

## 5 Drive-Thru Disasters

You'll need to order a side of cholesterol-lowering drugs with any of these high-fat menu items:

1. **Wendy's Big Bacon Classic**  
580 calories, 29g fat, 12g saturated fat
2. **McDonald's Double Quarter Pounder with Cheese**  
730 calories, 40g fat, 19g saturated fat
3. **KFC Chicken Pot Pie**  
770 calories, 40g fat, 15g saturated fat
4. **Taco Bell Fiesta Taco Salad**  
860 calories, 46g fat, 14g saturated fat
5. **Burger King Triple Whopper with Cheese**  
1,230 calories, 40g fat, 19g saturated fat

Remember, the average person should consume around 2,000 calories, 65g of fat and 20g of saturated fat daily, and exercise at least 30-60 minutes each day!

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## A GUIDE TO MAKING HEALTHY FAST FOOD CHOICES

Is the drive-thru the fast lane to a heart attack? One slip up (“okay, sure, I’ll take the large fries and apple pie with that”) and you can add more than 800 calories to your takeout order. But there is good news. Some of the burgers, sides and sandwiches aren’t as bad for you as you might think.



So, while fast food should still be considered a treat instead of part of your regular diet, here are some fast food picks that are figure-friendly.

## Kentucky Fried Chicken

### **KFC Mashed Potatoes with Gravy**

*120 calories, 4.5g fat, 1g saturated fat*

Even when made with milk and butter, mashed is always better than fried. Don't worry about the gravy; it adds only a few calories and just half a gram of fat.

### **KFC Original Recipe Drumstick**

*140 calories, 8g fat, 2g saturated fat*

Order one regular drumstick (avoid the extra crispy; it is "extra" high in saturated and trans fats) and fill up on the healthier sides, like corn on the cob, baked beans or a small helping of Potato Salad or Cole Slaw

### **KFC Potato Salad**

*180 calories, 9g fat, 1.5g saturated fat*

Made with red bell peppers, onions, celery and only a tablespoon of mayo, this is a tasty, low-fat alternative to deep fried Potato Wedges.

### **KFC Cole Slaw**

*190 calories, 11g fat, 2g saturated fat*

Cole slaw is full of fiber, potassium, vitamins A, C and K.

### **KFC Honey BBQ Sandwich**

*300 calories, 6g fat, 1.5g saturated fat*

Don't let the thick, sweet sauce fool you: this is actually the lowest calorie full-size sandwich on the menu.

## Taco Bell

### **Taco Bell Fresco Style Crunchy Taco**

*150 calories, 7g fat, 2.5g saturated fat*

When you ask for your meal Fresco style, you get fresh salsa (packed with cancer-fighting lycopene) instead of fatty cheese and sauce. Pair your taco with a side of beans and rice so you won't be hungry again before you leave the parking lot.

### **Taco Bell Fresco Style Grilled Steak Soft Taco**

*170 calories, 5g fat, 1.5g saturated fat*

Although red meat does have a little bit of fat, it also adds protein, zinc, iron and vitamin B12 if eaten in moderation.

### **Taco Bell Fresco Style Tostada**

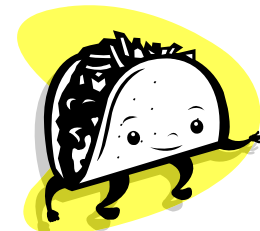
*200 calories, 6g fat, 1g saturated fat*

A flat corn shell topped with fiber-rich beans, Fiesta salsa, tangy red sauce, and lettuce makes a healthy taco alternative.

### **Taco Bell Gordita Nacho Cheese—Chicken**

*270 calories, 10g fat, 2.5g saturated fat*

This one is smothered in cheese but still has less than 300 calories.



## Pizza Hut

### Pizza Hut 12” Fit ‘N Delicious Pizza with Diced Chicken, Red Onion and Green Pepper

2 slices — 340 calories, 9g fat, 4g saturated fat

A nutritionist’s dream: thin crust, lean chicken, and vegetable toppings, plus half the cheese of the regular Thin ‘N Crispy Pizza.

### Pizza Hut 12” Veggie Lover’s Hand-Tossed Pizza

1 slice — 220 calories, 6g fat, 3g saturated fat

Sometimes one slice is enough, as long as it has a thick crust and lots of cheese. Though not quite as light as the Fit ‘N Delicious, this Hand-Tossed pie is still lower in calories than the deep-dish pan pizza.



## Wendy’s

### Wendy’s Large Chili

330 calories, 9g fat, 3.5g saturated fat

Packed with beans that are rich in folate, iron and fiber, the 12-ounce serving will fill you up. End your meal with a Mandarin Orange Cup (80 calories).

### Wendy’s Ultimate Chicken Grill

360 calories, 7g fat, 1.5g saturated fat

It has half the fat of Wendy’s other non-burger sandwiches, thanks to honey mustard sauce instead of mayo and grilling instead of deep-frying.

## McDonald’s

### McDonald’s Chicken McNuggets with SweetNSour Sauce

4 pieces — 220 calories, 10g fat, 2g saturated fat

The sauce is low in calories and sodium but since you only get four nuggets, add a Fruit & Walnut Salad (310 calories, with yogurt dressing)

### McDonald’s Hamburger

260 calories, 9g fat, 3.5g saturated fat

This burger is pretty small, so it’s one of the most healthy fast food sandwiches. Add a side salad with Newman’s Own Low Fat Balsamic Vinaigrette (60 calories total) and a bottle of water.

### McDonald’s Egg McMuffin

300 calories, 12g fat, 4.5g saturated fat

With its lean, Canadian-style bacon and English muffin, this breakfast sandwich is a better choice than a 500-calorie Sausage Biscuit with Egg.

### McDonald’s McChicken

370 calories, 16g fat, 3.5g saturated fat

Its size and small portion of mayo means this crispy, fried sandwich is lower in calories than the grilled chicken options

