1. **Keep portions small**: resist the urge to super size and pick the small or kiddie burger size.
2. **Choose healthier sides and dips**: load up on healthier sides like apple or orange slices, a baked potato, a fruit and yogurt parfait, steamed rice, or baked potato chips. Opt for low-fat dressings, balsamic vinaigrette, or oil and vinegar.
3. **Go bun-less**: ask for an open-faced or take off half the bun on burgers or sandwiches.
4. **Have a salad**: as a full meal with grilled chicken or shrimp or as a side. Avoid excess calories by throwing away the croutons, crunchy noodles, cheese, croutons, and full fat dressing.
5. **Watch what you drink**: order water, diet soda, unsweetened iced tea, or sparkling water.
6. **Ask for grilled, steamed, or broiled entrees**: avoid crispy or fried as much as possible.
7. **Customize your meal**: do not hesitate to ask for substitutions. Ask for no bun or bread, no condiments, or to add veggies when possible.

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### FAST FOOD SURVIVAL GUIDE

#### MCDONALDS

- **Egg White Delight McMuffin**
  - 260 Cal
  - 8g Fat
  - 29g Carb
  - 16g Pro
  - 2g Fiber

- **Fruit & Maple Oatmeal (no brown sugar or cream)**
  - 240 Cal
  - 2.5g Fat
  - 48g Carb
  - 6g Pro
  - 5g Fiber

- **Artisan Grilled Chicken Sandwich**
  - 380 Cal
  - 7g Fat
  - 44g Carb
  - 37g Pro
  - 3g Fiber

- **Southwest Grilled Chicken Salad (no tortilla strips or lime glaze)**
  - 260 Cal
  - 7g Fat
  - 15g Carb
  - 36g Pro
  - 5g Fiber

- **Sides** — apple slices, Cuties, Go-GURT, side salad

#### CHICK-FIL-A

- **Egg White Grill**
  - 300 Cal
  - 7g Fat
  - 35g Carb
  - 25g Pro
  - 1g Fiber

- **Grilled Chicken Nuggets (8 count)**
  - 140 Cal
  - 2.5g Fat
  - 2g Carb
  - 25g Pro
  - 0g Fiber

- **Grilled Chicken Sandwich (on multigrain bun)**
  - 310 Cal
  - 6g Fat
  - 36g Carb
  - 29g Pro
  - 3g Fiber

- **Market Salad with Grilled Chicken**
  - 200 Cal
  - 6g Fat
  - 15g Carb
  - 25g Pro
  - 4g Fiber

- **Sides** — fruit cup, superfood side, chicken soup, side salad

#### WENDYS

- **Breakfast** — egg sandwich with no hollandaise sauce and no bacon, steel cut oats with no brown sugar

- **Grilled Chicken Wrap (with red onion and tomato)**
  - 270 Cal
  - 10g Fat
  - 24g Carb
  - 20g Pro
  - 2g Fiber

- **Grilled Chicken Sandwich**
  - 360 Cal
  - 8g Fat
  - 38g Carb
  - 35g Pro
  - 3g Fiber

- **Large Chili**
  - 250 Cal
  - 7g Fat
  - 23g Carb
  - 23g Pro
  - 5g Fiber

- **Sides** — apple slices, plain baked potato, side salad

#### SUBWAY

- **Breakfast** — ham, egg, and cheese; steak, egg, and cheese; egg and cheese. **Tip** — load up on veggies

- **Turkey Breast on Multigrain (6in, with cheese)**
  - 230 Cal
  - 7g Fat
  - 47g Carb
  - 20g Pro
  - 5g Fiber

- **Oven Roasted Chicken on Multigrain (6in, with cheese)**
  - 245 Cal
  - 8g Fat
  - 46g Carb
  - 25g Pro
  - 5g Fiber

- **Oven Roasted Chicken with Vinaigrette**
  - 396 Cal
  - 12g Fat
  - 14g Carb
  - 19g Pro
  - 4g Fiber

- **Sides** — apple slices, baked chips, black bean soup, chicken noodle soup
### PANERA BREAD

<table>
<thead>
<tr>
<th>Breakfast Sandwich</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Carbs (g)</th>
<th>Protein (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado, Egg White &amp; Spinach</td>
<td>410 Cal</td>
<td>14g</td>
<td>52g</td>
<td>16g</td>
<td>12g</td>
</tr>
<tr>
<td>Turkey Sausage, Egg White &amp; Spinach</td>
<td>380 Cal</td>
<td>11g</td>
<td>45g</td>
<td>6g</td>
<td>17g</td>
</tr>
<tr>
<td>Turkey Breast on Whole Grain</td>
<td>280 Cal</td>
<td>9g</td>
<td>32g</td>
<td>11g</td>
<td>9g</td>
</tr>
<tr>
<td>Strawberry Poppyseed Salad with Chicken</td>
<td>340 Cal</td>
<td>13g</td>
<td>31g</td>
<td>25g</td>
<td>6g</td>
</tr>
<tr>
<td>Mediterranean Veggie on Tomato Basil</td>
<td>440 Cal</td>
<td>13g</td>
<td>65g</td>
<td>18g</td>
<td>6g</td>
</tr>
<tr>
<td>Roasted Turkey &amp; Avocado BLT on Sourdough</td>
<td>650 Cal</td>
<td>34g</td>
<td>50g</td>
<td>25g</td>
<td>29g</td>
</tr>
</tbody>
</table>

