

FASTFOOD: Nutrition Information

This guide lists the calories, total fat, total carbohydrate, protein and sodium levels for a variety of fast foods. For comparison, the following guidelines are recommended for a person eating 2000 calories a day - limit fat to less than 65 (g) grams and sodium to 2400 milligrams (mg) per day. The key to success is to make wise choices when eating out and balance your intake with healthy choices at other meals. For nutrient analysis on all menu items, inquire at your local fast food restaurant or check the web sites for specific restaurants. (N/A information not available)

Food Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carb (g)	Protein (g)	Sodium (mg)
Arby's www.arbys.com							
Sausage Biscuit	436	31	9	0	28	10	1160
Market Fresh Roast Turkey & Swiss Sandwich	708	30	8	0.5	74	41	1677
Ham & Swiss Melt	268	5	2	0	35	17	1042
Regular Roast Beef	320	14	5	0.5	34	21	953
Beef 'N Cheddar	445	21	6	1.5	44	22	1274
Chicken Bacon 'n Swiss, grilled	443	17	4	0	40	38	1421
Philly Beef & Swiss Sub	610	27	7	1	62	29	1549
Southwest Chicken Wrap	563	30	9	1	42	32	1609
Popcorn Chicken, large	529	24	4	0	39	35	1354
Chopped Italian Salad (w/dressing)	499	42	13	1	13	16	1391
Curly Fries, large	604	36	7	0.5	70	8	1413
Potato Cakes (2)	246	18	4	1	26	2	391
Mozzarella Sticks, Regular (4)	426	28	13	1	38	18	1370
Burger King www.burgerking.com							
Croissan'wich w/sausage, egg & cheese	470	31	11	0.5	28	20	1030
French Toast Sticks, with Breakfast Syrup (5)	460	18	3	0	70	5	450
Hamburger	290	12	4.5	0.5	30	15	560
Cheeseburger	340	16	7	0.5	31	18	780
Original Whopper (w/cheese, w/ mayonnaise)	770	48	16	1.5	52	33	1450
Double Whopper (w/out cheese, w/ mayonnaise)	920	58	19	2.5	51	48	1100
Whopper Jr. (w/mayonnaise)	370	21	6	0.5	31	16	570
BK Fish Filet® Sandwich (w/ tarter sauce)	640	32	5	0.5	66	23	1540
Tendergrill Chicken® (w/out mayonnaise)	380	9	2	0	51	25	1130
Original Chicken Sandwich (w/ mayonnaise)	630	39	7	0.5	46	24	1390
Chicken Tenders® (6)	270	16	3.5	0	19	14	730
BK VEGGIE® "Burger" (w/out mayonnaise)	340	7	2	0	45	23	1015
Onion Rings (medium)	450	24	4	0	52	6	700
French Fries, large (salted)	580	28	6	0	74	6	990
Tendergrill™ Chicken Garden Salad (w/o dressing)	220	7	3.5	0	9	30	790
Ken's® Creamy Caesar Dressing (1-packet)	210	21	4	0	4	3	610
Ken's® Ranch Dressing (1 packet)	190	20	3	0	2	1	550
Chipotle Mexican Grill www.chipotle.com							
Chicken Burrito w/rice, black beans, guacamole, tomato salsa, cheese	1000	41	12.5	0	99	59	2280
Burrito Bowl w/rice, pinto beans, steak, corn salsa, guacamole, cheese	770	33.5	9.5	0	70	52	1580
Fajita Burrito	830	32	13	0	89	42	2020

