



# FAST AND HEALTHY FOOD



It seems like we are always in such a hurry. Running from work to the kids' activities, church, civic organizations .... The list goes on and on. Unfortunately, Americans are spending less and less time on food preparation and are relying more on fast food, convenience food and take out. This often leads to a higher fat, higher calorie diet.

The good news is the fast food industry has made a renewed effort to offer some healthier food choices.

Listed below are a some of the healthier fast food choices here in Hutchinson:

	<u>cal</u>	<u>fat</u>	<u>carb</u>
<b><u>Arby's</u></b>			
✓ Reg roast beef sand	335	13	34
✓ Grilled chicken deluxe sand	385	12	40
✓ Asian sesame salad			
no almonds, noodles or dressing	140	1	15
W. almonds, & 1/2 pkt. dressing	312	18	28
✓ Martha's Vineyard salad			
No vinaigrette or almonds	270	8	23
W. almonds and 1/2 pkt. dressing	420	16	30
<b><u>Burger King</u></b>			
✓ Veggie burger (no mayo)	305	7	46
✓ Fire-grilled chicken or shrimp salad			
W. 2 oz. dressing	320	17	17
<b><u>Dairy Queen</u></b>			
✓ Grilled chicken sand	325	16	25
✓ Grilled chicken salad			
W. fat free Italian dressing	230	9	13
<b><u>McDonald's</u></b>			
✓ Chicken McGrill (no mayo)	300	5	37
✓ Grilled chicken Caesar salad	205	6	9
✓ Low-fat Balsamic vinaigrette	45	3	4
✓ 1/2 pkt. Caesar dressing	92	9	2
✓ Fruit 'n Yogurt parfait			
with granola	155	2	30
without granola	135	2	25

cal   fat   carb

**Mr. Goodcents**

- ✓ 1/2 sub: Oven roasted chicken, roast beef, or turkey on wheat (no oil)   approx. 460   6   70

**Quizno's**

- ✓ Small sand: honey bourbon chicken, sierra smoked turkey w. raspberry chipotle sauce, turkey lite, veggie lite (no oil)   approx. 340   6   45
- ✓ Tuscan chicken salad   325   6.5   45

**Spangles**

- ✓ Turkey or chicken on pita   340   7   43
- ✓ Turkey on sourdough   358   10   25

**Subway**

- ✓ 6" sub: ham, roast beef, chicken breast, turkey, sweet onion chicken teriyaki, veggie (no cheese or oil)   approx. 300   5   45
- ✓ Mediterranean chix salad   170   4.5   11
- ✓ 1/2 pkt. Greek vinaigrette   100   10   2

**Taco Bell**

- ✓ Burrito, *Fresco style*, bean, fiesta chicken, or supreme, chicken or steak   350   9   50
- ✓ Enchirito, *Fresco style*, Beef, chicken or steak   260   7   34
- ✓ Gordita, baja, *Fresco style*, beef, chicken or steak   240   8   29
- ✓ Regular taco, *Fresco style*   145   7   14
- ✓ Regular taco   170   10   13
- ✓ Chicken soft taco   190   6   19
- ✓ Soft taco, *Fresco style*, beef, chicken or steak   170   5   21
- ✓ Tostada, *Fresco style*   205   6   30

**Wendy's**

- ✓ Grilled chicken sand   295   6   36
- ✓ Mandarin chicken salad
- W. almonds and 1/2 pkt. dressing   405   18   37
- ✓ Spinach chicken salad
- W. croutons and 1/2 pkt. dressing   420   17   38
- ✓ Small chili, 8 oz.   200   5   21
- ✓ Plain baked potato   270   0   61