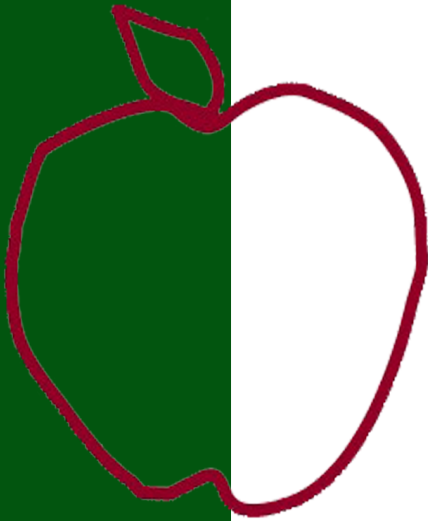


FAST FOOD FACTS



In today's busy world, eating fast food is a way of life. There are more fast foods than ever to choose from. This guide can help you make healthy, educated choices when eating out.

BURGER KING



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Hamburger	310	13	550	2 starch, 2 med. fat meat, 1 fat
Cheeseburger	350	17	770	2 starch, 2 med. fat meat, 2 fat
Whopper	700	42	1020	3 starch, 3 high fat meat, 3 fat
Whopper with cheese	850	49	1450	3 starch, 4 high fat meat, 3 fat
BK Big Fish Sandwich w/ tartar sauce	520	30	1340	3 starch, 1 high fat meat, 4 fat
Tender Crisp Chicken Sandwich w/out mayonnaise or sauce	570	35	1190	4 starch, 2 1/2 high fat meat
Original Chicken Sandwich w/out mayonnaise	450	16	1270	3 starch, 2 high fat meat , 1/2 fat
French Fries (medium)	360	18	640	2 1/2 starch, 3 1/2 fat
Onion Rings (medium)	320	16	460	3 starch, 3 fat
Tendergrill Garden Salad w/out dressing	230	8	720	1 starch, 3 1/2 lean meat, 2 vegetable

ARBY'S



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Roast Beef Sandwich	320	13	950	2 starch, 3 med. fat meat
Jr. Roast Beef Sandwich	270	9	740	1 1/2 starch, 2 med. fat meat
Beef-N-Cheddar	440	21	1270	2 starch, 3 1/2 med. meat, 1 fat
Chicken Breast Sandwich	500	25	1220	3 1/2 starch, 3 med. fat meat, 2 fat
Roast Chicken Club	470	25	1320	2 1/2 starch, 4 med. fat meat, 1 fat
Roast Turkey & Swiss	720	27	1790	5 1/2 starch, 5 1/2 med. fat meat
Southwest Chicken Wrap	550	30	1690	3 starch, 5 med. fat meat, 1 fat
Roast Beef & Swiss	780	39	1740	5 1/2 fat starch, 5 med. meat, 2 fat
French Fries, (small)	300	13	550	3 starch, 2 1/2 fat
Curly Fries, (small)	340	18	790	3 starch, 3 fat

WHITE CASTLE



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Hamburger (plain)	140	7	240	1 starch, 1 med. fat meat
Cheeseburger	160	9	360	1 starch, 1 med. fat meat
Fish (no tartar sauce) w/Cheese	180	8	150	1/2 starch, 1/2 high fat meat
Chicken Ring Sandwich	170	8	380	1 starch, 1 med. fat meat, 1 fat
French Fries (small)	310	15	250	2 1/2 starch, 3 fat

WENDY'S



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Jr. Hamburger , (1/4lb), plain	280	9	600	2 starch, 1 high fat meat
Hamburger (1/4lb), single w/ everything	410	19	890	2 1/2 starch, 3 med. fat meat, 1 fat
Big Bacon Classic	580	29	1400	3 starch, 3 high fat meat, 2 fat
Ultimate Grilled Chicken Sandwich	360	7	1100	3 starch, 4 lean fat meat
Homestyle Chicken Fillet Sandwich	540	22	1350	4 starch, 3 med. fat meat
Chili (small)	220	6	780	1 starch, 2 lean meat, 1 vegetable
French Fries (small)	280	14	270	2 1/2 starch, 2 fat
Broccoli & Cheese	340	3.5	430	4 1/2 starch, 1 vegetable
Bacon & Cheese Baked Potato	460	13	740	4 1/2 starch, 2 med fat meat
Chicken BLT Salad	410	20.5	965	4 med. fat meat, 2 vegt., 1 starch, 1 fat
Taco Supreme Salad w/o dressing	622	26	1670	4 1/2 starch, 4 med. fat meat, 1 fat
Mandarin Chicken Salad w/o dressing	360	15	720	4 lean meat 2 starch, 1 fat

DOMINO'S PIZZA



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Cheese Pizza 12" (medium) 2 slices (hand tossed)	372	11	770	3 starch, 1 1/2 med. fat meat, 1 fat
Pepperoni Pizza 12" (medium) 2 slices (hand tossed)	446	18	1043	3 1/2 starch, 2 med. fat meat, 2 fat
Veggie Pizza 12" (medium) 2 slices (hand tossed)	382	11	771	4 starch, 1 med. fat meat, 1 fat

CHICK-FIL-A



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Chicken Sandwich	410	16	1300	3 meat, 2 1/2 starch
Chargrilled Chicken Sandwich	270	3.5	940	3 lean meat, 2 starch
Chargrilled Chicken Club Sandwich (no dressing)	380	11	1240	4 lean meat, 2 starch
Chick-n-Strips (4)	290	13	730	4 lean meat, 1 starch
Chick-n-Strip Salad	390	18	860	4 med. fat meat, 1 1/2 starch
Chicken Salad Sandwich	350	15	880	3 lean meat, 2 1/2 starch
Chicken Cool Wrap (1)	390	7	1020	3 lean meat, 3 1/2 starch
Chicken Garden Salad	180	6	620	3 lean meat, 1/2 starch
Waffle Potato Fries (small)	270	13	115	3 starch, 2 fat

