

Guide to
Calories, Fat, Sodium, and Fiber
in
Fast Foods



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and Department of Family and Consumer Services
Cooperative Extension Service

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health

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AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
TACO BELL (continued)				
<u>Salads</u>				
Taco Salad with Salsa (without shell)	420	22	1520	*15
Taco Salad with Salsa (with shell)	850	52	1780	*16
<u>Other</u>				
Cinnamon Twists	140	6	190	0
Pintos & Cheese	190	9	650	*10
Tostada	300	15	650	*12
Big Beef Meximelt	290	15	850	*4
Mexican Pizza	570	35	1040	*8

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

* = Items with 3 or more grams of fiber in a serving.

– = Amount not listed.

Guide to calories, fat, sodium, and fiber in fast foods

Fast Foods and Your Diet. People eat at fast food restaurants for many reasons--such as convenience, taste, and price. Nutritional value is usually not the reason someone chooses to go to a fast food restaurant, but nutritious choices are available at most restaurants. Some fast foods are extremely high in calories, fat, or sodium. By choosing carefully, you can make a big difference in your fat, calorie, or sodium intake.

The calorie, fat, sodium, and fiber contents in some fast foods eaten in Hawai'i are listed in this booklet. The values listed were obtained from brochures published by the various restaurants as of Fall, 1998. The items are grouped by restaurant.

As a guide to what should be considered "high" or "low" for your dietary intake of fat, sodium, and fiber, the Daily Values--the amounts recommended per day--are listed below. One-third of each of these daily amounts is calculated to give you a general idea of a "per-meal budget." Daily Values are based on a 2000 calorie diet. The values for fat and sodium are recommended *maximums*, while the value for fiber is a recommended *minimum*.

In the tables on the following pages, the fast food items are grouped by type (main dish, side dish, breakfast, etc.) and **the items within each group are listed in order of increasing fat content.** For a healthier fast food meal, choose items that have less fat and sodium, and more fiber. Items that are relatively good sources of fiber are starred (*).

	Daily Value*	Approximate "per-meal budget"
Fat	less than 65 grams	less than 22 grams
Sodium	less than 2400 mg	less than 800 mg
Fiber	at least 25 grams	at least 8 grams

*Daily Values are based on a 2000 calorie diet.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
ARBY'S				
<u>Roast Beef Sandwiches</u>				
Junior Roast Beef	324	14	779	2
Arby's Melt with Cheddar	368	18	937	2
Arby-Q	431	18	1321	*3
Regular Roast Beef	388	19	1009	*3
Super Roast Beef	523	27	1169	*5
Beef & Cheddar	507	28	1216	2
Giant Roast Beef	555	28	1561	*5
Bacon Cheddar Deluxe	539	34	1140	*3
Big Montana	686	35	2295	*3
<u>Chicken Sandwiches</u>				
Grilled Chicken BBQ	368	13	1002	2
Chicken Fingers (2 pieces)	290	16	677	1
Grilled Chicken Deluxe	430	20	846	*3
Roast Chicken Deluxe	433	22	763	2
Roast Chicken Santa Fe	463	22	818	1
Breaded Chicken Fillet	536	28	1016	*5
Roast Chicken Club	548	31	1103	2
Chicken Cordon Bleu	623	33	1594	*5
<u>Submarine Sandwiches</u>				
French Dip	475	22	1411	*3
Hot Ham & Swiss	500	23	1664	2
Turkey Sub	550	27	2084	2
Italian Sub	633	36	2089	2
Roast Beef Sub	700	42	2034	*4
Triple Cheese Melt	720	45	1797	2
Philly Beef & Swiss	755	47	2025	*3

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
TACO BELL				
<u>Burritos</u>				
Bean Burrito	380	12	1100	*13
Burrito Supreme	440	19	1230	*10
Big Beef Burrito Supreme	520	23	1520	*11
7-Layer Burrito	530	23	1280	*13
Chicken Club Burrito	540	32	1250	*4
<u>Tacos</u>				
Taco, Regular	180	10	330	*3
Taco Supreme	220	14	350	*3
<u>Soft Tacos</u>				
Taco, Regular	220	10	580	*3
Grilled Chicken	240	12	1110	*3
Taco Supreme	260	14	590	*3
<u>Nachos</u>				
Nachos, Regular	320	18	570	*3
Big Beef Nachos Supreme	450	24	810	*9
Nachos Bell Grande	770	39	1310	*17
<u>Fajita Wraps</u>				
Veggie Fajita Wrap	420	19	980	*3
Steak Fajita Wrap	470	21	1190	*3
Chicken Fajita Wrap	470	22	1290	*4

* = Items with 3 or more grams of fiber in a serving.

