

Healthy Choices *on the go*



RESTAURANT GUIDE

	Best Choice	Worst Choice
Burger King® www.bk.com	Tendergrill Chicken Sandwich 470 calories/18g fat/1100mg sodium Tendergrill Chicken Garden Salad 230 calories/7g fat/920mg sodium	Triple Whopper with Cheese 1230 calories/82g fat/1550mg sodium BK Ultimate Breakfast Platter 1310 calories/72g fat/2490mg sodium
Chick-fil-a® www.chick-fil-a.com	Chargrilled Chicken Garden Salad 180 calories/6g fat/650mg sodium Fat Free Honey Mustard Dressing 1 pkg/60 calories/0g fat/220mg sodium Hearty Breast of Chicken Soup (Large) 220 calories/6g fat/1760mg sodium	Chik-n-Strips (4 strips) 480 calories/23g fat/1640mg sodium Spicy Chicken Sandwich Deluxe 570 calories/27g fat/1810mg sodium
Chili's Grill and Bar www.calorie-count.about.com	Guiltless Grilled Chicken Sandwich with Vegetables 610 calories/12g fat/1270mg sodium Chicken & Green Chile Soup 200 calories/7g fat/1240mg sodium Guiltless Grilled Salmon with Garlic and Herbs 520 calories/16g fat/1410mg sodium	Texas Cheese Fries with Chili & Ranch 2100 calories/141g fat/5960mg sodium Southern Smokehouse Burger with Ancho Chile BBQ & Fries 2140 calories/128g fat/6170mg sodium
Hardees® www.hardees.com	Charbroiled BBQ Chicken Sandwich with Tomatoes & Lettuce 400 calories/6g fat/1370mg sodium Regular Hamburger with Onion, Ketchup & Mustard 310 calories/15g fat/500mg sodium	1/3 lb. Bacon Cheese Thickburger 850 calories/57g fat/1650mg sodium 2/3 Monster Thickburger with Bacon & Cheese 1320 calories/89g fat/3020mg sodium
McDonald's® www.nutrition.mcdonalds.com	Regular Hamburger (No Mayo) 250 calories/9g fat/520mg sodium Egg McMuffin 300 calories/12g fat/820mg sodium Chicken McNuggets (4 piece) 190 calories/12g fat/400mg sodium	Big Mac 540 calories/29g fat/1040mg sodium Large Order of Fries 500 calories/25g fat/350mg sodium Sausage Biscuit with Egg 510 calories/33g fat/1170mg sodium
Panera Bread www.panera.com	Full Fuji Apple Salad with Chicken 520 calories/31g fat/830mg sodium Half white Balsamic Apple Vinaigrette 1 1/2 Tbsp/80 calories/6g fat/160mg sodium You Pick Two Creamy Tomato Soup (1 cup) 300 calories/18g fat/570mg sodium You Pick Two 1/2 Smoked Turkey Breast on Country Wheat 220 calories/1.5g fat/930mg sodium	Full Sierra Turkey on Focaccia with Asiago Cheese 970 calories/51g fat/2050mg sodium Cinnamon Crunch Bagel 430 calories/8g fat/430mg sodium Sourdough Soup Bowl 590 calories/2.5g fat/1210mg sodium Broccoli Cheddar Soup 290 calories/16g fat/1540mg sodium
Pizza Hut www.pizzahut.com	14" Veggie Lover's Pizza on Thin Crust (1 slice) 240 calories/9g fat/710mg sodium Breadsticks (1) 150 calories/7g fat/250mg sodium	14" Meat Lover's Pizza on Pan Crust (1 slice) 480 calories/28g fat/1180mg sodium 9" Personal Pan Meat Lover's Pizza 1470 calories/80g fat/3670mg sodium
Sonic Drive-In www.sonicdrivein.com	Corn Dog 210 calories/11g fat/530mg sodium Grilled Chicken Salad 250 calories/10g fat/1070mg sodium Hidden Valley Fat Free Golden Italian Dressing 25 calories/0g fat/390mg sodium	Super Sonic Cheeseburger with Mayo 1270 calories/87g fat/1500mg sodium Large M&M Sonic Blast 1130 calories/60g fat/570mg sodium
Subway® www.subway.com	6" Subway Club (Turkey, Roast Beef, Black Forest Ham) with Veggies 320 calories/5g fat/1140mg sodium 6" Veggie Delight with Lettuce, Tomatoes, Green Peppers, Black Olives, Onion and Fat-Free Condiments 230 calories/2.5g fat/410mg sodium	6" Meatball Marinara 580 calories/23g fat/1530mg sodium 12" Sweet Onion Chicken Teriyaki 760 calories/9g fat/2020mg sodium

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<p>Taco Bell www.tacobell.com</p>	<p>Nachos Supreme 440 calories/24g fat/800mg sodium</p> <p>Taco Supreme 200 calories/12g fat/350mg sodium</p> <p>Gordita Supreme with Chicken 270 calories/10g fat/630mg sodium</p>	<p>Volcano Nachos 980 calories/61g fat/1870mg sodium</p> <p>Grilled Stuffed Burrito with Steak 700 calories/30g fat/1930mg sodium</p> <p>Chicken Taco Salad with Shell 910 calories/55g fat/1560mg sodium</p>
<p>Wendy's® www.wendys.com</p>	<p>Apple Pecan Chicken Salad (Half salad) 180 calories/6g fat/610mg sodium</p> <p>Roasted Pecans 110 calories/9g fat/60mg sodium</p> <p>Pomegranate Vinaigrette Dressing 60 calories/3g fat/160mg sodium</p> <p>Ultimate Chicken Grill Sandwich 370 calories/7g fat/1150mg sodium</p>	<p>Honey BBQ Boneless Wings 570 calories/18g fat/1950mg sodium</p> <p>Triple with Everything & Cheese 1030 calories/62g fat/1820mg sodium</p> <p>Large Chocolate Frosty 510 calories/13g fat/180mg sodium</p>

Tips for Eating Healthy On the Go

Don't be fooled. When choosing, remember that what sounds healthy may not actually be healthy. A salad can be low in calories by itself, but if you add full fat dressing, cheeses and fried meat, the calories and fat content climb quickly. Most restaurants have printed nutrition guides that you can reference for a full nutritional analysis.

Watch portions. Portion control is important to remember when eating at any restaurant. Saying "yes" to the larger size for 99¢ more may not be a true bargain if your cholesterol or blood pressure is raised by the added fat and sodium, or if you have to buy new clothing because the extra calories cause you to gain weight!

Switch the drink. Remember the extra calories added by sodas, specialty coffee drinks and sweet tea. A 32 oz. soda averages about 425 calories. This is the same as adding a second sandwich to your meal! Try replacing your drink with water, diet soda and unsweet tea.



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