



fast food

a guide to healthier choices



KAISER PERMANENTE®

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Kaiser Permanente does not endorse any product or food mentioned in this booklet. Nutritional analyses are based on data provided by the food distributors.

fast food

Eating fast food meals has become very common. Unfortunately, foods in both fast food and regular restaurants usually have too much unhealthy fat, salt, and calories. The average meal can be 1,500 to 2,000 calories! There are few fruits and vegetables and almost no whole grains on fast food menus. Keep asking for them—maybe one day they will be more available. Try to limit eating out to once a week or less. Learn about better choices and how to order to improve the choices you do have.

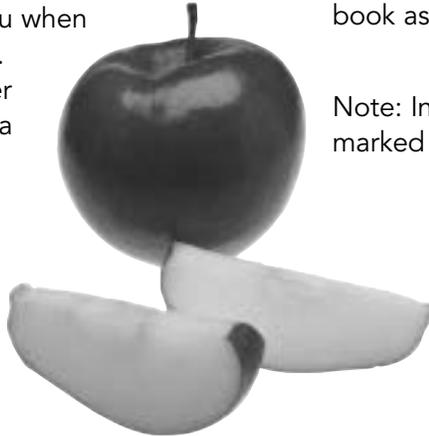
Don't be fooled into thinking fast food is a bargain. While the meal may be cheap now, you could end up paying for it with poor health in the long run.

Here are some things you can do to cut down on unhealthy fats, salt, and calories:

- Hold the mayonnaise, secret sauce, and cheese. If you have guacamole, use just a little.
- Skip breaded, batter-coated, and fried items like fried fish, chicken nuggets or strips, fries, fried zucchini, or onion rings. Order grilled or broiled items instead.
- Ask for a green side salad instead of fries, macaroni salad, potato salad, or coleslaw. Use lemon juice, vinegar, salsa, or light or diet salad dressing. When you use a regular salad dressing, choose a healthier, oil-based dressing. Ask for it on the side so you can limit your serving to 1 to 2 tablespoons.
- Order salads without high-fat additions like bacon bits, cheese, and croutons. Nuts and seeds contain a healthy kind of fat, but limit portion sizes to control the calories you eat.
- Remember that croissants, biscuits, bacon, sausage, hash browns, most desserts, and shakes are very high in fat and calories.
- Limit salt, especially if you have high blood pressure. Ask to have items prepared without salt, cheese, pickles, soy sauce, and other sauces. If you leave the pickle, mayonnaise, and ketchup off a burger, you save about 500 mg of sodium.
- Order a small serving. Avoid foods described with words like large, double, super, grande, supreme, or deluxe. Share large servings with someone else.

how to use this guide

- Make a trade-off. If you really want to have a burger, order a small one, skip the fries, and order a healthier side dish. Instead of a shake or soda, order fruit juice or iced tea.
- Be careful in your local coffee house or smoothie shop. These can really pack on the calories, fat, and sugar. Order coffee with nonfat milk instead of whole milk, cream, half and half, nondairy creamer, or breve. If you want flavoring, ask for sugar-free or use cinnamon. Make a healthier smoothie at home instead.
- Think about bringing raw vegetables or fruits with you when you leave the house. Bring your own water instead of choosing a high-calorie drink.



Use this guide to help you make better choices when you are eating food away from home. You can compare and choose foods that are lower in calories, sodium, and saturated and trans fats. If you have diabetes or pre-diabetes, information on carbohydrates and carbohydrate servings can help you control your blood sugar.

Not all foods listed are good choices. We have included many poor choices so you can see how much fat, calories, sodium, or carbohydrates the foods have. If you have been given a limit on the number of calories or grams of carbohydrates you can eat in a day, use this book as a guide to help you meet your health goals.

Note: Information for some categories was not available. This is marked as "NA" in the food charts.