- = Amount not listed.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
SUBWAY (continued)				
<u>Cookies</u>				
Oatmeal Raisin	200	8	160	-
Chocolate Chunk	210	10	140	-
Chocolate Chip	210	10	140	-
Chocolate Chip M&M	210	10	140	-
Peanut Butter	220	12	180	-
Sugar	230	12	180	-
White Chocolate Macadamia Nut	230	12	140	-
Double Chocolate Brazil Nut	230	12	115	-
<u>Salads</u>				
Veggie Delite	51	1	308	-
Turkey Breast	102	2	1117	-
Subway Club	126	3	1067	-
Roast Beef	117	3	654	-
Ham	116	3	1034	-
Turkey Breast & Ham	109	3	1076	-
Roasted Chicken Breast	162	4	693	-
Subway Seafood & Crab (made w/light mayonnaise)	161	8	599	-
Steak & Cheese	212	8	832	-
BLT (Bacon, Lettuce & Tomato)	140	8	672	-
Subway Melt	195	10	1461	-
Tuna (made w/light mayonnaise)	205	13	654	-
Chicken Taco	250	14	990	-
Meatball	233	14	761	-
Subway Seafood & Crab	244	17	575	-
Tuna	356	30	601	-

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
ARBY'S (continued)				
<u>Other Sandwiches</u>				
Ham and Cheese	359	14	1283	2
Fish Fillet	529	27	864	2
<u>Potatoes</u>				
Baked Potato (plain)	355	0.3	26	*7
Home-style Fries (small)	212	10	414	2
Potato Cakes	204	12	397	0
Curly Fries	300	15	853	0
Home-style Fries (medium)	340	15.5	665	*3
Cheddar Curly Fries	333	18	1016	0
Home-style Fries (large)	423	19	828	*4
Broccoli and Cheddar Baked	571	20	565	*9
Baked Potato with Margarine & Sour Cream	578	24	209	*7
Deluxe Baked Potato	736	36	499	*7
<u>Soups</u>				
Old Fashion Chicken Noodle	80	2	850	1
Potato with Bacon	170	7	905	2
Cream of Broccoli	160	8	1005	2
Boston Clam Chowder	190	9	956	1
Wisconsin Cheese	280	18	1065	2
<u>Desserts</u>				
Chocolate Chip Cookie	125	6	85	0
Jamocho Shake	384	10	262	0
Chocolate Shake	451	12	341	0
Vanilla Shake	360	12	281	0
Cherry Turnover	320	13	190	0
Apple Turnover	330	14	180	0
Cheesecake (plain)	320	23	240	0

* = Items with 3 or more grams of fiber in a serving.

-- = Amount not listed.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
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BURGER KING

Burgers & Sandwiches

Hamburger	330	15	530	1
Cheeseburger	380	19	770	1
Whopper Junior	420	24	530	2
Whopper Junior with Cheese	460	28	770	2
BK Broiler Chicken Sandwich	550	29	480	2
Whopper	640	39	870	*3
Double Cheeseburger with Bacon	640	39	1240	1
BK Big Fish Sandwich	700	41	980	*3
Chicken Sandwich	710	43	1400	2
Whopper with Cheese	730	46	1350	*3
Double Whopper	870	56	940	*3
Double Whopper with Cheese	960	63	1420	*3

Breakfast

Hash Browns	220	12	320	2
French Toast Sticks	500	27	490	1
Biscuit with Bacon, Egg & Cheese	510	31	1530	1
Biscuit with Sausage	590	40	1390	1
Croissan'wich (with Sausage, Egg & Cheese)	600	46	1140	1

Other

Garden Salad	100	5	110	*3
Broiled Chicken Salad	200	10	110	*3
Apple Pie	300	15	230	2
Chicken Tenders (8 pieces)	310	17	710	*3
French Fries (medium)	370	20	240	*3

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

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Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
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SUBWAY

6" Cold Subs

Veggie Delight	237	3	593	-
Turkey Breast	289	4	1403	-
Turkey Breast & Ham	295	5	1361	-
Ham	302	5	1319	-
Roast Beef	303	5	939	-
Subway Club	312	5	1352	-
Subway Seafood and Crab (made w/light mayonnaise)	347	10	884	-
Bacon, Lettuce & Tomato	327	10	957	-
Cold Cut Trio	378	13	1412	-
Tuna (made w/light mayonnaise)	391	15	940	-
Subway Seafood & Crab	430	19	860	-
Classic Italian BMT	460	22	1664	-
Tuna	542	32	886	-

6" Hot Subs

Roasted Chicken Breast	348	6	978	-
Steak and Cheese	398	10	1117	-
Subway Melt	382	12	1746	-
Meatball	419	16	1046	-
Chicken Taco Sub	436	16	1275	-
Pizza Sub	464	22	1621	-

Deli-Style Sandwiches

Turkey Breast	235	4	944	-
Ham	234	4	773	-
Roast Beef	245	4	638	-
Tuna (made w/light mayonnaise)	279	9	583	-
Bologna	292	12	744	-
Tuna	354	18	557	-

* = Items with 3 or more grams of fiber in a serving.

