

Healthier Options for Fast Food

Burger King

Grilled Chicken Sandwich

(no mayo)

370 calories, 7 grams of fat

Chick-Fil-A

Grilled Chicken Sandwich

310 calories, 6 grams of fat

Jack in the Box

Grilled Chicken Salad

(no dressing)

350 calories, 15 grams of fat

McDonald's

Artisan Grilled Chicken Sandwich

(with apple slices)

380 calories, 6 grams of fat

McDonald's

Egg White Delight McMuffin

280 calories, 10 grams of fat

Panera

Fuji Apple Salad with Chicken

(no dressing)

285 calories, 17 grams of fat

Starbucks

Chicken and Hummus Bistro Box

270 calories, 7 grams of fat

Starbucks

Hearty Blueberry Oatmeal

220 calories, 2.5 grams of fat

Subway

6" Club Sandwich

310 calories, 4.5 grams of fat

Wendy's

Grilled Chicken Sandwich

(with apple slices)

370 calories, 10 grams of fat