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Beverages—Any Restaurant												
<i>Beverages are fluid measure, no ice</i>												
Coffee, black, 10 oz.	5	0	0	0	0	0	0	3	0	0	0	0
Hot chocolate, 6 oz.	113	2	24	1	0.5	0	8	146	1	1.5	0	0
Milk, whole, 8 oz.	160	8	12	8	5	0	27	120	0	1	1	0.5
Milk, low-fat, 1%, 8 oz.	100	8	12	2.5	1.5	0	23	124	0	1	0	0.5
Chocolate milk, low-fat, 8 oz.	158	8	26	2.5	1.5	0	14	153	1	2	0	0
Iced tea, plain, 16 oz.	0	0	0	0	0	0	0	0	0	0	0	0
Iced tea, raspberry, 16 oz.	200	0	42	0	0	0	0	101	0	3	0	0
POWERAde, 16 oz.	112	0	30	0	0	0	0	96	0	2	0	0
Lemonade, regular, 16 oz.	180	0	40	0	0	0	0	20	0	3	0	0
Lemonade, light, 16 oz.	8	0	1	0	0	0	0	7	0	0.5	0	0
Cola, regular, 16 oz.	194	0	56	0	0	0	0	66	0	4	0	0
Cola, diet, 16 oz.	0	0	0	0	0	0	0	20	0	0	0	0
Lemon-lime soda, regular, 16 oz.	192	0	52	0	0	0	0	94	0	3	0	0
Lemon-lime soda, diet, 16 oz.	5	0	1	0	0	0	0	10–50	0	0	0	0
Root beer, regular, 16 oz.	222	0	60	0	0	0	0	48	0	4	0	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Burger King (bk.com)												
French Toast Sticks, 5	390	9	43	22	4.5	3	51	440	2	3	4	0
Hash Browns, small	260	2	25	17	4.5	5	59	500	2	1.5	3	0
Croissan'wich, Egg & Cheese	300	12	26	17	6	2	51	740	<1	1.5	3	1
Enormous Omelet Sandwich	730	37	44	45	16	1	55	1940	2	3	4	4
Side Garden Salad*	15	1	3	0	0	0	0	0	1	0	0	0
Tendergrill Chicken Garden Salad*	240	33	8	9	3.5	0	34	720	4	0.5	0	3.5
Tender Crisp Chicken Garden Salad*	400	30	27	21	6	3.5	47	1030	4	2	0	3
Tendergrill Chicken Sandwich**	400	36	49	7	1.5	0	16	1090	4	3	0	4
Original Chicken Sandwich**	430	26	48	15	3.5	2.5	31	1010	2	3	2	2.5
BK Veggie Burger	420	23	46	16	2.5	0	34	1100	7	3	2	2
Hamburger	290	15	30	12	4.5	0.5	37	560	1	2	1	1
Whopper Jr.	370	16	31	21	6	0.5	51	570	2	2	3	1
Whopper with Cheese **	610	33	52	30	14	1.5	44	1310	3	3.5	3	3

*Without dressing or croutons. **Without mayonaise.

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Burger King (continued)												
Steakhouse Burger	950	40	55	59	21	2	56	1950	4	3.5	8	4
Chicken Tenders (5 pieces)	230	15	11	14	3.5	2	55	540	1	1	1	1.5
Fries, small (salted)	230	2	26	13	3	3	51	380	2	2	2	0
Onion Rings, small	140	2	18	7	1.5	1	45	210	2	1	1	0
Strawberry-Flavored Applesauce	90	0	23	0	0	0	0	0	<1	1.5	0	0
Vanilla Shake, small	400	8	57	15	9	0	34	240	0	4	2	0
Apple Fries with Carmel Dipping Sauce	60	0	16	0	0	0	0	25	1	1	0	0
Carl's Jr. (carlsjr.com)												
Sourdough Breakfast Sandwich	460	28	39	21	9	NA	41	1050	2	2.5	1	3
Bacon and Egg Burrito	570	30	37	33	11	NA	52	990	1	2.5	3	3
Sunrise Croissant Sandwich	560	20	27	41	15	NA	76	970	1	2	5	2
Charbroiled BBQ Chicken Sandwich	360	34	48	4.5	1	NA	11	1150	4	3	0	3.5

