

Best Picks: Fast Food

At Your Favourite Restaurant



High in fat and sodium, fast food is definitely not an ideal choice. But if you must hit the drive-thru, here's a list of the best choices you can make for your band. The best picks are based on calories, protein content and eating for the band.

A&W™

As opposed to the Grandpa Burger® with cheese, choose the Baby Burger® and cut over 600 calories in one sitting. Other better choices at A&W™ include: the Sirloin Baby Burger Twins, the Bacon N' Egger®, and the Grilled Chicken® Deluxe. For something sweet, the Root Beer Lollipop deserves an honorable mention because it has only 35 calories – nearly 10 times less than the apple turnover.



McDonald's®

The worst choice you can make at McDonald's is the Angus Burger with Bacon and Cheddar which adds 740 calories and 45 grams of unnecessary fat to your diet. One Chicken Fajita, a Spicy Thai Salad with Warm Grilled Chicken, a Spicy Buffalo Chicken Snack Wrap® with Grilled Chicken, or even a Bacon 'n Egg McMuffin® sandwich (English muffin as tolerated) is a much better choice at roughly 300 calories each.



Wendy's®

The Baconator® Triple is by far the worst choice you can make at Wendy's®, with nearly triple the calories in a regular hamburger with a single patty and standard toppings. There are plenty of better choices including the Jr. Hamburger, the Ultimate Chicken Grill or Grilled Chicken Go Wrap, the Crispy Chicken, the Chicken Caesar Salad, or the small Chili. The Ultimate Chicken Grill provides 23 grams of protein for only 110 calories - 12 times less than the Baconator Triple!



Burger King®

Save yourself over 900 calories by choosing the WHOPPER JR.® instead of the TRIPLE WHOPPER® sandwich with cheese at Burger King®. (900 calories is like two servings of large fries.) Other best picks include: the Chicken Tenders (4 pieces), the BK™ Chicken Fries (6 pieces), and the Flame-Broiled Hamburger.



Harvey's®

An Angus Burger with Cheese and Bacon sets you back 690 calories; mostly from the 54 grams of fat in this poor excuse for a meal. Instead, opt for the Original Patty, Hot Dog, Grilled Chicken, Warm Grilled Chicken Salad – all of which are less than 200 calories. If it's bacon you crave, you can even choose the Warm Grilled Chicken BLT Salad and stay under 250 calories.



Subway®

Any flatbread sandwich or any salad is a good choice at Subway®. All flatbread sandwiches weigh in at 400 calories or less whereas their bun counterparts set you back up to 580 calories. FYI: The Oven Roasted Chicken has the most protein at 22 grams. Be sure to use only half the dressing on the salad and save yourself up to 160 calories.



KFC®

KFC now offers grilled chicken pieces that are low in saturated fat and between 150-200 calories per piece. The Colonel's Snacker is the next best option with 180 calories and 9 grams of fat. Steer clear of the Spicy Big Crunch®, the worst sandwich of the bunch with nearly 400 more calories than the Colonel's Snacker. Poutine is also a very bad choice at 970 calories and 54 grams of fat.



Arby's®

Your best picks at this restaurant are the Arby's® Melt Sandwich with Cheddar, the Junior Roast Beef Sandwich, and the Market Fresh Chopped Salad. These choices hover around 200 to 300 calories whereas many menu items like the Market Fresh Roast Beef & Swiss Sandwich are over 700 calories.



Swiss Chalet®

The best picks at Swiss Chalet® are the Spinach Salad (fat-free dressing, no tortilla strips), the Chargrilled Veggie Burger, and the Quarter Chicken Breast Wrap. The skinless option saves you 120 calories. Other good choices are the Classic Hot Chicken Sandwich (white meat) and the Mini Chicken Sandwiches. Your worst choices at Swiss Chalet include the Seasoned Dry Ribs – a 900-calorie starter – and the 1300-calorie Full Rack BBQ Ribs.



New York Fries®

As is often the case when dining out, the best choice is the smallest choice. Jumbo-size fries at New York Fries® weigh in at almost 1000 calories whereas a small portion of fries is a more reasonable 350 calories. Protein is hard to come by at a specialty fries joint but you can get roughly 15 grams worth from a New York Fries® Hot Dog for about 300 calories without the bun.



TIP!

Remember to eat protein first, followed by non-starchy vegetables, leaving the starch or fruit last. Also save calories by using fat-free or low-fat dressing, even cutting to half the package of dressing. As for chicken, try eating skinless.

Taco Bell®

Leading the way for worst picks are the Gorditas and Burritos. Try the Fresco Chicken Burrito which provides 350 calories and 9 grams of fat (2 grams are saturated fat). Or the regular Hard Beef Taco, one serving has 160 calories and 9 grams of fat though slightly higher in saturated fat (3.5 grams per serving). Steer clear of the soft tacos, regular burritos and the specialty items such as pizza or quesadillas or the Crunchwrap Supreme. Don't be fooled by the Fiesta Taco Salad—each serving has 850 calories, 45 grams of fat and 84 grams of carbohydrates. That's equal to almost 6 pieces of bread in one salad.



Dairy Queen®

Most dessert items at Dairy Queen® are not recommended because they are liquid calories. However, you can indulge in the Fudge Bar or the Vanilla Orange Bar for a mere 45 or 60 calories, respectively. For meals, the Grilled Chicken Salad is by far the best pick at this restaurant. Before adding dressing, it offers 320 calories, 31 grams of protein, 14 grams of carbohydrates and 5 grams of fat. Avoid the Crispy Chicken Salad which quadruples the fat, and doubles the carbohydrates – a less than optimal choice! The burgers are not a good option providing 700-900 calories and have 16-25 grams of saturated fat. You could choose the DQ® original burger offering 350 calories and 14 grams of fat.



Tim Hortons®

Instead of the Sausage, Egg and Cheese Breakfast Sandwich, choose the Chicken Salad Sandwich, Baked Beans or the BBQ chicken wrap snacker and save yourself up to 320 calories and over 31 grams of fat. That's nearly half your daily limit for fat saved in one meal!



Pizza Hut®

Opting for Thin 'N Crispy® pizzas instead of Stuffed Crust Pizzas saves you 100 calories per slice. For lowest calorie choice, go for the Edge Meat Pizza which has 130 calories and 8 grams of protein per slice

