

HEALTH TIPS

Subway

6 inch Sandwich on Wheat Bread: (no cheese/mayo)

- Turkey: 3 carbs, 2.5 oz meat
- Ham: 3 carbs, 2.5 oz meat
- Roast Beef: 3 carbs, 3 oz meat
- Club: 3 carbs, 3.5 oz meat
- Veggie Delite: 3 carbs, 1 oz meat
- Oven Roasted Chicken: 3 carbs, 3 oz meat

Additions to sandwich:

- **Free food** - mustard, spicy mustard, vinegar, pepper
- **1 vegetable serving** (1 cup) - lettuce, tomato, pickles, onions, banana peppers, bell peppers, cucumbers, spinach, and mushrooms
- **1 fat serving** - 1 tsp. regular mayo, 1 Tbsp. reduced-fat mayo, black olives
- **1 ounce meat** - 2 triangles of Swiss, pepper jack, American, or provolone cheese

Salads

- Ham Salad: 2 veg, 2 oz meat
- Turkey Salad: 2 veg, 2 oz meat
- Sweet Onion Chicken Teriyaki Salad: 1 carb, 2 veg, 3 oz meat

McDonald's

Breakfast

- Egg McMuffin with Ham: 2 carbs, 2.5 oz meat, 1 fat
- English Muffin (plain): 2 carbs
- 2 Scrambled Eggs: 2 oz meat, 1 fat

Salads

- Caesar with Grilled Chicken and No Dressing: 3 veg, 4 oz meat
- Southwest with Grilled Chicken and No Dressing: 1 carb, 3 veg, 4 oz meat
- Side Salad: 1 veg
- Snack Size Fruit and Walnut Salad: 2 carbs, 1 fat

Salad Dressing-Newman's Own

- Low-Fat Family Recipe Italian: .5 carb, .5 fat
- Creamy Southwest: 1 carb, 1 fat
- Low-Fat Balsamic Vinaigrette: 1 fat

Burgers/Sandwiches/Wraps

- Hamburger: 2 carbs, 2 oz meat, .5 fat
- Cheeseburger: 2 carbs, 2 oz meat, 1 fat
- Premium Grilled Chicken Classic Sandwich: 3.5 carbs, 4.5 oz meat
- Grilled Chicken Snack Wrap, Honey Mustard: 2 carbs, 2.5 oz meat
- Grilled Chicken Snack Wrap, Ranch: 2 carbs, 2.5 oz meat
- Grilled Chicken Snack Wrap, Chipotle BBQ: 2 carbs, 2.5 oz meat

Sides

- Fruit'n Yogurt Parfait without Granola: 1.5 carb
- Fruit'n Yogurt Parfait with Granola: 2 carbs
- Apple Dippers: .5 carb
- Caramel Dip: 1 carb



Sonic

Burgers/Sandwiches/Wraps

- Jr. Burger: 2 carbs, 2 oz meat, 2 fat
- Grilled Chicken Sandwich: 2 carbs, 4 oz meat, 1.5 fat
- Grilled Chicken Wrap: 2.5 carbs, 4 oz meat

Salads

- Grilled Chicken Salad: 2 veg, 4 oz meat
- Santa Fe Chicken Salad: 1 carb, 2 veg, 4.5 oz meat

Dressing

- Fat-Free Italian (1 packet): 1 carb
- Original Light Ranch (1 packet): 1 carb, .5 oz meat, 1 fat

Breakfast

- Jr. Breakfast Burrito: 1.5 carb, 2 oz meat, 3 fat

Wendy's

Salads/Soup

- Side Salad without Dressing: 1 veg
- Chili, with Seasoning and 1 Saltine Cracker Package: 1.5 carbs, 2 oz meat

Salad Dressings

- Light Honey Dijon: 1 carb, 1 fat
- Reduced-Fat Creamy Ranch: .5 carb, 1 fat
- Balsamic Dressing: .5 carb, 1 fat
- Fat-Free French: 1 carb

Burgers/ Sandwiches/Wraps

- Jr. Hamburger: 2 carb servings, 2 ounces meat
- Chicken Temptations Ultimate Grilled Chicken Sandwich: 2.5 carb, 4 oz meat
- Grilled Chicken Go Wrap: 1.5 carb, 2.5 oz meat, .5 fat

Kentucky Fried Chicken

Sandwiches/Wraps

- Tender Roast Twister w/o Sauce: 3 carbs, 4 oz meat
- Tender Roast Sandwich: 2 carbs, 5 oz meat, 2 fats
- Tender Roast Sandwich w/o Sauce: 2 carbs, 5 oz meat

Salads

- Roasted Chicken Caesar w/o Dressing or Croutons: 1 veg, 4 oz meat
- House Side Salad w/o Dressing or Croutons: .5 veg

Dressings/Sauces (1 packet)

- Fat Free Ranch: .5 carb
- Light Italian: free food
- Fiery Buffalo Dipping Sauce: free food
- Honey BBQ Dipping Sauce: .5 carb

