

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	460	31	17	0	33	13	1230
Market Fresh Roast Turkey & Swiss Sandwich	740	28	7	0	84	42	1850
Ham & Swiss Melt	300	8	3.5	0	37	18	1070
Regular Roast Beef	350	13	4.5	0.5	37	23	960
Beef 'N Cheddar	430	19	6	1	42	23	1220
Chicken Bacon 'n Swiss, Roast	470	19	6	0	43	32	1380
Philly Beef & Swiss Sub	570	27	8	1	55	29	1490
Arby-Q	370	10	3.5	0	51	19	1120
Popcorn Chicken, large	490	22	3.5	0	38	35	1340
Chopped Italian Salad (w/dressing)	520	43	16	0.5	15	20	1830
Curly Fries, large	640	34	5	0	76	8	1460
Potato Cakes (2)	260	14	2	0	16	2	440
Mozzarella Sticks, Regular (4)	430	23	9	0.5	36	20	1480
Burger King www.burgerking.com							
Croissan'wich w/sausage, egg & cheese	460	31	11	0.5	27	19	1000
French Toast Sticks, with Breakfast Syrup (5)	460	18	3	0	70	5	450
Hamburger	260	11	4	0	27	14	520
Cheeseburger	310	15	7	0.5	28	16	740
Original Whopper (w/cheese, w/ mayonnaise)	880	62	17	2	52	31	1380
Double Whopper (w/out cheese, w/ mayonnaise)	920	58	19	2.5	51	48	1090
Whopper Jr. (w/mayonnaise)	340	20	5	0.5	28	14	530
BK Fish Filet® Sandwich (w/ tarter sauce)	640	32	5	0.5	66	23	1370
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® (5)	230	13	2.5	0	16	11	380
BK VEGGIE® "Burger" (w/out mayonnaise)	340	8	1	0	46	23	1030
Onion Rings (medium)	450	24	4	0	52	6	700
French Fries, large (salted)	540	27	6	0	69	6	830
Tendergrill™ Chicken Garden Salad (w/o dressing)	270	9	3.5	0	17	30	900
Ken's® Creamy Caesar Dressing (1-packet)	210	21	4.5	0	4	2	610
Ken's® Ranch Dressing (1 packet)	190	20	3.5	0	2	1	550
Chipotle Mexican Grill www.chipotle.com							
Chicken Burrito w/rice, black beans, guacamole, tomato salsa, cheese	1000	41	13	0	103	59	2280
Burrito Bowl w/rice, pinto beans, steak, corn salsa, guacamole, cheese	770	34	10	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	555	40	12	0	18	33	1860
Soft Taco (1 each) w/chicken, red tomatillo salsa, cheese, lettuce	625	25	10	0	53	49	1730
Crispy Taco (1 each) w/steak, green salsa, sour cream, cheese, lettuce	610	31	16	0	34	43	790
Chips & Guacamole	720	40	6	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)	140	8	2	0	4	12	390
Original Recipe® breast (1)	320	15	3.5	0	4	42	710
Extra Crispy™ whole wing (1)	190	13	2.5	0	6	12	410
Extra Crispy™ breast (1)	510	33	7	0	16	39	1010
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	120	4	1	0	19	2	530
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	200	13	2.5	0	3	17	650
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
La Rosa's www.larosas.com - continued							

Food Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carb (g)	Protein (g)	Sodium (mg)
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
Caesar Salad with Grilled Chicken (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"	590	24	10	0.5	69	26	1290
Meat Lover's Pan Pizza (1 medium slice)	330	18	7	0	27	14	840
Veggie Lover's® Pan Pizza (1 medium slice)	230	9	3.5	0	28	10	500
Cheese Thin 'N Crispy (1 medium slice)	190	8	4	0	22	9	550
Pepperoni Thin 'N Crispy (1 medium slice)	210	9	4	0	21	9	610
Veggie Lover's® Hand Tossed (1 medium slice)	200	7	3.5	0	27	9	540
Cheese Stuffed Crust (1 large slice)	350	14	8	0	39	16	910
Meat Lover's® Stuffed Crust (1 large slice)	480	26	12	0.5	39	22	1390
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
Frank's® Red Hot® Chicken Sandwich	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
Skyline www.skylinechili.com - continued							

Food Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carb (g)	Protein (g)	Sodium (mg)
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	16	6	0.5	48	21	1450
Oven Roasted Chicken Breast, 6 inch	320	4.5	1.5	0	49	23	750
Meatball Marinara Sandwich, 6 inch (no dressing)	580	23	9	1	70	24	1530
Big Philly Cheese Steak Sandwich, 6 inch (no dressing)	520	18	9	0.5	54	39	1570
Turkey Sandwich, 6 inch (no dressing)	280	3.5	1	0	47	18	910
Classic Tuna Salad Sandwich, 6 inch (no dressing)	530	30	6	0.5	48	21	930
Sweet Onion Chicken Teriyaki, 6 inch (no dressing)	380	4.5	1	0	60	26	1010
Taco Bell www.tacobell.com							
Taco Supreme	200	12	5	0	15	9	350
Fresco Style Grilled Steak Soft Taco	160	4.5	1.5	0	21	9	600
Fiesta Taco Salad w/shell and Salsa	770	41	10	1	75	27	1650
Chicken Ranch Taco Salad w/dressing	910	54	10	0.5	71	35	1660
Fresco Bean Burrito	340	8	2.5	0	56	12	1290
Fresco Burrito Supreme ® - Steak	330	8	3	0	49	16	1340
Chalupa Baja ® - Chicken	390	23	4	0	29	17	770
Gordita Supreme ® - Chicken (Fresco Style)	200	8	1	0	27	6	340
Volcano Nachos	1000	62	9	1	89	22	1930
Wendy's www.wendys.com							
Classic Single (w/Everything)	470	21	8	1	43	27	940
Baconator®	600	33	13	1.5	42	35	1360
Ultimate Chicken Grill Sandwich	350	7	1.5	0	41	29	1000
Spicy Chicken Fillet Sandwich	470	16	3	0	55	27	1250
Jr. Bacon Cheeseburger	310	16	6	0.5	25	17	670
Baked Potato (low fat sour cream, chives, butter)	370	9	3	0	63	8	140
Large Fries	540	26	5	0	71	7	500
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)	540	25	3	0.5	50	31	1260
Side Salad (w/ Italian Vinaigrette dressing)	160	11	1.5	0	15	2	350
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	0.5	15	7	330
Fish Sandwich (w/tartar sauce & cheese)	186	8	2	1	19	9	430
Chicken Ring Sandwich (w/cheese)	198	10	3	1.5	19	8	504
Onion Chips, small	480	23	4	5	62	7	670
Chicken Rings (6)	310	20	4	0	17	15	690