- = Amount not listed.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
POPEYES				
<u>Original Chicken</u>				
Leg	133	8	286	-
Wing	185	13	424	-
Thigh	300	22	634	-
Breast	428	26	1100	-
<u>Spicy Chicken</u>				
Leg	133	8	224	-
Wing	185	13	346	-
Thigh	300	22	530	-
Breast	428	26	876	-
<u>Side Orders</u>				
Jalapeno Pepper	9	0	4	-
Corn on the Cob	149	3	16	*4
Cajun Rice	177	6	391	-
French Fries	234	10	69	*3
Homemade Buttermilk Biscuit	261	16	463	-
Cole Slaw	218	18	252	2
Red Beans & Rice	303	19	675	*7
Onion Rings	584	40	243	-

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
JACK IN THE BOX				
<u>Burgers & Sandwiches</u>				
Hamburger	280	12	560	2
Hamburger with Cheese	320	16	760	2
Philly Cheesesteak Sandwich	520	25	1980	*4
Chicken Caesar Sandwich	490	26	1050	*3
Chicken Sandwich	450	26	1030	2
Grilled Chicken Fillet Sandwich	520	26	1240	*4
Double Cheeseburger	460	27	920	2
Spicy Crispy Chicken Sandwich	560	27	1140	2
Jumbo Jack	590	36	720	*4
Jumbo Jack with Cheese	680	44	1180	*4
Chicken Supreme Sandwich	680	45	1500	*4
Sourdough Jack	690	46	1180	*3
Ultimate Cheeseburger	1030	79	1370	*4
Bacon Ultimate Cheeseburger	1150	89	1770	*4
<u>Other</u>				
Chicken Teriyaki Bowl	670	4	1730	*3
Chicken Fajita Pita	280	9	840	*3
Chicken Breast (5 pieces)	360	17	970	1
Egg Rolls (3 pieces)	440	24	1020	*4
Stuffed Jalapenos (7 pieces)	530	31	1730	*3
Egg Rolls (5 pieces)	730	41	1700	*7
Stuffed Jalapenos (10 pieces)	750	44	2470	*5

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- = Amount not listed.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
JACK IN THE BOX (continued)				
<u>Desserts</u>				
Cheesecake	320	18	220	<1
Hot Apple Turnover	340	18	510	2
Chocolate Ice Cream Shake	630	27	330	<1
<u>French Fries</u>				
Regular French Fries	350	16	710	*3
Seasoned Curly Fries	410	23	1010	*4
Onion Rings	460	25	780	*3
Super Scoop French Fries	610	28	1250	*5
Bacon Cheddar Potato Wedges	800	58	1470	*4
<u>Breakfast</u>				
Pancakes with Bacon	370	9	1020	*3
Hash Browns	170	12	250	1
Breakfast Jack	280	12	920	1
Sourdough Breakfast Sandwich	440	24	1120	1
Supreme Croissant	520	32	1240	1
Ultimate Breakfast Sandwich	620	36	1800	2
Sausage Croissant	690	51	1000	1
<u>Salads</u>				
Garden Chicken Salad	200	9	420	*3
Taco	170	10	460	2
Monster Taco	270	17	670	*4

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
PIZZA HUT				
<u>Hand-Tossed Pizza, medium (per slice)</u>				
Veggie Lover's	240	7	650	*3
Pepperoni	260	9	750	*3
Supreme	270	9	760	*3
Beef Topping	280	10	860	*3
Hand-Tossed Cheese	280	10	770	2
Meat Lover's	290	11	820	*3
Italian Sausage	300	12	780	*3
Pepperoni Lover's	320	13	910	*4
<u>Thin Crust Pizza, medium (per slice)</u>				
Veggie Lover's	170	6	460	*3
Cheese	210	9	530	2
Pepperoni	220	9	610	2
Beef Topping	240	11	790	2
Supreme	250	11	710	*3
Italian Sausage	300	16	740	*3
Meat Lover's	310	16	900	*3
<u>Pan Pizza (slice)</u>				
Veggie Lover's	240	9	480	*3
Pepperoni	280	12	640	*3
Supreme	300	13	670	*3
Beef	310	14	720	2
Cheese	300	14	610	2
Pepperoni Lover's	350	17	800	2
Italian Sausage	350	18	740	*3
Meat Lover's	360	19	870	*3

* = Items with 3 or more grams of fiber in a serving.