**Sides**
- fruit cup, whole grain roll, chicken noodle soup, garden vegetable soup, black bean soup

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### DUNKIN’ DONUTS

<table>
<thead>
<tr>
<th>Wake-Up Wrap</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Carbs (g)</th>
<th>Protein (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Sausage</td>
<td>280 Cal</td>
<td>18g</td>
<td>13g</td>
<td>15g</td>
<td>1g</td>
</tr>
<tr>
<td>Egg &amp; Cheese</td>
<td>180 Cal</td>
<td>11g</td>
<td>13g</td>
<td>8g</td>
<td>1g</td>
</tr>
<tr>
<td>Egg White Veggie</td>
<td>190 Cal</td>
<td>11g</td>
<td>14g</td>
<td>11g</td>
<td>1g</td>
</tr>
<tr>
<td>Ham, Egg &amp; Cheese</td>
<td>200 Cal</td>
<td>11g</td>
<td>14g</td>
<td>10g</td>
<td>1g</td>
</tr>
</tbody>
</table>

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### CHIPOTLE

<table>
<thead>
<tr>
<th>Burrito Bowl</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Carbs (g)</th>
<th>Protein (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Brown Rice, Black Beans, Fajita Vegetables, Salsa, Lettuce</td>
<td>570 Cal</td>
<td>14.5g</td>
<td>65g</td>
<td>45g</td>
<td>12g</td>
</tr>
<tr>
<td>Sofritas Taco Salad</td>
<td>535 Cal</td>
<td>27.5g</td>
<td>52g</td>
<td>18g</td>
<td>13g</td>
</tr>
<tr>
<td>Chicken Soft Tacos</td>
<td>570 Cal</td>
<td>10g</td>
<td>71g</td>
<td>44g</td>
<td>13g</td>
</tr>
<tr>
<td>Sides</td>
<td>extra fajita vegetables, extra salsa, extra black beans (note: pinto beans have bacon = high in fat)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### SMOOTHIE KING

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Carbs (g)</th>
<th>Protein (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gladiator Chocolate, Vanilla, or Strawberry</td>
<td>180 Cal</td>
<td>0g</td>
<td>1g</td>
<td>45g</td>
<td>--g</td>
</tr>
<tr>
<td>Almond Mocha High Protein, Skinny</td>
<td>320 Cal</td>
<td>12g</td>
<td>25g</td>
<td>31g</td>
<td>3g</td>
</tr>
<tr>
<td>Vanilla Coffee High Protein, Skinny</td>
<td>370 Cal</td>
<td>12g</td>
<td>24g</td>
<td>31g</td>
<td>3g</td>
</tr>
<tr>
<td>Original High Protein Pineapple</td>
<td>320 Cal</td>
<td>9g</td>
<td>30g</td>
<td>27g</td>
<td>4g</td>
</tr>
</tbody>
</table>

**Tip**—add kale or carrot juice

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### JERRY’S SUBS & PIZZA

<table>
<thead>
<tr>
<th>Sub &amp; Pizza</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Carbs (g)</th>
<th>Protein (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Salad with Fat-Free Ranch</td>
<td>275 Cal</td>
<td>8g</td>
<td>16g</td>
<td>23g</td>
<td>16g</td>
</tr>
<tr>
<td>Small Chicken Philly</td>
<td>350 Cal</td>
<td>13g</td>
<td>37g</td>
<td>23g</td>
<td>3g</td>
</tr>
<tr>
<td>Regular Grilled Chicken Sub</td>
<td>552 Cal</td>
<td>8g</td>
<td>76g</td>
<td>41g</td>
<td>6g</td>
</tr>
<tr>
<td>Regular Veggie Melt</td>
<td>526 Cal</td>
<td>15g</td>
<td>75g</td>
<td>24g</td>
<td>7g</td>
</tr>
<tr>
<td>Veggie Pizza (8 inch/small, “best” pizza option)</td>
<td>552 Cal</td>
<td>21g</td>
<td>99g</td>
<td>23g</td>
<td>12g</td>
</tr>
</tbody>
</table>

**Sides**—side salad

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Contact Megan Lautz, MS, RDN, LDN, CPT for more information - Megan.Lautz@montgomerycountymd.gov