



University of Nevada  
Cooperative Extension

## Figuring Fast Food: Making Better Choices

When eating at fast food restaurants, remember 1) balance out your day's meals to compensate for high-fat food choices; 2) make sure that your day's meals include a variety of foods; and 3) use moderation when eating high-fat fast food (avoid "super-sizing"). The following fast food items have no more than 15 grams of fat and get no more than 40 percent of their calories from fat<sup>1</sup>:

### **Kentucky Fried Chicken®\***

Chicken – Breast without (w/o) skin or breading  
Roasted Caesar Salad w/o dressing & croutons  
Roasted BLT Salad w/o dressing  
KFC Snacker®, Buffalo  
Oven Roaster Twister® w/o sauce  
Tender Roast® sandwich  
Mashed Potatoes and gravy

### **McDonald's®\***

Egg McMuffin®	Caesar Salad w/ Grilled Chicken**
Hamburger	Asian Salad w/ Grilled Chicken**
Cheeseburger	Bacon Ranch Salad w/ Grilled Chicken**
Premium Grilled Chicken Sandwich	Snack Size Fruit & Walnut Salad
Ranch Snack Wrap with (w/) Grilled Chicken	Fruit 'n Yogurt Parfait
Southwest Salad w/ Grilled Chicken**	

\*\*with low fat dressing

### **Burger King®\***

Whopper JR® Sandwich w/o mayo  
Ham Omelet Breakfast Sandwich  
Tendergrill® Chicken Sandwich

### **Panda Express®\***

Tangy Shrimp  
Chow Mein  
Hot & Sour or Egg Flower Soup  
Steamed Rice  
Veggie Spring Roll  
Mandarin Chicken

### **Taco Bell®\***

Soft Taco (Beef)  
Soft Taco Supreme (Beef)  
Bean Burrito  
Ranchero Chicken Soft Taco  
Spicy Chicken Soft Taco  
Grilled Steak Soft Taco

\*Brand names are used for illustration purposes only and do not constitute an endorsement by Cooperative Extension

### References:

1. Nutrition Facts available at: [www.burgerking.com](http://www.burgerking.com); [www.kfc.com](http://www.kfc.com); [www.mcdonalds.com](http://www.mcdonalds.com); [www.pandaexpress.com](http://www.pandaexpress.com); [www.tacobell.com](http://www.tacobell.com).