

UW HEALTH - ONLINE HEALTH FACT

Fast Food Restaurant Nutrient Guide

	Food Item	Calories	Total Fat (g)	Saturated* (g)	Cholesterol (mg)	Sodium (mg)
McDonald's	Cheese Burger	330	14	6	45	830
	Hamburger	255	9	3	35	490
	Quarter Pounder with Cheese	530	30	13	95	1310
	Big Mac	590	34	11	85	1090
	Fillet-O-Fish	470	26	5	50	890
	Chicken Nuggets (6 pc)	310	20	4	50	680
	Chicken McGrill	400	17	3	60	890
	Chicken McGrill w/o mayo	300	6	1.5	50	800
	Caeser Salad Shaker w/o dressing	100	2.5	1.5	40	240
	Medium French Fry	450	22	4	0	290
	Super Size French Fry	610	29	6.6	0	390
	Fruit & Yogurt Parfait	380	5	2	15	240
	Vanilla Shake-Triple Thick (16 oz)	570	16	11	65	400
	Vanilla Cone (reduced fat)	150	4.5	3	20	75
	Egg McMuffin	300	12	4.5	235	830
	Sausage McMuffin	370	23	8	45	790
	Bacon, Egg and Cheese Biscuit	480	31	10	250	1410
Burger King	Original Whopper	580	28	11	85	490
	Hamburger	300	13	5	40	325
	Breaded Chicken Sandwich	450	17	4.5	55	1180
	Chicken Whopper w/o mayo	370	7.5	2	75	1470
	Chicken Whopper JR w/o mayo	310	6	1	50	1100
	BK Veggie Sandwich w/o mayo	330	7.5	0	0	800
Wendy's	Classic Single w/everything	410	19	7	70	890
	Big Bacon Classic	570	29	12	100	1460
	Jr. Cheeseburger	310	12	5	45	870
	Spicy Chicken	430	15	3	60	1240
	Grilled Chicken w/o mayo	300	7	1.5	55	740
	Mandarin Chicken Salad	620	37	5	10	1520
	Chicken BLT Salad	690	47	12	85	1640
	Broccoli Cheese Potato	480	14	3	5	510
	Sour Cream and Chives Potato	370	6	4	15	40
	Chili w/o cheese (small)	200	6	2.5	35	870
	Chili w/ cheese (small)	270	12	6	40	980
	Chili w/o cheese (large)	300	9	3.5	50	1310

	Food Item	Calories	Total Fat (g)	Saturated* (g)	Cholesterol (mg)	Sodium (mg)
Taco Bell	Beef Taco	170	10	4	25	320
	Beef Soft Taco	220	7	4.5	25	560
	Chicken Soft Taco	190	7	2.5	35	480
	Soft Taco Supreme – Beef	260	14	7	35	580
	Soft Taco Supreme – Chicken	240	11	5	45	480
	Bean Burrito	370	11	3.5	5	1100
	Beef Burrito Supreme	440	18	7	35	1220
	Enchirito – Beef	370	18	9	45	1300
	Enchirito – Chicken	350	15	7	55	1220
	Taco Salad with Shell	830	51	14	60	1760
	Taco Salad w/o Shell	410	21	10	60	1500
	Cheese Quesadilla	490	29	12	55	1150
	Zesty Chicken Border Bowl	720	45	9	65	1670
	Chicken Border Bowl w/o dressing	460	19	5	30	1450
	Nachos	350	23	6	>5	660
	Nachos Bell Grande	810	48	14	30	1500
	Beef Supreme Gordita	320	17	6	35	610
	Chicken Supreme Gordita	300	13	5	45	530
Pintos & Cheese	180	7	3.5	15	660	
KFC	Tender Roast w/o sauce	270	5	1.5	65	690
	Tender Roast w/ sauce	400	19	3	65	820
	Original Recipe, Breast	370	19	6	145	1145
	Original Recipe, Thigh	360	25	7	165	1060
	Extra Crispy, Breast	470	28	8	135	1230
	Extra Crispy, Drumstick	160	10	2.5	70	415
	Hot and Spicy, Breast	450	27	8	130	1450
	3 Crispy Strips	400	24	5	75	1250
	Popcorn Chicken-individual	450	30	7	50	1030
	Hot Wings (6 pieces)	460	30	8	125	820
	Chicken Pot Pie	830	48	13	105	2230
	Mashed Potatoes w/ Gravy	120	5	1	0	460
	Cole Slaw	190	11	2	6	300
	BBQ Baked Beans	230	1	1	0	720
	Potato Salad	190	10	2	5	530
	Biscuit	190	10	3	0	560
	Subway	(values listed are for 6" size)				
Turkey Breast		280	4.5	1.5	20	1010
Roast Beef		290	5	2	20	910
Subway Club		320	6	2	35	1300
Tuna (made w/ mayo)		450	22	6	40	1190
Seafood & Crab (made w/ mayo)		390	14	5	35	1210
Classic B.M.T.		480	24	9	55	1900
Roasted Chicken		320	5	2	45	1000