Meats

- Grilled Chicken Breast: 5 oz meat

Sides

- Green Beans (1 serving): 1 veg
- Corn on the Cob (3"): 1 carb
- Three Bean Salad: 1 carb

Chick-fil-A

Sandwiches/Wraps

- Char-grilled Chicken Sandwich: 2 carbs, 4 oz meat
- Char-grilled Chicken Cool Wrap: 3 carbs, 5 oz meat
- Spicy Chicken Cool Wrap: 3 carbs, 5 oz meat

Salads

- Char-grilled and Fruit Salad: .5 carb, 2 veg, 3 oz meat
- Char-grilled Chicken Garden Salad: 2 veg, 3 oz meat
- Southwest Char-grilled Chicken Salad: .5 carbs, 2 veg, 3.5 oz meat

Salad Extras

- Garlic and Butter Croutons: .5 carb, .5 fat
- Harvest Nut Granola: .5 carb serving, .5 fat
- Honey Roasted Sunflower Kernels: 1.5 fat, .5 oz meat

Side Items

- Side Salad: 1 veg, 1 oz meat
- Fruit Cup: 1.5 carb
- Hearty Breast of Chicken Soup (large): 2 carbs, 2 oz meat

Dressings/Sauces (1 packet)

- Fat-Free Honey Mustard Dressing: 1 carb
- Light Italian Dressing: free food
- Reduced Fat Berry Balsamic Vinaigrette: 1 carb, .5 fat
- Honey Roasted BBQ Sauce: 1 fat
- BBQ Sauce: .5 carb
- Buffalo Sauce: free food
- Honey Mustard Sauce: .5 carb

Pei Wei Asian Diner

Salads/First Tastes (2 servings per dish)

- Asian Chopped Chicken Salad (1 serving): .5 carb, 2 veg, 3.5 oz meat
- Edamame (1 serving): 1 carb, 2 oz meat
- Pei Wei Spring Rolls (2 rolls): .5 carb, 1 veg, 1 fat

Signature Dishes (2 servings per dish)

The calculations of the signature dishes do not include rice or noodles.

- Mongolian Chicken (1 serving): .5 carb, 1 veg, 4 oz meat
- Mongolian Shrimp (1 serving): .5 carb, 1 veg, 3 oz meat
- Mongolian Vegetables and Tofu (1 serving): .5 carb, 2 veg, 1.5 oz meat
- Ginger Broccoli Chicken (1 serving): 1 carb, 1 veg, 4.5 oz meat
- Ginger Broccoli and Shrimp (1 serving): 1 carb, 1 veg, 3 oz meat
- Ginger Broccoli, Vegetables and Tofu: 1 carb, 1.5 veg, 2 oz meat

Rice and Noodles (2 servings per dish)

- Brown Rice (1 serving): 2.5 carb, .5 oz meat
- Rice Noodles (1 serving): 2 carbs



Pizza Hut

- Thin'n Crispy (12"), Veggie Lovers (1 slice, 1/8 of pizza): 1.5 carb, 1 oz meat, .5 fat
- Thin'n Crispy (12"), Cheese only (1 slice, 1/8 pizza): 1.5 carb, 1 oz meat, 1 fat
- Fit'n Delicious (12"), Ham, Pineapple, and Diced Red Tomato (1 slice, 1/8 pizza): 1.5 carb, 1 oz meat
- Fit'n Delicious (12"), Green Pepper, Red Onion, and Diced Red Tomato (1 slice, 1/8 pizza): 1.5 carb, 1 oz meat

Bill Miller's BBQ

Salads

- Chicken De-Lite (lettuce, tomatoes, carrots, purple cabbage and ¼ white meat chicken): 5.5 oz meat, 3 veg
- Salad De-Lite (lettuce, tomatoes, carrots, purple cabbage): 3 veg

Salad Dressing

- Fat-Free Ranch Dressing: 1 carb

Sandwiches

- Turkey Poor Boy: 3 carbs, 4 oz meat *high sodium content

Meats

- ¼ BBQ White Meat Chicken: 5.5 oz meat
- ¼ BBQ Turkey Breast: 4 oz meat

Vegetables

- Green Beans (1 portion): 1 veg

Taco Cabana

Breakfast

- Potato and Egg Taco (1 taco): 1 carb, 1 oz lean, 1 fat
- Bean and Cheese Taco (1 taco): 2 carbs, 1.5 oz meat, 2 fats
- Scrambled Egg (1 egg): 1 oz meat

Tacos

- Chicken Soft Taco (1 taco): 2 carbs, 2 oz meat
- Fajita Chicken Taco (1 taco/white meat): 1.5 carb, 2 oz meat
- Black Bean Taco: 2 carbs, 1 oz meat

Chalupas

- Bean and Cheese Chalupa: 1 carb, 1.5 oz meat, 2 fats
- Chicken Chalupa: 1 carb, 2 oz meat, 1.5 fat

Extras

- Corn Tortilla: 1 carb