Carl's Jr. (continued)	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Charbroiled Santa Fe Sandwich	610	37	43	32	8	NA	47	1540	4	3	2	4
Charbroiled Chicken Salad, no dressing	260	34	16	7	3.5	NA	24	710	5	0	0	4
Side Salad, no dressing	50	3	5	2.5	1.5	NA	45	60	2	0	0	0
House Dressing	220	1	2	22	3.5	NA	90	440	0	0	4.5	0
Low-Fat Balsamic Dressing	35	0	5	1.5	0	NA	39	480	0	0	0	0
Kids Hamburger	460	24	53	17	6	NA	33	1060	2	3.5	1	2
Famous Star with Cheese	660	27	53	39	12	NA	53	1260	3	3.5	5	2
Western Bacon Cheeseburger	710	32	70	33	12	NA	42	1480	3	4.5	3	3
The Six Dollar Burger	1010	40	60	68	27	NA	61	1980	3	4	8	4
Low Carb Six Dollar Burger	490	33	6	37	15	NA	68	1290	2	0.5	3	4.5
Jalapeno Burger	720	27	50	45	8	NA	56	1320	3	3	6	2.5
Strawberry Shake	700	14	84	33	23	NA	42	240	0	5.5	5.5	0
French Fries, small	290	5	37	14	3	NA	43	180	3	2.5	2	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Dairy Queen (dairyqueen.com)												
Grilled Chicken Salad, no dressing	320	31	14	11	5	0	31	890	4	0	2	3.5
Side Salad, no dressing	45	2	11	0	0	0	0	50	3	0	0	0
Grilled Flame Thrower Chicken Sandwich	630	34	34	36	9	0	51	1580	2	2	4	4
DQ Original Burger	350	17	33	14	7	0.5	36	680	1	2	2	1.5
All Beef Hot Dog	250	9	21	14	5	0	50	770	1	1.5	2	1
French Fries, small	290	3	40	13	2.5	2	30	620	4	2.5	2	0
Vanilla Soft Serve, 1/2 cup	150	3	22	5	3	0	30	70	0	1.5	1	0
Chocolate Soft Serve, 1/2 cup	150	4	22	5	3.5	0	30	75	0	1.5	1	0
Vanilla Cone, small	240	6	32	7	4.5	0	26	110	0	2	1.5	0
Dipped Cone, small	340	6	36	16	10	1	42	120	0	2.5	3	0
Mocha Moo Latte, 16 oz.	590	8	84	23	15	0	35	200	0	5.5	3.5	0
Banana Split	530	8	98	14	10	0	24	180	3	6.5	1.5	0
Oreo Cookies Blizzard, small	560	11	83	21	10	0	34	430	<1	5.5	3	0
DQ Fudge Bar, no sugar added	50	4	13	0	0	0	0	70	6	1	0	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Dairy Queen (continued)												
DQ Vanilla Orange Bar, no sugar added	60	2	18	0	0	0	0	45	6	1	0	0
Del Taco (deltaco.com)												
Breakfast Burrito	250	10	24	11	6	NA	40	520	1	1.5	1	1
Macho Bacon & Egg Burrito	1030	40	82	60	20	NA	52	1760	6	5.5	8	3
Bacon & Egg Quesadilla	450	21	40	23	12	NA	46	920	2	2.5	2	2
Chicken Taco Del Carbon	170	12	19	5	1	NA	26	530	2	1	1	1
Taco	160	7	11	10	4	NA	56	150	1	1	1	0.5
Big Fat Chicken Taco	340	18	38	13	4	NA	34	840	3	2.5	2	1
Spicy Chicken Burrito	510	28	68	17	10	NA	30	1850	8	4.5	1	2
Veggie Works Burrito	490	18	69	18	11	NA	33	1660	9	4	2	1
Bean & Cheese Red Burrito	270	11	38	8	5	NA	27	1020	6	2.5	1	0.5
Half-Pound Green Burrito	430	20	59	12	9	NA	25	1690	13	4	1.5	1
Spicy Jack Cheese Quesadilla	490	23	38	26	17	NA	48	920	2	2.5	3	2

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Del Taco (continued)												
Chicken Cheddar Quesadilla	603	36	43	32	21	NA	48	1240	2	3	2	4
Deluxe Chicken Salad	740	33	77	34	15	NA	41	2610	15	4	5	2
Domino's Pizza (dominos.com)												
12-inch Pizza, Cheese, 1 slice												
Thin	130	5	14	8.5	2.5	0	59	245	1	1	1.5	0
Hand Tossed	210	9	30	8	3	0	34	340	1	2	1	0.5
Deep Dish	225	8	27	12	3.5	0	48	525	3	2	2	0
14-inch Pizza, Cheese, 1 slice												
Thin	180	7	20	9.5	3	0	48	340	2	1	1	0.5
Hand Tossed	290	12	42	9	3.5	0	28	470	3	3	1	0.5
Deep Dish	320	11	40	14	5	0	39	740	5	2.5	2	0.5
14-inch Pizza, Pepperoni, 1 slice												
Thin	230	9	20	14	4.5	0	55	530	2	1	2	1
Hand Tossed	340	14	42	13.5	5	0	36	660	3	3	1	1
Deep Dish	370	13	40	18.5	6.5	0	45	930	5	2.5	2	1

