

Restaurant****	Not Good Choice	Better Choice	Best Choice*
Carl's Jr	Double Western Bacon Cheeseburger (1010 calories, 55 grams fat, 1980 mg sodium, 4 grams fiber)	Carl's Famous Star (670 calories, 37 grams fat, 1210 mg sodium, 3 grams fiber)	BBQ Chicken Sandwich (390 calories, 7 grams fat, 990 mg sodium, 3 grams fiber)
Green Burrito	Green Chicken Burrito (930 calories, 31 grams fat, 1780 mg sodium, 6 grams fiber)	Grilled Beef Burrito (850 calories, 35 grams fat, 1720 mg sodium, 8 grams fiber)	Bean, Rice, Cheese Burrito (730 cals, 26 grams fat 1190 grams sodium, 6 grams fiber)**
McDonald's	Big Mac (540 calories, 28 grams fat, 940 mg sodium, 3 grams fiber)	Quarter Pounder without cheese (430 calories, 20 grams fat, 700 mg sodium, 2 grams fiber)	Artisan Grilled Chicken Sandwich (380 calories, 6 grams fat, 1120 mg sodium, 2 grams fiber)
Kentucky Fried Chicken	Extra Crispy Drumstick Traditional meal (630 calories, 36 grams fat, 1590 mg sodium, 6 grams fiber)***	Original Recipe Drumstick Traditional Meal (590 calories, 32 grams fat, 1630 mg sodium, 7 grams fiber)	Kentucky Grilled Drumstick Traditional Meal (540 calories, 28 grams fat, 1420 mg sodium, 6 grams fiber)
Subway	Ultimate Spicy Italian Footlong without cheese or extras (1470 calories, 104 grams fat, 3430 mg sodium, 6 grams fiber)	Spicy Italian Footlong without cheese or extras (900 calories, 49 grams fat, 2470 mg sodium, 5 grams fiber)	Cold Cut Combo Sandwich without cheese or extras (650 calories, 24 grams fat, 2130 mg sodium, 5 grams fiber)
Pizza	Pepperoni, Sausage	Ham and Pineapple	Vegetables, Chicken
Taco Bell	Nachos BellGrande (750 calories, 38 grams fat, 1310 mg sodium, 13 grams fiber)	Nachos Supreme (440 calories, 23 grams fat, 850 mg sodium, 8 grams fiber)	Double Tostada (270 calories, 11 grams fat, 660 mg sodium, 8 grams fiber)
Panda Express	Chow Mein/Fried Rice (510/520 calories, 20/16 grams fat, 860/850 mg sodium, 6/1 grams fiber)	White Rice (400 calories, 0 grams fat, 0 mg sodium, 0 grams fiber)	Brown Rice (400 calories, 4 grams fat, 15 mg sodium, 4 grams fiber)
	Beijing Beef (470 calories, 26 grams fat, 610 mg sodium, 1 gram fiber)	Shanghai Angus Steak (310 calories, 19 grams fat, 790 mg sodium, 1 gram fiber)	Broccoli Beef (150 calories, 7 grams fat, 520 mg sodium,)

*The main thing about eating out is the sodium. There are unbelievable amounts of sodium in fast food. No matter how many times I do this, I am still so appalled at how much sodium is packed into

one little burger or burrito or sandwich. So, even though I can stay within my calories allowance when I eat out, I am so horrified by the sodium content every time I enter it into MyFitnessPal, the next time I'm much less inclined to want to eat out. Of course, it helps that I have a husband that likes to cook.

**Calories are not low – one BRC burrito has 730 calories This is a good example of how you need to be aware of calories if you are watching your weight. Even though BRC burrito is the “heart healthiest” choice, it is still high in calories. Just because it’s “healthy” doesn’t mean it’s low in calories. In this situation, you can cut your burrito in half, eat half now, bring the other half home and eat it later.

***Traditional meal 1 side each of mashed potatoes and gravy, coleslaw, and biscuit (not including butter or honey)

****These are just examples of choices available. These restaurants, and others like them, have tons more choices. The point is to check the nutrition facts before you order (or after for reference). All restaurants are required by law to provide nutrition facts, and 99.9% of restaurants nowadays have websites.

Any restaurant – For drink, choose water, milk, 100% juice in place of regular soda.