



Fast Food Facts

When eating out, try to choose a meal with roughly 1/3 your recommended total daily calories and no more than 20-25 grams of fat. Keep saturated fat and trans fat to a minimum and remember that sodium intake should not exceed 2400 mg per day.

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
MCDONALDS®					
Hamburger	250	9	3.5	0.5	520
Cheeseburger	300	12	6	0.5	750
BigMac®	540	29	10	1.5	1040
Filet-O-Fish®	380	18	3.5	0	640
McChicken®	360	16	3	0	830
Small French Fries	230	11	1.5	0	160
Large French Fries	500	25	3.5	0	350
Chicken Selects® (3 strips)	400	24	3.5	0	1010
TACO BELL®					
Fresco Crunchy Taco	150	7	2.5	0	350
Fresco Bean Burrito	340	8	2.5	0	1290
Volcano Nachos	1000	62	9	1	1930
Fiesta Taco Salad	770	41	10	1	1650
Ranchero Chicken Soft Taco	270	14	4	0	840
Chicken Soft Taco	200	8	3	0	640
Nachos BellGrande®	770	42	7	0.5	1300
Pintos 'n Cheese	180	7	3	0	720

Information obtained from individual restaurant websites.

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
PIZZA HUT®					
Large Pan Pizza, Cheese (1 slice)	360	17	7	0	740
Large Pan Pizza, Pepperoni (1 slice)	380	19	7	0	850
Large Pan Pizza, Supreme (1 slice)	420	22	8	0	890
6" Personal Pan Pizza®, Cheese	590	24	10	0.5	1290
6" Personal Pan Pizza®, Pepperoni	610	27	10	0	1420
6" Personal Pan Pizza®, Supreme	720	35	13	0	1620
P'Zone® Pizza, Classic	1260	46	22	1	2960
Breadsticks, each	140	6	1.5	0	140
ARBY'S®					
Regular Roast Beef	350	13	4.5	0.5	960
Regular Beef 'n Cheddar	430	19	6	1	1220
Arby's Melt	320	11	3.5	0	900
Ham & Swiss Melt	300	8	3.5	0	1070
Pecan Chicken Salad Sandwich, Grilled	870	44	6	0	1510
Ultimate BLT Sandwich	880	46	10	0	1740
Crispy Chicken Tenders, regular	360	17	2.5	0	730
Curly Fries, small	410	22	3	0	920
Curly Fries, Large	640	34	5	0	1460
Potato Cakes, small (2)	260	14	2	0	440
Loaded Potato Bites®, regular (5)	540	32	10	0.5	1210
Mozzarella Sticks, regular (4)	430	23	9	0.5	1480
Jalapeno Bites®, regular (5)	300	17	7	0	640

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	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
LONG JOHN SILVER'S®					
Battered Fish, 1 piece	260	16	4	4.5	790
Popcorn Shrimp, 1 snack box	270	16	4	4.5	570
Grilled Pacific Salmon, 2 filets	150	5	1	0	440
Ultimate Fish Sandwich®	530	28	8	5	1400
Baja Fish Taco	350	22	5	3.5	810
Zesty Chicken Sandwich	350	18	3.5	2.5	810
Fries, platter portion	230	10	2.5	3	350
Hushpuppy, 1 pup	60	2.5	0.5	1	200
SUBWAY®					
6" Subway Club® (no cheese)	320	5	1.5	0	1160
6" Turkey Breast (no cheese)	280	3.5	1	0	910
6" Veggie Delite® (no cheese)	230	2.5	0.5	0	410
6" Tuna	530	30	6	0.5	930
6" Big Philly Cheesesteak	520	18	9	0.5	1710
6" Spicy Italian	520	28	11	0.5	1830
STARBUCKS®					
Caffe Latte, 16 oz	220	11	7	0	140
Caramel Apple Spice, no whip, 16 oz	310	0	0	0	25
Mocha Frappuccino®, no whip, 16 oz	260	3.5	2	0	230
Caramel Macchiato, 16 oz	270	10	6	0	130
Hot Chocolate, no whip, 16 oz	330	13	7	0	140

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