

# MacDonalds

- Cesar Salad with Grilled Chicken or Cesar Salad
- Snack Wrap with Grilled Chicken & Tangy Honey Mustard Sauce
- Southwest Cobb Salad & Asian Salad with Grilled Chicken
- Fruit 'n Yogurt Parfait
- Chicken Select Breast Strips
- Big 'n Tasty with Cheese  
*Choose from kids menu and have low fat milk, iced tea or water to drink.*

# Burger King

- Fire Grilled Chicken Caesar Salad with KEN'S® Light Italian Dressing
- Fire Grilled Shrimp Garden Salad with KEN'S® Light Italian Dressing
- TENDERGRILLED™ Chicken Garden Salad KEN'S® Light Italian Dressing
- BK Quad Stacker
- Sausage Biscuit

# Carl's Jr.

- Charbroiled Chicken Salad To-Go with Low Fat Balsamic Dressing (2 oz)
- Hamburger with Ketchup Or Mustard
- Breakfast Quesadilla
- Gumbo Soup with Rice
- Fried Chicken Club Salad
- Giant Fish Sandwich w/ tarter sauce  
*For a side dish order vegetables.*

# Jack in the Box

- Southwest Pita
- Asian Grilled Chicken Salad with Low Fat Balsamic Dressing
- Hamburger with Cheese no mayonnaise
- Chicken Fajita Pita
- Deli Trio Pannido
- Bacon Cheddar Potato Wedges



Limit foods high in fat, salt, sugar, and calories because these foods can lead to high cholesterol, and excess body weight. This can lead to Diabetes. Each **green dot** food chosen in this pocket guide is under 400 calories, is low in salt, and fat.

This *Fast and Easy Guide to Fast Food* was designed by the Alameda County Public Health Department—with funding from the National Association of County and City Health Officials for the Adaptive Diabetes Management and Nutritional Education Program for People with Developmental Disabilities.

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This is an easy guide to help you make healthy choices when eating out. Menu items are color coded. Foods with a **Green dot** Good choice **Yellow dot** Okay, but not the best **Red dot** Not a good choice

Eating good food can keep you healthy and give you the energy to do the things you like to do. When you eat out eat different types of food like lean meat, fruits, and vegetables, and grains like rice or crackers.

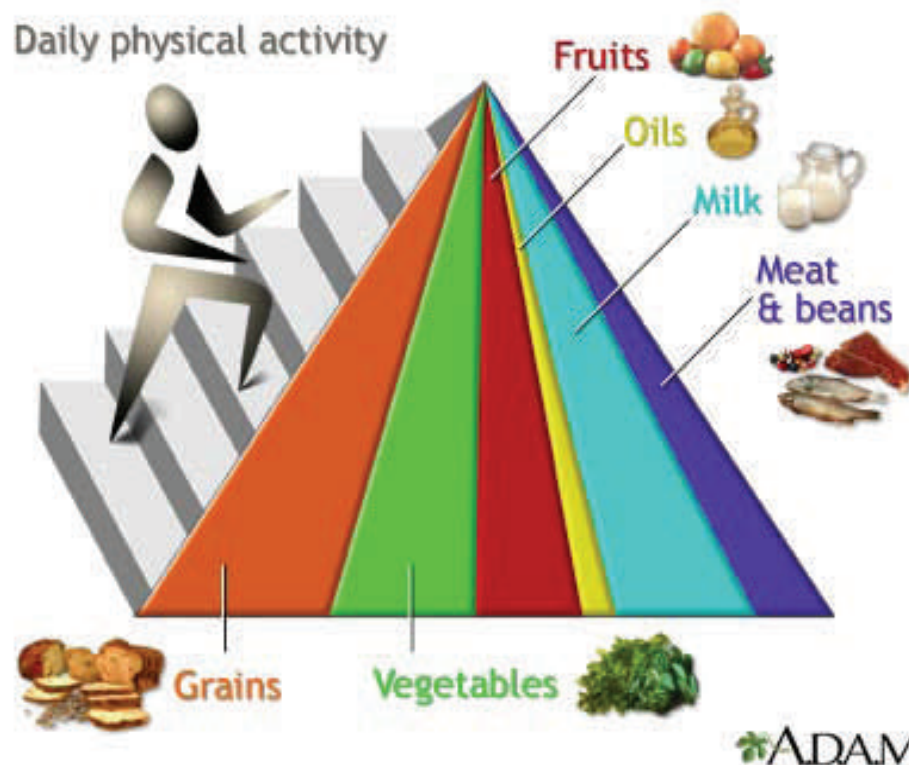
## Fast & Easy Guide To Fast Food

What should I order?

# Wendy's

- Jr. Hamburger
- Chicken Caesar Salad
- Ultimate Chicken Grilled Sandwich
- Mandarin Chicken Salad
- Baked Potato with Cheese
- Taco Supreme Salad

## Follow The Healthy Food Pyramid



# SUBWAY

- Veggie Delight 6 Inch Sandwich
- Roast Beef 6 inch Sandwich
- Oven Roasted Chicken-breast 6 inch Sandwich
- Honey Mustard Ham 6 inch Sandwich
- Any Foot Long Sandwich or Super Size Order

# VFC

- Original Recipe: drumstick chicken, whole wing, breast w/o skin. Extra Crispy Recipe: Drumstick chicken
- Corn-on-the Cob, Cole Slaw, Baked Beans, Green Beans
- Mashed Potato with or without gravy
- Roasted Caesar Salad with croutons
- Famous Bowl Mashed Potato with Gravy

## OTHER SUGGESTIONS

### Side Dishes & Desserts

- Choose vegetables like corn, baked beans, green beans, or spinach instead of French fries.
- Choose fruit cups like mandarin oranges, or fruit salads instead of brownies and pies.
- Look for whole grain breads like rye, wheat, or multigrain crackers.

### Half It To Go

- If you eat a red dot food cut it in half and share with a friend, or take it home for leftovers.
- Stay away from value or super-size options. They are high in fat and calories.
- Choose low fat milk, or low fat chocolate milk, ice tea, or water to drink instead of soda or milk shakes.

# TACO BELL

- Rancho Chicken Soft Taco
- Grilled Steak Soft Taco
- Crunchy Taco
- Gorditas: Nacho Cheese (chicken)
- Cheese Quesadilla
- Spicy Chicken Wrap Supreme