

Weight Loss 101

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.

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.

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.

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