- = Amount not listed.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
MCDONALD'S (continued)				
<u>Breakfast</u>				
English Muffin	140	2	210	1
Apple Bran Muffin, low-fat	300	3	380	*3
Hotcakes (plain)	310	7	610	2
Hash Browns	130	8	330	1
Scrambled Eggs (2)	160	11	170	0
Egg McMuffin	290	12	710	1
Biscuit	260	13	840	1
Hotcakes (syrup & margarine)	580	16	760	2
Sausage	170	16	290	0
Apple Danish	360	16	290	1
Breakfast Burrito	320	20	600	1
Cinnamon Roll	400	20	340	2
Cheese Danish	410	22	340	0
Sausage McMuffin	360	23	740	1
Bacon, Egg & Cheese Biscuit	440	26	1310	1
Sausage McMuffin with Egg	440	28	810	1
Sausage Biscuit	430	29	1130	1
Sausage Biscuit with Egg	510	35	1210	1
<u>French Fries</u>				
French Fries (small)	210	10	135	2
French Fries (large)	450	22	290	*5
<u>Chicken McNuggets</u>				
4 pieces	190	11	340	0
6 pieces	290	17	510	0
9 pieces	430	26	770	0

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
KFC				
<u>Original Recipe Chicken</u>				
Drumstick	140	9	422	0
Whole Wing	140	10	414	0
Thigh	250	18	747	1
Breast	400	24	1116	1
<u>Hot & Spicy Chicken</u>				
Drumstick	190	11	300	<1
Whole Wing	210	15	340	<1
Thigh	370	27	570	1
Breast	530	35	1110	2
<u>Extra Tasty Crispy Chicken</u>				
Drumstick	190	11	260	<1
Whole Wing	200	13	290	<1
Thigh	370	25	540	2
Breast	470	28	930	1
<u>Tender Roast Chicken</u>				
Drumstick (without skin)	67	2.4	259	0
Breast (without skin)	169	4.3	797	0
Drumstick (with skin)	97	4.3	271	0
Thigh (without skin)	106	5.5	312	0
Wing (with skin)	121	7.7	331	0
Breast (with skin)	251	10.8	830	0
Thigh (with skin)	207	12	504	0

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- = Amount not listed.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
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KFC (continued)

Other

Colonel's Crispy Strips (3)	261	15.8	658	*3
Spicy Buffalo Crispy Strips (3)	350	19	1110	2
Hot Wings (6 pieces)	471	33	1230	2

On the Side

Corn on the Cob (without savory)	150	1.5	20	2
Green Beans	45	1.5	730	*3
Mean Greens	70	3	650	*5
BBQ Baked Beans	190	3	760	*6
Mashed Potatoes with Gravy	120	6	440	2
Macaroni & Cheese	180	8	860	2
Cole Slaw	180	9	280	*3
Biscuit	180	10	560	<1
Cornbread	228	13	194	1
Potato Wedges	280	13	750	*5
Potato Salad	230	14	540	*3

Sandwiches

BBQ Chicken Sandwich	256	8	782	2
Chicken Sandwich (Original Recipe)	497	22.3	1213	*3

Per-meal budgets: Less than 22 g fat, less than 800 mg sodium, and at least 8 g fiber.

Item	Calories	Fat (g)	Sodium (mg)	Fiber (g)
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MCDONALD'S

Burgers & Sandwiches

Grilled Chicken Deluxe	330	6	970	*4
Hamburger	270	10	530	2
Cheeseburger	320	14	770	2
Fish Filet Deluxe	510	20	1120	*5
Quarter Pounder	430	21	730	2
Crispy Chicken Deluxe	530	26	1140	*4
Big Mac	530	28	880	*3
Quarter Pounder with Cheese	530	30	1200	2
Arch Deluxe	570	31	1110	*4
Arch Deluxe with Bacon	610	34	1250	*4

Salads & Dressings

Garden Salad	35	0	20	2
Grilled Chicken Salad Deluxe	110	1	240	2
Ranch Dressing (1 package)	230	21	550	0

Shakes, Cookies & Ice Cream

Vanilla Ice Cream Cone, low-fat	120	0.5	95	0
Strawberry Sundae, low-fat	240	1	130	<1
Vanilla Shake, low-fat (small)	340	5	270	0
Chocolate Shake, low-fat (small)	340	5	270	1
Hot Fudge Sundae	290	5	200	2
McDonaldland Cookies	180	5	190	1
Chocolate Chip Cookies	170	10	120	1
Baked Apple Pie	260	13	200	<1

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- = Amount not listed.