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Domino's Pizza (continued)												
14-inch Pizza, Vegetarian Feast, 1 slice, Thin	230	10	22	12.5	4.5	0	49	500	2	1.5	1.5	1
Breadsticks, 1	130	3	14	7	1.5	0	48	90	1	1	1	0
Hot Buffalo Wings, 1	85	9	2	4	1.5	0	57	250	0	0	0	1
El Pollo Loco (elpolloloco.com)												
Chicken Breast, no skin	180	35	0	4	1	0	20	560	0	0	0	5
Chicken Breast, with skin	220	36	0	9	3	0	37	620	0	0	1	5
Chicken Leg, with skin	90	12	0	4	1	0	40	170	0	0	0.5	1.5
Chicken Thigh, with skin	220	21	0	15	5	0	61	320	0	0	2	3
Skinless Breast Meal	310	35	17	12	5	0	35	780	5	1	1	4.5
Classic Chicken Burrito	500	30	63	14	6	0	25	1230	6	4	1	2.5
BRC Burrito	390	14	61	10	5	0	23	880	6	4	0	0.5
Pollo Bowl	540	31	85	4	1	0	7	1590	11	5.5	0	3

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
El Pollo Loco (continued)												
Caesar Bowl	520	28	45	25	5	0	43	1100	4	3	3.5	2.5
Loco Salad, with creamy cilantro dressing	170	3	7	14	3	0	74	210	1	0	3	0
Caesar Pollo Salad, no dressing	220	25	15	7	2	0	29	580	4	0	0.5	2.5
Taco al Carbon	150	11	17	5	2	0	30	290	1	1	0.5	1
Fresh Vegetables, no margarine	35	2	8	0	0	0	0	35	3	0	0	0
Spanish Rice	160	3	34	1	0	0	6	420	1	2	0	0
Pinto Beans	140	9	25	0	0	0	0	330	7	1.5	0	0.5
Garden Salad	120	5	9	7	4	0	53	290	2	0	1	0
Corn Cobbette	90	2	19	1	0	0	10	0	2	1	0	0
Carmel Flan	290	5	41	12	10	0	37	135	0	3	1.5	0
Chicken Tortilla Soup, no tortilla strips	140	15	8	6	2	0	39	1040	2	0.5	0	2

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
In-N-Out (in-n-out.com)												
Hamburger	390	16	39	19	5	0	44	650	3	2.5	2.5	1
“Protein-Style”	240	13	11	17	4	0	67	370	3	1	1.5	1.5
Double-Double	670	37	39	41	18	1	55	1440	3	2.5	3.5	4
French Fries	400	7	54	18	5	0	41	241	2	3.5	3	0
Chocolate Shake, 15 oz.	690	9	83	36	24	1	47	350	0	5.5	6	0
Jack in the Box (jackinthebox.com)												
Breakfast Jack	290	17	29	12	4.5	0	37	760	1	2	0.5	1.5
Meaty Breakfast Burrito with Salsa	620	33	40	36	14	0.5	52	1520	5	2.5	3	3.5
Asian Chicken Salad, with grilled chicken strips, no dressing	160	22	18	1.5	0	0	8	380	5	0	0	2
Southwest Chicken Salad, with grilled chicken strips, no dressing	310	31	28	12	5	0	35	840	7	1	1	3
Chicken Fajita Pita	300	23	33	9	3.5	0	27	1090	4	2	0	2.5

