

Fast Food Facts

Beware of your choices:

-Single burgers (with no sauce) are better than doubles (with sauce)

-Single: 270 calories

9 grams fat

-Double: 825 calories

42 grams fat

-Chicken and Fish- but watch out for the breading

- Chicken and fish are good choices, but when you batter and deep fry them- they turn into bad food choices!
- Watch out for mayonnaise based dressing. This can double the fat count!
- If you choose fried chicken: get the regular coating and peel off the skin.
- Choose dipping sauce carefully: 2 T. tartar sauce is 200 calories, cocktail sauce is 35 calories and lemon is 0 calories.
- Compare:

BBQ Chicken Sandwich

310 calories

6 gm fat

Fried Breaded Chicken Sand.

710 calories

43 gm fat

Roasted Chicken Brst Extra Crispy Chicken Brst

170 calories

5 gm fat

500 calories

35 gm fat

More common comparisons: (calories/gm fat)

Burger King: Double Whopper w/ Cheese 960/63

Whopper w/ Cheese 730/46

Whopper Jr. w/ Cheese 460/28

Whopper 640/39

Whopper Jr. 420/24

Cheeseburger 380/19

Chicken Tenders 310/17

French Fries-med. 370/20

Garden Salad 100/5

Ranch Dressing 180/19

Lite Italian Drsg 15/1

Strawberry Shake- med. 420/6

Smart Meal:

Reg. Hamburger

Side Salad

Lite Italian Drsg

Diet Soft Drink

Calories: 425

Fat: 19 gm

Hardee's: Cheeseburger 310/14
Grilled Chicken 350/11
Hot Ham n Cheese 310/12
Frisco Burger 720/46
The Boss 570/33
Twist Cone 180/2

McDonald's: Big Mac 560/31
Fish Filet Deluxe 560/28
Grilled Chicken Deluxe- plain 300/5
Super Size Fry 540/26
McDonaldland Cookies 180/5

Taco Bell: Soft Taco Supreme 260/14
Taco Supreme 220/13
Mexican Pizza 570/36
Nacho Bell Grande 740/39

Smart Meal:
Hot Ham n Cheese
Side Salad
FF French
Twist Cone
Calories: 585
Fat: 14 gm

Smart Meal:
Grilled Chicken plain
Garden Salad
FF Dressing
Diet Soft Drink
Calories: 385
Fat: 5 gm

Smart Meal:
Light Chicken Burrito
3 oz Salsa
Pinto n Cheese
6 oz Orange Juice
Calories: 605
Fat: 16 gm

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Fast Food Facts, 5th Edition