Food Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carb (g)	Protein (g)	Sodium (mg)
Chipotle www.chipotle.com - continued							
Salad w/romaine lettuce, barbacoa, tomato salsa, cheese, vinaigrette	560	40	11.5	0	16	34	1865
Soft Taco (1 each) w/chicken, red tomatillo salsa, cheese, lettuce	425	18.5	8	0	23	44	1261
Crispy Taco (1 each) w/steak, green salsa, sour cream, cheese, lettuce	520	27.5	15	0	21	41	961
Chips & Guacamole	720	40	5.5	0	81	10	610
Gold Star Chili www.goldstarchili.com							
Plain Chili (8 oz)	213	12	N/A	N/A	8	18	1266
Veggie Chili Bowl	160	2	N/A	N/A	29	8	1160
Regular 3 Way (w/cheese)	648	30	N/A	N/A	59	35	1332
Regular 4 Way (w/cheese & onions)	665	30	N/A	N/A	63	35	1333
Regular 5 Way (w/cheese, onions & beans)	733	30	N/A	N/A	76	40	1628
Coney	286	14	N/A	N/A	30	12	842
Cheese Coney	343	18	N/A	N/A	31	15	930
Kentucky Fried Chicken-KFC www.kfc.com							
Original Recipe® whole wing (1)	110	7	1.5	0	3	9	310
Original Recipe® breast (1)	370	21	5	0	7	38	1050
Extra Crispy™ whole wing (1)	150	10	2	0	6	11	320
Extra Crispy™ breast (1)	490	31	7	0	17	38	1080
Popcorn Chicken, individual	400	26	4.5	0	22	21	1160
Honey BBQ Chicken Sandwich	310	4	1	0	42	23	810
Hot Wings® (5)	350	25	5	0	15	20	750
Crispy Twister	540	26	7	0	48	28	1430
Pot Pie	690	40	31	0	57	27	1760
Macaroni & Cheese	180	9	3	0	20	6	880
Mashed Potatoes w/gravy	130	4.5	1	0	20	2	550
Biscuit	180	8	6	0	23	4	530
Long John Silvers www.ljsilvers.com							
Regular Battered Fish, 1 piece	260	16	4	4.5	17	12	790
Chicken Plank®	140	8	2	2.5	9	8	480
Ultimate Fish Sandwich®	530	28	8	5	49	21	1400
Baked Cod, 1 piece	120	4.5	1	0	1	22	240
Battered Shrimp, 3 pieces	130	9	2.5	2.5	8	5	480
Shrimp Scampi, 8 pieces	110	5	1	0.5	1	16	610
Fries, large	310	14	3.5	3.5	45	3	460
Hushpuppy, 1 piece	60	2.5	0.5	1	9	1	200
Corn Cobette (plain)	90	3	0.5	0	14	3	0
Coleslaw	200	15	2.5	0	15	1	340
Rice	180	1	0.5	0	37	4	470
La Rosa's www.larosas.com							
Med. Cheese, Traditional, 1 slice	200	10	5	N/A	19	9	300
Med. Pepperoni Topper, Pan Style, 1 slice	370	22	9	N/A	30	14	620
Garlic Bread (2)	240	9	1.5	N/A	35	5	370
Philly Chicken Hoagy (w/o cheese, dressing, chips or pickle)	451	4	0.5	N/A	64	40	1346

Food Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carb (g)	Protein (g)	Sodium (mg)
La Rosa's www.larosas.com - continued							
Cheese Ravioli	661	26	10	N/A	80	30	1656
Spaghetti w/Meat Sauce	698	18	5	N/A	104	26	692
3 Veggie & 3 Cheese Calzone	860	34	15	N/A	105	35	1550
Minestrone Soup	130	2	0.5	N/A	22	5	1470
McDonald's www.mcdonalds.com							
Hash Browns	150	9	1.5	0	15	1	310
Egg McMuffin®	300	12	5	0	30	18	820
Sausage McMuffin® with egg	450	27	10	0	30	21	920
Hamburger	250	9	3.5	0.5	31	12	520
Cheeseburger	300	12	6	0.5	33	15	750
Quarter Pounder with cheese	510	26	12	1.5	40	29	1190
Big Mac®	540	29	10	1.5	45	25	1040
Filet-o-Fish® (w/out tartar sauce)	380	18	3.5	0	38	15	640
Chicken McNuggets (6)	280	17	3	0	16	14	600
McChicken® (w/mayonnaise)	360	16	3	0	40	14	830
Grilled Chicken Caesar Salad (w/out dressing)	220	6	3	0	12	30	890
Newman's Own® Ranch Dressing	170	15	2.5	0	9	1	530
Newman's Own® Low Fat Balsamic Vinaigrette	40	3	0	0	4	0	730
French fries, small	230	11	1.5	0	29	3	160
French fries, large	500	25	3.5	0	63	6	350
Oreo® McFlurry	550	17	9	1	88	13	250
Apple Dippers (w/out low fat caramel dip)	35	0	0	0	8	0	0
Fruit and Yogurt Parfait (w/granola)	160	2	1	0	31	4	85
Pizza Hut www.pizzahut.com							
Cheese Personal Pan 6"	640	27	12	0.5	70	29	1420
Meat Lover's Pan Pizza (1 medium slice)	330	18	7	0	27	15	820
Veggie Lover's® Pan Pizza (1 medium slice)	220	8	3	0	28	9	490
Cheese Thin 'N Crispy (1 medium slice)	190	8	4	0	22	9	540
Pepperoni Thin 'N Crispy (1 medium slice)	200	9	4	0	21	9	610
Veggie Lover's® Hand Tossed (1 medium slice)	200	7	3	0	27	8	530
Cheese Stuffed Crust (1 large slice)	340	14	8	0	39	15	910
Meat Lover's® Stuffed Crust (1 large slice)	480	26	12	0.5	39	22	1370
Meaty Marinara	510	24	10	1	48	25	1310
Mild Wings (2 pieces)	110	7	2	0	1	11	440
Cinnamon Sticks (2 pieces)	170	6	1.5	0	26	4	200
Rally's www.checkers.com							
Rallyburger	390	22	8	0	32	16	680
Rallyburger w/cheese	420	24	12	0	33	18	810
Big Bufford	570	36	18	1.5	31	31	1090
Chicken Sandwich, grilled	370	9	2	0	40	31	1110
Double Cheeseburger	510	31	17	1.5	31	29	1140
Skyline www.skylinechili.com							
Chili Spaghetti, w/ beans, small	260	9	N/A	0	28	16	1230
Chili Spaghetti, regular	450	18	N/A	0.5	43	28	2460