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Jack in the Box (continued)												
Chipotle Chicken Ciabatta Sandwich, with grilled chicken	690	44	65	28	9	0	37	1850	4	4	4	4.5
Jack's Spicy Chicken	620	25	61	31	6	3	45	1100	4	4	4.5	2
Jumbo Jack	600	21	51	35	12	1.5	53	940	3	3.5	3.5	2
Sourdough Jack	710	27	36	51	18	3	65	1230	3	2.5	7.5	2.5
Ultimate Cheeseburger	1010	40	53	71	28	3	63	1580	2	3.5	9.5	4
Regular Beef Taco	160	5	15	8	3	1	45	270	2	1	1	0.5
Monster Beef Taco	240	8	20	14	5	2	53	390	3	1	2	1
Egg Rolls, 3	400	14	44	19	6	3	43	920	6	3	3	1
Stuffed Jalapenos, 3	230	7	22	13	6	2	51	690	2	1.5	2	0.5
Side Salad	50	3	5	3	1.5	0	54	260	2	0	0.5	0
Lite Ranch Dressing	150	1	3	15	2.5	0	90	560	0	0	3	0
Low-Fat Balsamic Dressing	35	0	5	1.5	0	0	39	480	0	0	0	0
Onion Rings (8)	500	6	51	30	6	10	54	420	3	3	5.5	0
Seasoned Curly Fries, medium	400	6	45	23	5	7	52	890	5	3	4	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Jamba Juice (jambajuice.com) <i>Beverages, 16-ounce serving</i>												
Berry Fulfilling	150	6	30	0.5	NA	NA	3	NA	3	2	0	0
Banana Berry	280	3	67	1	NA	NA	3	NA	3	4	0	0
Bright Eyed and Blueberry	220	11	43	0.5	NA	NA	2	NA	2	3	0	0
Peanut Butter Moo'd	530	16	94	11	NA	NA	19	NA	4	6	1	0
KFC												
Roasted Caesar Salad, no dressing or croutons	220	30	6	8	4.5	0	33	830	3	0.5	0	4
Caesar Side Salad, no dressing or croutons	50	4	2	3	2	0	54	135	1	0	0	0
Hidden Valley Ranch, fat-free dressing	35	1	8	0	0	0	0	140	0	0.5	0	0
Honey BBQ Sandwich	280	22	40	3.5	1	0	11	780	3	2.5	0	2

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
KFC (continued)												
Tender Roast Sandwich, no sauce	300	37	28	4.5	1.5	0	14	1060	2	2	0	4
Original Recipe Chicken, breast	360	37	7	21	5	0	53	1020	0	0.5	2	5
Extra Crispy Chicken, breast	440	34	15	27	6	0	55	970	0	1	3.5	4.5
Original Recipe Chicken, drumstick	130	12	2	8	2	0	55	350	0	0	1	1
Extra Crispy Chicken, drumstick	160	12	6	10	2	0	56	370	0	0.5	1	1.5
Green Beans	50	2	7	1.5	0	0	27	570	2	0	0	0
Mashed Potatoes and Gravy	140	2	20	5	1	0.5	32	560	1	1	1	0
Corn on the Cob	150	5	26	3	1	0	18	10	7	2	0	0
Baked Beans	220	8	45	1	0	0	5	730	7	3	0	0
Coleslaw	180	1	22	10	1.5	0	50	270	3	1	2	0
Biscuit	220	4	24	11	2.5	3.5	45	640	1	1.5	2	0
Apple Pie Minis, 3	370	2	44	20	6	0	49	260	2	3	3	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
McDonald's (mcdonalds.com)												
Egg McMuffin	300	18	30	12	5	0	36	820	2	2	2	2
Sausage McMuffin	370	14	29	22	8	0	54	850	2	2	3	1
Sausage Burrito	300	12	26	16	7	0.5	48	830	1	2	1.5	1
Fruit and Walnut Salad, snack size	210	4	31	8	1.5	0	34	60	2	2	1	0
Grilled Chicken Caesar Salad, no dressing*	220	30	12	6	3	0	25	890	3	0	0	3.5
Asian Salad with Grilled Chicken, no dressing*	300	32	23	10	1	0	30	890	5	0	0.5	3.5
Side Salad, no dressing*	20	1	4	0	0	0	0	10	1	0	0	0
Hamburger	250	12	31	9	3.5	0.5	32	520	2	2	0	1
Cheeseburger	300	15	33	12	6	0.5	36	750	2	2	0.5	1.5
Big Mac	540	25	45	29	10	1.5	48	1040	3	3	3	2
Big N' Tasty	460	24	37	24	8	1.5	47	720	3	2.5	2	2
Premium Grilled Chicken Classic Sandwich	420	32	51	10	2	0	21	1190	3	3.5	0	3

*Salad dressing nutrition information can be found on the packets.

