

Fast Food Fixes

Make better decisions when eating out.



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Eat This!

- Grilled Chicken Sandwich
320kcal, 5g fat, 30g protein, 40g CHO, 1.5g sat fat
- Nuggets (8 count)
270kcal, 13g fat, 28g protein, 10g CHO, 2.5g sat fat
- Grilled Chicken Cool wrap
340kcal, 13g fat, 36g protein, 30g CHO, 4.5g sat fat
- Chick-fil-a Chicken Sandwich
440 kcal, 18 g fat, 28 g protein, 41g CHO, 4g sat fat
- Spicy Chicken Sandwich
490 kcal, 21g fat, 30g protein, 45g CHO, 4.5g sat fat

Not so much this...

- Spicy Chicken Deluxe Sandwich
570kcal, 27g fat, 35g protein, 47g CHO, **8g sat fat**
- Chicken Deluxe Sandwich
500kcal, 23g fat, 32g protein, 43g CHO, **7g sat fat**
- Medium/Large Fries
 - 400-520 kcal
 - **21-27g fat**

Adding med/large fries to a meal could easily make your lunch about 1,000 calories!
- Sauces
 - Avocado Lime Ranch Dressing – 310 calories
 - Creamy Salsa – 290 calories
 - Apple Cider Vinaigrette – 230 calories
 - Garlic & Herb Ranch – 280 calories
- Milkshakes – **500 – 620 calories, 21-25g fat!**

Extra Tips to Make Your Meal a Healthier Option

- Treat your sweet tooth craving w. a Greek Yogurt Parfait instead of a Milkshake!
 - Order a small fry instead of medium or large
 - Choose Grilled Chicken instead of Fried
- Smarter Sides: fruit cup, side salad, chicken soup



Eat More of This!

- Grilled Chicken Sandwich
360 calories, 35g protein, 38g CHO, 8g fat, 1.5g sat fat
- JR. Bacon Cheeseburger
380 calories, 19g protein, 26g CHO, 22g fat, 8g sat fat
- Nuggets (6 piece)
270 calories, 14g protein, 15g CHO, 19g fat, 4g sat fat
- Grilled Chicken Wrap
270 calories, 20g protein, 24g CHO, 11g fat, 3.5g sat fat
- Power Mediterranean Chicken Salad (Full)
450 calories, 40g protein, 42g CHO, 15g fat, 4g sat fat

Sides

- Side Salad
- Apple Slices
- Baked Potato
- Small Chili

Drinks

- Instead of a Frosty, quench your craving with a Blueberry Pineapple or Orange Mango Fruitea Chiller
 - Small chiller – 170 calories
 - **Small vanilla frosty – 340 calories**
- Not interested in a Fruitea Chiller, get water, iced tea, or lemonade instead!

Not so much this...

- “4 for 4” deals
- Double/Triple Cheeseburger
790-1070 calories, 48-70g protein, 35-36g CHO, **51-72g fat**, **20-30g sat fat**
- The Baconator
950 calories, 59g protein, 38g CHO, **62g fat**, **24g sat fat**
- Spicy Chicken Sandwich
510 calories, 30g protein, 51g CHO, **21g fat**, 2g sat fat
- Asiago Ranch Chicken Club
670 calories, 38g protein, 54g CHO, **33g fat**, 9g sat fat

Sides

- Fries
Small – 320 kcal; med – 420 kcal, large – 530 kcal

Drinks

- Frosty
Small – 340 kcal, med- 460 kcal, large – 580 kcal
- Soda – just 1 small coke is 200 kcal!

A Quick Tip to get what you want without overdoing it !

- Craving a frosty or side of fries? Make sure to order a small and get a healthier main course like a grilled chicken sandwich instead of a burger.



Guide to Building a Healthier Burrito/Burrito Bowl

Burritos tend to be high in calorie so it's important to limit toppings and be mindful of what you're adding. A whole wheat, 12 inch wrap itself is 300 kcal!

Healthy Tips!

- Choose whole wheat wrap or get a Streaker (no tortilla or shell)
- Get chicken or fish
- Pinto or black beans
- Choose your favorite veggies such as lettuce, peppers, onions, black olives, cucumbers, etc.
- Try to avoid bacon & Chipotle Ranch (300 kcal/serving)
- If wanting sour cream, guacamole, queso/cheese, try to limit these extra toppings by only getting 1 these items.
 - Don't ask for extra anything, unless it's salsa, lettuce, beans or other veggies
 - Example – sour cream & queso only or Guacamole & rice
- Want to save extra calories and still get toppings you enjoy? Try ordering a junior burrito or burrito bowl!

Not a fan of burritos?

Try a quesadilla, salad or taco!

Some health tips to keep in mind:

- Go whole grain
- Choose lean meat like chicken or fish
- Load up with your favorite veggies!

What to watch out for...

- Southwest Vinaigrette
 - 260 calories
 - 26g of fat
- Chipotle Ranch Dressing
 - 300 calories
 - 31g of fat
- An extra cup of queso
 - 460 calories
 - 39g of fat
 - 23g of sat fat
- **A bowl of queso is 920 calories, 77g of fat, and 47g of sat fat**



Zaxby's food is pretty high in calories and fat no matter what you order, so here are some tips to make your food choices here a little healthier.

- Order a salad with grilled chicken instead of fried
 - Ex. Chicken Caesar or blue blackened
- Instead of chicken tenders order wings or buffalo fingers
- If ordering a chicken finger plate or wings/thighs
 - Ask to omit fries
 - Choose either Zax sauce or ranch, not both
- For sandwich baskets:
 - Ask for no fries
 - Order 1 piece of Texas toast instead of 2
 - Ask for no bacon or mayonnaise
- Wings and Chicken Fingers
 - Try not to order more than 10
 - Order w/o sauce
- Order sides such as celery, coleslaw, side salad, or chicken finger nibbler instead of fries and Texas toast

Foods to watch out for

- Regular Crinkle Fries
 - 440 calories, 22g fat
- “Meal Dealz”
 - all range between 920-1380 calories
- Onion Rings
 - 310 calories, 20g fat
- Zax Sauce (1 portion cup)
 - 180 calories
- Ranch Sauce (1 portion cup)
 - 200 calories
- Honey Mustard sauce (1 portion cup)
 - 330 calories
- Zestable sauce (1 portion cup)
 - 220 calories



What You're Ordering: 😊

- Turkey Sandwich
670 calories, 34g fat & 8g sat fat, 58g CHO, 37g protein
- Hook and Ladder Sandwich
700 calories, 36g fat & 9g sat fat, 64g CHO, 35g protein
- Medium Roast Beef Sub
710 calories, 36g fat & 9g sat fat, 54g CHO, 39g protein
- Italian on white
910 calories, **57g fat & 16g sat fat**, 64g CHO, 38g protein

These are all great choices!

Healthful Tips to Make Your Sub That Much Better!

- Order wheat bread instead of white
- Choose medium bread instead of large
- Avoid ordering extra cheese
- Choose lean meats like turkey, chicken breast, and ham
- Load up on your favorite veggies
- Order baked chips instead of regular
- Order water or lemonade instead of soda!

Order Less of These...

- Large Garlic Bread – 580 calories
- Meatballs – 450 calories
- Honey Mustard Dressing – 230 calories
- Mayonnaise – 200 calories
- Sides such as cookies or chips
- Soda