	Food Item	Calories	Total Fat (g)	Saturated* (g)	Cholesterol (mg)	Sodium (mg)
Subway	Cold Cut Trio	410	16	6	45	1730
	Meatball	530	26	10	55	1360
	Veggie Delite	230	3	1	0	510
	Sweet Onion Chicken Teriyaki	370	5	1.5	50	1090
	Southwest Turkey Bacon	410	17	4.5	35	1230
(values listed are for 1 slice of medium pizza, approximately 1/6 of pizza)						
Pizza Hut	Cheese Pizza					
	Thin 'n Crispy	200	9	5	10	590
	Hand Tossed Style	240	10	5	10	650
	Pan	290	14	6	10	590
	Stuffed Crust	360	16	8	25	1090
	Veggie Lover's Pizza					
	Thin 'n Crispy	190	7	3	5	520
	Hand Tossed Style	220	8	3	5	580
	Pan	270	12	4	5	510
	Stuffed Crust	340	14	6	20	1030
	Chicago Dish	370	18	8	<5	310
	Supreme					
	Thin 'n Crispy	250	13	6	20	710
	Hand Tossed Style	270	12	5	20	730
	Pan	320	17	6	20	670
	Stuffed Crust	410	20	9	34	1220
	Chicago Dish	420	23	10	15	460
	Personal Pan Pizza (pepperoni)	620	28	11	30	1450
	Garlic Bread (1 slice)	150	8	1.5	0	240
	Bread Stick (1)	130	4	1.0	0	170
	Culver's	Butter Burger – single	312	13	4	57
Butter Burger – single w/ cheese		386	18.6	7.2	73.4	1207
Butter Burger – double		459	21.5	6.5	111	1156
Bacon Butter Burger Deluxe		712	45.5	17.2	166	1855
Philly Ribeye Steak Sandwich		343	13.6	7.3	49.2	1272
Norwegian Cod Filet Sandwich		603	34	10	68	1232
Grilled Chicken Breast Sandwich		308	9.2	2.8	49	1272
Grilled Chicken Caesar Salad		411	20	4.4	223	1286
Taco Salad with Shell		1131	89.3	31.3	77.6	1643
Grilled Chicken Cashew Salad		523	33.2	8.4	82.3	1369
Chef Salad		405	20.6	7.3	235	1918
French Fries – regular		357	14.7	7.3	0	252
Onion Rings		396	23.6	4.6	0	807
Lemon Ice		211	0	0	0	5.8
Frozen Custard Dish		312	18.4	11.3	113	85
Frozen Custard Waffle Cone		412	19.4	11.3	113	165

Turtle Sundae (small)	625	42	15.4	115.3	257.5
Vanilla Shake (16 oz.)	703	40.7	25.1	246.8	222.8

*** Saturated fat values do not include trans fat. Trans fat raises cholesterol and is found in most deep-fried foods, but values are not available.**

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Fast Food Choices

Is there any way to include fast foods in a healthy diet? Restaurant foods, especially “fast foods” are high in unhealthy fats, sodium and extra calories. These foods lack fiber and important vitamins and minerals. Here are some ways to make fast foods work for you:



1. Eat them less often. Don't rely on restaurant foods more than 3 times a week in order to have a healthy diet.
2. Resist the urge to order more than you need. Avoid “supersizing” or “two for the price of one” offers even though they seem cheaper. Meal deals provide too many calories for most people. A sandwich, fries, and drink are often more than 1000 calories.
3. Supplement a fast food sandwich with foods brought from home. For example, bring fruit, baby carrots with low-fat ranch dressing dip, pretzels, whole grain crackers or baked chips to round out your meal.

Listed below are some ways to eat lower calorie, more nutritious fast food meals:

McDonald's

Order a hamburger rather than a cheeseburger (the cheese adds saturated fat and more sodium) or Chicken McGrill (no mayo) and add fruit or whole grain crackers from home. Try honey mustard or barbecue sauces instead of mayo. Ask for sauces and dressings on the side so you can add as much as you like. Choose sandwiches that come with lettuce and tomato. Rotate sandwiches with salads or fruit 'n yogurt parfait.

Burger King

Have a Chicken Whopper patty (with barbeque or honey dipping sauce) or BK Veggie patty. Be sure to have tomato and lettuce on these sandwiches.

Taco Bell

Order a chicken soft taco and pintos (no cheese). Use hot sauces for flavor, but not fat. The pinto beans add half your daily fiber needs. Try a Fiesta Chicken burrito. Add side dishes from home either meal, instead of fried dishes.

Subway

Choose the subs with less than 6 grams of fat and opt for baked chips instead of fried. Choose a sub with mustard instead of oil, and opt for veggies instead of cheese.

KFC

Roast Chicken breast along with baked beans is a meal that's less than 500 calories. The baked beans are high in fiber and low in fat.

Pizza Hut

Have two slices of Thin 'n Crispy Veggie Lovers pizza for a lower fat and calorie choice. Choose of fresh veggies on the salad bar, but use small amounts of low fat dressing.

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