

GMHC'S Nutrition & Wellness Program

Quick Guide to Common Fast Food Restaurants

CHOOSE:

AVOID:

McDonald's

Chicken McGrill w/o mayo
Plain Hamburger w/o mayo
Small French Fries
Garden Salad
Grilled Chicken Caesar Salad
Fat Free Herb Vinaigrette
Plain Biscuit
English Muffin Plain
Lowfat Apple Bran Muffin
Vanilla Reduced Fat Ice Cream Cone
Diet Sodas, 1% Milk, Orange Juice

Chicken McNuggets
Big Mac
Super Size French Fries
Chef Salad
Filet of Fish
Ranch Dressing
Sausage Biscuit
Steak, Egg, Cheese Bagel
Danish or Cinnamon Rolls
McFlurry's or Cookies
Regular Sodas

Wendy's

Plain Single w/o mayo
Grilled Chicken Sandwich
Garden Veggie Pita
Deluxe Garden Salad
Garden Spot Salad Bar
Caesar Side Salad (w/o Caesar Drsg)
Reduced Fat Reduced Cal Italian
Fat Free French
Bkd Potato(plain or w/ sour crm)
Small Frosty Dairy Dessert
Tea, Coffee, Diet Soda

Big Bacon Classic
Chicken Club Sandwich
Taco Salad
Grilled Chicken Salad

Caesar Side Salad with Caesar Drsg
Italian Caesar
Blue Cheese
Chili Cheese Baked Potato
Large Frosty Dessert or Cookie
Regular Soda

Burger King

Plain Hamburger w/o mayo
Cheeseburger w/o mayo
BK Broiler w/o mayo
Chicken Crisp w/o mayo
4 piece Chicken Tenders
Small French Fries
Small Hash Browns
Plain Biscuit
Small Vanilla Shake
Dutch Apple Pie
Diet Coke , Orange Juice

Whoppers & Double Whoppers
Bacon Double Cheeseburger
BK Big Fish Sandwich
Chicken Sandwich
8 piece Chicken Tenders
King Size French Fries
Croissanwiches
Sausage,Egg,Cheese Biscuit
Mdm Chocolate or Strawberry
Shake
Regular Coke

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Taco Bell

Chicken Soft Taco
Chicken Enchirito
Bean Burrito
Chicken Fiesta Burrito
Mexican Rice
Tostada
Diet Sodas

Double Decker Taco Supreme
Chalupas or Gorditas
Taco Salad
Double Burrito Supremes
Nachos Bell Grande
Mucho Grande Nachos
Regular Sodas

Subway

6" on Country Wheat or Wheat
Ham
Roast Beef
Turkey Brst w/ or w/o Ham
Veggie Delite
Light Mayonnaise, Mustard, Vinegar
Any 7 under 6 Salad
Fat Free Salad Dressings

Baked Chips

12" Asiago, Sesame Italian, Prmsn Oreg
Meatball
Cold Cut Trio
BMT
Tuna
Mayo, Cheese, Bacon
Asiago Caesar Chicken Wrap

Breakfast Sandwiches
Regular Potato Chips

Blimpie

6" on Wheat or Marbled Rye
Turkey
Roast Beef
Veggie Max
Grilled Max
Mexi Max
Italian Pasta Supreme Salad
Tossed Green Salad
Cream of Potato Soup
Fat Free or Light Italian Dressing
Baked Potato Chips

12" on Mission rolls & wraps
Tuna
Steak & Cheese
Cheese Trio
Italian Meatball
Wraps
Macaroni Salad
Potato Salad
Chicken Soup
Buttermilk or Blue Cheese Dressing
Potato Chips