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
McDonald's (continued)												
Crispy Chicken Sandwich	550	27	61	22	4	1.5	36	1200	3	4	3	2
Filet-O-Fish Sandwich	380	15	38	18	3.5	0	43	640	2	2.5	2.5	1
Chicken McNuggets, 6	250	15	15	15	3	1.5	54	670	0	1	2	1.5
French Fries, small	250	2	30	13	2.5	3.5	47	140	3	2	2	0
French Fries, large	570	6	70	30	6	8	47	330	7	4.5	5	0
Fruit 'n Yogurt Parfait with Granola	160	4	31	2	1	0	11	85	1	2	0	0
Apple Dippers	35	0	8	0	0	0	0	0	0	0.5	0	0
Carmel Dip	70	0	15	0.5	0	0	6	35	0	1	0	0
Vanilla Cone	150	4	24	3.5	2	0	21	60	0	1.5	0.5	0
Chocolate Shake, 12 oz.	440	10	76	10	6	0.5	20	190	1	5	1	0
Oatmeal Raisin Cookie	150	2	22	6	1.5	1.5	36	135	1	1.5	1	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Panda Express (pandaexpress.com) <i>Per 5.5-ounce serving</i>												
Black Pepper Chicken	200	13	11	12	2.5	0	54	820	2	1	1.5	1.5
Chicken and Green Beans	160	12	10	8	1.5	0	45	550	4	0	1	1
Chicken and Mushrooms	130	11	8	6	1.5	0	42	520	3	0	1	1
Orange Chicken	500	23	42	27	5.5	1	49	810	3	3	4	2
Beef with Broccoli	150	11	11	7	1.5	0	42	510	4	0	0.5	1
Mixed Vegetables	90	2	8	7	1	0	70	110	3	0	1	0
Steamed Rice, 8 oz.	380	9	81	2.5	0.5	0	6	20	4	5	0	0
Vegetable Chow Mein	390	11	59	12	2	0	28	1020	7	4	1.5	0
Vegetable Spring Roll, 1	80	2	11	3.5	1	0	39	270	2	1	0	0
Chicken Egg Roll, 1	170	8	17	8	1.5	0	42	410	2	1	1	0.5

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Pizza Hut (pizzahut.com)												
12-inch Pizza, Fit N' Delicious, 1 slice												
Chicken, onion, green pepper	170	9	23	4.5	2	0	24	520	1	1.5	0	1
Chicken, mushroom, jalapeno	160	9	22	4.5	2	0	25	730	1	1.5	0	1
Ham, pineapple, tomato	160	8	23	4.5	2	0	25	580	1	1.5	0	1
Tomato, mushroom, jalapeno	150	6	22	4	1.5	0	24	630	1	1.5	0	0.5
12-inch Pizza, Cheese, 1 slice												
Thin N' Crispy	200	10	21	8	4.5	0	36	570	1	1.5	0.5	1
Hand-Tossed Style	230	12	25	10	4.5	1	39	620	1	1.5	0.5	1
Pan Pizza	270	11	27	13	5	0	43	570	1	2	1	1
Stuffed Crust (14-inch, 1 slice)	360	18	37	16	8	1.5	40	1050	2	2.5	1	1.5
12-inch Pizza, Meat Lover's, 1 slice												
Thin N' Crispy	310	15	22	18	7	0.5	55	1010	1	1.5	2	1.5
Hand-Tossed Style	340	17	25	19	7	1	50	1040	1	1.5	2	1.5
Pan Pizza	370	17	28	22	8	0	54	990	2	2	2	1.5
Stuffed Crust (14-inch, 1 slice)	520	26	38	29	12	2	50	1690	2	2.5	3	2.5