LONG JOHN SILVER'S



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Fish, battered dip (1)	230	13	700	1 starch, 1 1/2 med. fat meat, 1 fat
Ultimate Fish Sandwich	500	25	1310	3 starch, 2 med. fat meat, 3 fat
Chicken Plank	140	8	400	1/2 starch, 1 med. fat meat, 1/2 fat
Chicken Club Salad (No Dressing)	510	30	1550	2 1/2 starch, 4 med. fat meat, 2 fat
Shrimp & Seafood Salad (No Dressing)	260	12	820	1 1/2 starch, 2 med. fat meat, 1 fat
Fries	230	10	350	2 starch, 2 fat
Hushpuppy (1)	60	2.5	200	1/2 starch, 1 fat
Coleslaw	200	15	340	1 starch, 3 fat

TACO BELL



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Bean Burrito	370	10	1200	3 starch, 1 med. fat meat, 1 1/2 fat
Fiesta Burrito Chicken	370	11	1140	3 starch, 2 med. fat meat, 1 fat
Chalupa Supreme Chicken	370	21	550	2 starch, 2 med. fat meat, 2 fat
Taco	170	10	350	1 starch, 1 med. fat meat, 1 fat
Soft Taco	210	15	620	1 starch, 1 1/2 med. fat meat, 1 fat
Fiesta Taco Salad w/shell	860	46	1800	4 starch, 4 med. fat meat, 5 fat
Express Taco Salad without Chips	410	21	1300	4 starch, 3 1/2 med fat meat, 1 fat

PIZZA HUT



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Thin 'n Crispy Cheese Pizza medium, 2 slices	400	16	980	3 starch, 2 med. fat meat, 1 fat
Thin 'n Crispy Pepperoni Pizza medium, 2 slices	420	20	1100	3 starch, 1 med. fat meat, 3 fat
Hand-Tossed Cheese Pizza medium, 2 slices	480	16	1040	4 starch, 2 med. fat meat, 2 fat
Hand-Tossed Pepperoni Pizza medium, 2 slices	500	18	1140	4 starch, 3 med. fat meat, 1 fat
Pan Pizza Cheese, 2 slices	560	26	1000	4 starch, 4 med. fat meat
Pan Pizza Pepperoni Pizza medium, 2 slices	580	30	1120	4 starch, 4 med. fat meat
Personal Pan Pepperoni Pizza (Whole)	660	30	1370	5 starch, 4 med. fat meat, 2 fat



ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
Hamburger	260	9	530	2 starch, 1 med. fat meat, 1 fat
Cheeseburger	310	12	740	2 starch, 1 med. fat meat, 2 fat
Quarter Pounder	420	18	730	2 1/2 starch, 2 1/2 med. fat meat, 3 fat
Big Mac	560	30	1010	3 starch, 3 med. fat meat, 3 fat
Filet-O-Fish	400	18	640	3 starch, 2 med. fat meat, 2 fat
Premium Grilled Chicken Classic	420	9	1240	3 starch, 3 lean fat meat, 1 fat
Premium Crispy Chicken Classic	500	16	1380	4 starch, 2 1/2 med. fat meat, 1 fat
Chicken Nuggets (6 pcs)	250	15	670	1 starch, 2 med. fat meat, 1 fat
French Fries (small)	230	11	140	1 1/2 starch, 2 fat
Grilled Chicken Casar Salad w/out dressing	220	6	890	3 lean meat, 3 vegetable
Egg McMuffin	300	12	860	2 starch, 2 med. fat meat
Sausage Biscuit	410	26	990	2 starch, 1 med. fat meat, 4 fat
Bacon, Egg and Cheese Biscuit	440	24	1250	2 starch, 2 med. fat meat, 4 fat
Hash Brown	140	8	290	1 starch, 1 1/2 fat
Sausage Breakfast Burrito	300	16	760	1 1/2 starch, 1 1/2 med. fat meat, 2 fat
Hotcakes w/ syrup and margarine	600	17	620	6 1/2 starch, 3 1/2 fat

ITEM	CALORIES	FAT (gm)	SODIUM (mg)	EXCHANGES
<i>Original Recipe</i>				
Breast	380	19	1150	1 starch, 4 med. fat meat
Drumstick	140	8	440	2 med. fat meat
Thigh	360	25	1060	1 starch, 3 med. fat meat, 2 fat
Oven Roasted Twister® w/out sauce	510	23	1400	3 1/2 starch, 3 med. fat meat, 1 1/2 fat
<i>Extra Crispy</i>				
Breast	460	28	1230	1 1/2 starch, 4 med. fat meat, 1 fat
Drumstick	160	10	420	1/2 starch, 1 1/2 med. fat meat, 1/2 fat
Thigh	370	26	710	1 starch, 2 1/2 med. fat meat, 3 fat
Mashed Potatoes with Gravy	120	4.5	380	1 starch, 1 fat
Coleslaw	190	11	300	1 1/2 starch, 2 fat
Macaroni & Cheese	400	18	1920	3 starch, 2 high fat meat
Popcorn Chicken - Individual	380	21	1200	1 1/2 starch, 3 med. fat meat 1 fat
Boneless Honey BBQ Wings (6)	510	24	1670	3 starch, 4 med. fat meat, 1 fat
Crisp Strips (3)	400	24	1250	1 starch, 4 med fat meat, 1 fat