

The following are healthier menu selections from 10 of today's most popular fast-food restaurants.

Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
Aby's*						
Classic Roast Beef*						
360	14.5	30	670	37	2	5
Honey 'n Cheese Slider						
230	9.5	30	750	22	1	3
Roast Turkey Salad w/o dressing						
230	10.7	30	670	8	2	5
Turkey 'n Cheese Slider						
280	12.5	30	760	21	1	2
Burger King*						
BK Supper* Burger w/o mayo						
310	11	0	960	42	6	9
Chicken Nuggets, 4						
170	11.5	25	210	11	1	0
Garden Side Salad w/o dressing						
60	4.5	10	65	3	1	2
Hamburger*						
220	8.5	30	580	26	1	6

KEY: g=grams, mg=milligrams, cal=calories, sat=saturated, chol=cholesterol, carb=carbohydrates

Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
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Click-B*F*

Fast Cap, medium

40						
Greek						
230						
Grilled						
230						
Grilled*						
140						

Smother*						
Smother*						
120						
Chicken Bp						
160						
Chicken Piz						
210						

KFC*						
Can of Gr D						
70						
Honey BBQ Sm						
380						
House Side Salad						
15						
Kentucky Grilled C						
210						
*Clear both sides						

Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
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McDonald's*

Artisan Grilled Chicken Sandwich

310						
3						
11						
22						
4						
1						
1						
1						
1						
4						
5						
5						

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Cal	Total Fat (g)	Total (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)
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Turkey Breast, 6" sandwich*

260	13.5	30	760	46	5	7
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Veggie Delite*, 6" sandwich*

230	13.5	0	280	44	5	7
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Taco Bell*

Cinnamon Twists

170	6.5	0	210	27	<1	13
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Crunchy Taco

170	9.5	25	310	13	3	<1
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Flurries 'n Cheese

180	10	10	480	22	7	<1
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Seasoned Rice

120	2.5	0	190	21	<1	0
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Wendy's*

Grilled Chicken Wrap

270	10.5	50	640	34	2	3
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Jr. Hamburger*

240	10.5	40	500	25	1	5
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Plain Baked Potato

270	0.5	0	25	61	7	3
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Power Mediterranean Chicken Salad, half

250	12.5	50	620	25	5	10
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A Loxley



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