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Pizza Hut (continued)												
Hot Wings, 2	120	11	1	7	2	0	53	500	0	0	0.5	2
Cheese Breadstick	200	7	21	10	3	0	45	370	1	1.5	1.5	0
Apple Dessert Pizza, 1 slice	260	4	52	5	1	0.5	17	290	1	4	0	0
Rubio's (rubios.com)												
HealthMex Chicken Salad	270	26	36	3	0.5	NA	10	1020	5	1	0	2
Grilled Chicken Chopped Salad	600	36	37	35	10	NA	53	1330	8	1	5.5	3.5
Chopped Dressing (2.5 ounces)	150	1	3	15	2.5	NA	90	370	1	0	3	0
Chipotle Ranch Dressing (2 ounces)	280	0	1	30	5	NA	96	210	0	0	6	0
HealthMex Chicken Taco	150	12	21	2	0	NA	12	350	<1	1.5	0	1
HealthMex Mahi Mahi Taco	150	12	21	2	0	NA	12	180	1	1.5	0	1
Chicken Taco	280	15	22	15	4	NA	48	430	1	1.5	2	1.5
Fish Taco, Original	290	8	27	16	2.5	NA	50	370	<1	2	3	0.5

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Rubio's (continued)												
Fish Taco, Especial	350	11	28	22	5	NA	57	450	2	2	3.5	1
Mahi Mahi Taco	280	15	22	15	4	NA	48	260	2	1.5	1.5	1.5
Carnitas Taco	210	12	21	9	3.5	NA	39	390	2	1.5	1	1
Mahi Mahi Burrito	720	40	55	39	12	NA	49	1940	5	3.5	5.5	4
HealthMex Chicken Burrito	550	34	70	16	3	NA	26	1520	6	4.5	1	3
HealthMex Mahi Mahi Burrito	560	38	69	16	3	NA	26	1130	6	4.5	1	3
Cheese Quesadilla	890	35	55	59	31	NA	60	1430	5	3.5	8	3.5
Nachos Grande with Chicken	1450	62	117	83	31	NA	52	1580	5	8	9	5.5
Pinto Beans, small	130	4	25	1.5	0.5	NA	10	330	1	1.5	0	0
Black Beans, small	110	7	19	1	0.5	NA	8	240	3	1	0	0.5
Rice, small	100	1	12	5	0	NA	45	140	0	1	0.5	0
Guacamole and chips	790	10	85	49	6	NA	56	830	16	5.5	8.5	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Starbucks (starbucks.com) <i>12-ounce, Tall</i>												
Caramel Chocolate Frappuccino with whipped cream	220 300	4 4	44 46	3 11	2 7	0 0	12 33	180 190	0 0	3 3	0 1.5	0 0
Mocha Frappuccino, light	110	4	23	1	0	0	9	170	2	1.5	1.5	0
Caffe Americano	10	1	2	0	0	0	0	5	0	0	0	0
Caffe Latte, whole milk	180	10	14	9	5	0	45	115	0	1	0	0
nonfat milk	100	10	15	0	0	0	0	120	0	1	0	0
soy milk	130	7	18	4	0.5	0	28	100	1	1	0	0
Caffe Misto/Café Au Lait, nonfat	60	6	8	0	0	0	0	70	0	0.5	0	0.5
Flavored Syrup, 1 pump	20	0	5	0	0	0	0	0	0	0	0	0
Sugar-Free Flavored Syrup, 1 pump	0	0	0	0	0	0	0	0	0	0	0	0
Whipped Cream, Grande/Venti, cold	110	1	3	11	7	0	90	10	0	0	2	0
Whipped Cream, Grande/Venti, hot	70	0	2	7	4.5	0	90	5	0	0	1.5	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Starbucks (continued)												
Breakfast Sandwich, Reduced-Fat Turkey Bacon	350	20	41	11	4	0	28	860	3	3	1	1.5
Oatmeal	140	5	25	2.5	0.5	0	16	105	4	1.5	0	0
Nut Medley	100	2	2	9	1	0	81	0	1	0	2	0
Brown Sugar	50	0	13	0	0	0	0	0	0	1	0	0
Dried Fruit	100	1	24	0	0	0	0	0	0	1.5	0	0
Low-Fat Apricot Blueberry Muffin	380	7	77	5	1	0	12	230	2	5	0	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Subway (subway.com)												
6-inch Sandwich												
Turkey Breast	280	18	46	4.5	1.5	0	14	1000	5	3	0	1
Sweet Onion Chicken Teriyaki	370	26	59	5	1.5	0	12	1220	5	4	0	2
Classic Tuna	530	22	44	31	7	0.5	53	1010	5	3	4.5	2
Double Meat Turkey	330	28	48	5	1.5	0	14	1500	5	3	0	2.5
4-inch Sandwich (Subway Minis)												
Turkey Breast	190	12	30	3	1	0	14	680	4	2	0	1
Roast Beef	190	13	30	3.5	1.5	0	17	600	5	2	0	1
Chocolate Chip Cookie	210	2	30	10	6	0	43	150	1	2	1.5	0
Cheese, amount on 6-inch sub												
Swiss	50	4	0	4.5	2.5	0	81	30	0	0	0.5	0.5
Provolone	50	4	0	4	2	0	72	125	0	0	0.5	0.5
American	40	2	1	3.5	2	0	79	200	0	0	0.5	0.5

