

Quick Reference: Fast Food

Sandwiches

Just because it sounds healthier, doesn't mean it is. Some chicken sandwiches are less calories than burgers, but some are a lot more! Grilled chicken is always a healthier choice than fried chicken.

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| Raising Cane's Chicken Sandwich | 840 cal |
| Burger King Whopper with Cheese | 740 cal |
| Panera Bread Roasted Turkey Avocado BLT | 690 cal |
| Burger King Crispy Chicken Sandwich | 670 cal |
| McDonald's Buttermilk Crispy Chicken Sandwich | 600 cal |
| Whataburger Whataburger (no cheese) | 590 cal |
| Jack-in-the-Box Jumbo Jack with Cheese | 570 cal |
| McDonald's Big Mac | 550 cal |
| Chik-Fil-a Chicken Sandwich | 440 cal |
| Taco Bell Burrito Supreme (Beef) | 390 cal |

Sides

With fast food, most sides are going to add empty calories. If fruit is an option, it's going to be much lower in calories (and healthier) than potatoes, fried foods or baked goods. If you can, skip sides entirely.

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| Jack-in-the-Box Medium Fries | 430 cal | Burger King Medium Onion Rings ... | 410 cal |
| Chik-Fil-A Medium Waffle Fries | 420 cal | McDonald's Baked Apple Pie | 240 cal |
| Raising Cane's Crinkle Cut Fries | 390 cal | Taco Bell Chips & Nacho Cheese | 220 cal |
| Burger King Medium French Fries | 380 cal | Raising Cane's Coleslaw | 100 cal |
| McDonald's Medium Fries | 320 cal | Chik-Fil-A Medium Fruit Cup | 60 cal |

Salads

Salads aren't always the best option, but they can be. Depending on the salad, you could be eating double the calories of a sandwich. Grilled Chicken is always a better option than fried, but choosing low calorie dressing is generally what makes the difference for salads.

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| Chik-Fil-A Cobb Salad with Chik-n-Strips and Ranch | 880 cal |
| Jack-in-the-Box Club Salad with Crispy Chicken and Ranch | 760 cal |
| Jack-in-the-Box Club Salad with Grilled Chicken and Ranch | 620 cal |
| Wendy's Summer Strawberry Salad with Champagne Vinaigrette | 530 cal |
| Chik-Fil-A Cobb Salad with Grilled Filet and Light Italian | 415 cal |
| Jack-in-the-Box Club Salad with Grilled Chicken and Balsamic Vinaigrette | 395 cal |