

The choices in the **Fast Foods** list are not specific fast food meals or items. but are estimates based on popular foods. You can get specific nutrition information for almost every fast food or restaurant chain. Ask the restaurant or check its website for nutrition information about your favorite fast foods.

Breakfast Sandwiches

Food	Serving Size	Count as
Egg, cheese, meat, English muffin	1 sandwich	2 carbohydrates + 2 medium-fat meats
Sausage biscuit sandwich	1 sandwich	2 carbohydrates + 2 high-fat meats + 3 1/2 fats

Main Dishes/Entrees

Food	Serving Size	Count as
Burrito (beef and beans)	1 (about 8 oz)	3 carbohydrates + 3 medium- fat meats + 3 fats
Chicken breast, breaded and fried	1 (about 5 oz)	1 carbohydrate + 4 medium-fat meats
Chicken drumstick, breaded and fried	1 (about 2 oz)	2 medium-fat meats
Chicken nuggets	6 (about 3 1/2 oz)	1 carbohydrate + 2 medium- fat meats + 1 fat
Chicken thigh, breaded and fried	1 (about 4 oz)	1/2 carbohydrate + 3 medium- fat meats + 1 1/2 fats
Chicken wings, hot	6 (5 oz)	5 medium-fat meats + 1 1/2 fats



= More than 3 grams of dietary fiber per serving.



= Extra fat, or prepared with added fat.



= 600 milligrams or more of sodium per serving (for fast food main dishes/meals).

Asian

	Food	Serving Size	Count as
<u>s</u>	Beef/chicken/shrimp with vegetables in sauce	1 cup (about 5 oz)	1 carbohydrate + 1 lean meat + 1 fat
(S)	Egg roll, meat	1 (about 3 oz)	1 carbohydrate + 1 lean meat + 1 fat
	Fried rice, meatless	1/2 cup	1 1/2 carbohydrates + 1 1/2 fats
(S)	Meat and sweet sauce (orange chicken)	1 cup	3 carbohydrates + 3 medium- fat meats + 2 fats
(S) (**)	Noodles and vegetables in sauce (chow mein, lo mein)	1 cup	2 carbohydrates + 1 fat

Pizza

	Food	Serving Size	Count as
8	Pizza cheese, pepperoni, regular crust	1/8 of a 14 inch (about 4 oz)	2 1/2 carbohydrates + 1 medium-fat meat + 1 1/2 fats
S	cheese/vegetarian, thin crust	1/4 of a 12 inch (about 6 oz)	2 1/2 carbohydrates + 2 medium-fat meats + 1 1/2 fats



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Sandwiches

	Food	Serving Size	Count as
S	Chicken sandwich, grilled	l meats	3 carbohydrates + 4 lean
S	Chicken sandwich, crispy	1	3 1/2 carbohydrates + 3 medium-fat meats + 1 fat
	Fish sandwich with tartar sauce	1	2 1/2 carbohydrates + 2 medium-fat meats + 2 fats
S	Hamburger large with cheese	1	2 1/2 carbohydrates + 4 medium-fat meats + 1 fat
	regular	1	2 carbohydrates + 1 medium- fat meat + 1 fat
S	Hot dog with bun	1	1 carbohydrate + 1 high-fat meat + 1 fat
<u>s</u>	Submarine sandwich less than 6 grams fat	6-inch sub	3 carbohydrates + 2 lean meats
<u>s</u>	regular	6-inch sub	3 1/2 carbohydrates + 2 medium-fat meats + 1 fat
	Taco, hard or soft shell (meat and cheese)	1 small	1 carbohydrate + 1 medium- fat meat + 1 1/2 fats

Salads

Food	Serving Size	Count as
Salad, main dish (grilled chicken type, no dressing or croutons)	Salad	1 carbohydrate + 4 lean meats
Salad, side, no dressing or cheese	Small (about 5 oz)	1 vegetable



Sides/Appetizers

Food	Serving Size	Count as
French fries, restaurant style	small medium large	3 carbohydrates + 3 fats 4 carbohydrates + 4 fats 5 carbohydrates + 6 fats
Nachos with cheese	small (about 4 1/2 oz)	2 1/2 carbohydrates + 4 fats
© Onion rings	1 serving (about 3 oz)	2 1/2 carbohydrates + 3 fats

Desserts

Food	Serving Size	Count as
Milkshake, any flavor	12 oz	6 carbohydrates + 2 fats
Soft-serve ice cream cone	1 small	2 1/2 carbohydrates + 1 fat

Note

See the **Starch** list and **Sweets, Desserts, and Other Carbohydrates** list for foods such as bagels and muffins.









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