g total fat, 250mg sodium, 21g carbs, 4g sugars, 1g fiber, 4g protein