Food Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carb (g)	Protein (g)	Sodium (mg)
Skyline www.skylinechili.com - continued							
Regular 3 Way (w/cheese)	760	44	N/A	0.5	43	46	2850
Regular 4 Way (w/cheese & onions)	770	44	N/A	0.5	46	47	2850
Regular 5 Way (w/cheese, onions & beans)	840	45	N/A	0.5	58	51	2850
Black Beans and Rice Bowl	320	9	N/A	0	46	12	1090
Cheese Coney	340	22	N/A	0	17	18	730
Deluxe Burrito (chili & bean)	700	36	N/A	0	62	33	1060
Subway www.subway.com							
Cold Cut Combo, 6 inch (w/out dressing)	410	17	7	0.5	47	21	1530
Oven Roasted Chicken Breast, 6 inch	310	5	1.5	0	48	24	830
Meatball Marinara Sandwich, 6 inch (no dressing)	560	24	11	1	63	24	1590
Double Cheese Steak Sandwich, 6 inch (no dressing)	540	18	8	1	52	46	1510
Turkey Sandwich, 6 inch (no dressing)	280	4.5	1.5	0	46	18	1000
Classic Tuna Salad Sandwich, 6 inch (no dressing)	530	31	7	0.5	44	22	1010
Sweet Onion Chicken Teriyaki, 6 inch (no dressing)	370	5	1.5	0	59	26	1200
Taco Bell www.tacobell.com							
Taco Supreme	200	12	5	0	15	9	380
Fresco Style Grilled Steak Soft Taco	160	4.5	1.5	0	20	10	550
Fiesta Taco Salad w/shell and Salsa	820	43	10	1.5	80	30	1790
Chicken Fiesta Taco Salad w/Salsa	780	36	7	1	78	37	1830
Bean Burrito	350	9	3.5	0.5	54	13	1190
Burrito Supreme ® - Beef	410	15	7	1	51	17	1350
Chalupa Baja ® - Chicken	390	23	4	0	29	17	800
Gordita Supreme ® - Chicken (Fresco Style)	180	6	1	0	27	6	310
Nachos BellGrande®	760	42	8	3	77	19	1280
Wendy's www.wendys.com							
Classic Single (w/Everything)	430	20	7	1	37	25	870
Baconator®	830	51	23	2.5	35	56	1880
Ultimate Chicken Grill Sandwich	320	7	1.5	0	36	28	950
Spicy Chicken Fillet Sandwich	440	16	2.5	0	46	28	1300
Jr. Bacon Cheeseburger	310	16	6	0.5	25	17	670
Baked Potato (low fat sour cream, chives, butter)	320	4	2	0	63	8	50
Large Fries	550	26	4	0	72	7	480
Mandarin Orange Cup	80	0	0	0	19	1	15
Mandarin Chicken™(no dressing, almonds, noodles)	180	2	0.5	0	16	24	630
Mandarin Chicken™ (w/dressing, almonds, noodles)	550	25.5	3	0	49	31	1250
Side Salad (w/ Balsamic Vinaigrette dressing)	125	6	1	0	16	1	405
Chili, large	280	9	3.5	0.5	29	21	1240
Frosty™, small	320	8	5	0	52	9	150
White Castle www.whitecastle.com							
Hamburger	140	7	2.5	0.5	14	6	210
Cheeseburger	170	9	4	1	15	7	330
Fish Sandwich (w/tartar sauce & cheese)	190	8	2	1	20	10	430
Chicken Ring Sandwich (w/cheese)	200	10	3	1.5	19	9	500
Onion Chips, small	370	18	3	4	47	5	510
Chicken Rings (6)	340	23	4.5	4	15	18	670