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Taco Bell (tacobell.com)												
Ranchero Chicken Soft Taco	270	14	21	14	4	0	47	820	2	1.5	2	1
Fresco Style	170	12	21	4	1.5	0	21	730	3	1.5	0	1
Beef Taco, crunchy	170	8	13	10	3.5	0	53	350	3	1	1	0.5
Fresco Style	150	7	13	8	2.5	0	48	370	3	1	0.5	0.5
Beef Taco, soft	200	10	21	9	4	0	41	630	3	1.5	0.5	1
Fresco Style	180	8	21	7	3	1	35	650	3	1.5	0.5	0.5
Bean Burrito	350	13	54	9	3.5	0.5	23	1190	8	3.5	1.5	0
Fresco Style	330	12	54	7	2.5	0.5	19	1200	9	3.5	1	0
Burrito Supreme, Chicken, Fresco	330	18	49	8	2.5	0	19	1360	7	3	0.5	1
Zesty Chicken Border Bowl	640	22	60	35	6	1	49	1800	10	4	5.5	1.5
No Dressing	440	21	57	15	2.5	0.5	31	1540	10	4	2	1.5
Grilled Steak Soft Taco, Fresco	160	10	20	4.5	1.5	0	25	550	2	1	0	1
Pintos and Cheese	160	9	19	6	3	0.5	34	670	7	1	0	1
Mexican Rice	180	6	23	7	3	0	35	790	1	1.5	1	0

	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Wendy's (wendys.com)												
Mandarin Chicken Salad	180	24	16	2	0.5	0	10	630	2	0	0	2.5
with almonds, add	130	5	4	11	1	0	76	70	2	0	2	0.5
with crispy noodles, add	70	1	10	2.5	1	1	32	190	0	0.5	0	0
with Oriental Sesame dressing, add	170	1	19	10	1.5	0	53	360	0	1	2	0
Southwest Taco Salad	400	27	26	22	12	1	50	1140	7	0	4	2.5
with Ancho Chipotle Ranch Dressing, add	90	1	3	8	1.5	0	80	240	0	0	2	0
with sour cream, add	45	1	2	3.5	2	0	70	25	0	0	1	0
with seasoned tortilla strips, add	110	2	13	5	1	0	41	160	1	1	1	0
Side Salad	35	1	8	0	0	0	0	25	2	0	0	0
Mandarin Orange Cup	80	1	19	0	0	0	0	15	1	1	0	0
Plain Baked Potato	270	7	61	0	0	0	0	25	7	4	0	0
Sour Cream and Chives Baked Potato	320	8	63	4	2	0	11	50	7	4	0	0
Chili, small	190	14	19	5	2.5	0	28	830	5	1	0.5	1.5

Wendy's (continued)	nutritional values									servings		
	Calories	Protein grams	Carb grams	Fat grams	Sat. Fat grams	Trans Fat grams	% Fat	Sodium mgs	Fiber grams	Carb servings	Fat servings	Protein servings
Chili, large	280	21	29	9	3.5	0.5	29	1240	7	2	1	2
Ultimate Chicken Grill Sandwich	320	28	36	7	1.5	0	20	950	2	2.5	0	3
Jr. Hamburger	230	13	27	8	3	0	31	490	1	2	0	1
Classic Single	430	25	39	20	7	1	42	870	2	2.5	1	2.5
Kids' Meal French Fries	210	3	28	10	1.5	0	43	180	3	2	1.5	0



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