



Fast food NUTRITION Guide

*A guide to help you make
healthy choices at your favorite
fast food restaurants.*

Eating smart can be easy!



University of Massachusetts Amherst

Part of *Choices: Steps Toward Health*, developed by UMass Extension Nutrition Education Program with funding from the United States Department of Agriculture Expanded Food and Nutrition Education Program and Food Stamp Nutrition Education Program. For more information about UMass Extension Nutrition Education initiatives call 1-800-622-3637. The Food Stamp Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-800-249-2007. The *Choices* curriculum uses brand-name products only to provide nutrition information or compare foods and does not represent an endorsement of any specific food product or company.

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BOSTON MARKET™

Food Item	Serving	Calories	Fat (gm)
1/4 white meat chicken – with skin and wing	1/4 chicken	280	12
1/4 white meat chicken – without skin and wing	1/4 chicken	170	4
1/4 dark meat chicken – with skin	1/4 chicken	320	21
1/4 dark meat chicken – without skin	1/4 chicken	190	10
Skinless rotisserie turkey breast	5 ounces	170	1
Honey glazed ham	5 ounces	210	8
Meat loaf and brown gravy	7 ounces	340	21
Chicken pot pie	1 pie	750	46
Chunky chicken salad	6 1/2 ounces	480	39
Turkey sandwich – with cheese and sauce	1 sandwich	620	25
Turkey sandwich – without cheese and sauce	1 sandwich	390	3.5
Turkey bacon club sandwich	1 sandwich	780	38
Chicken salad sandwich	1 sandwich	680	30
BBQ chicken sandwich	1 sandwich	540	9
New potatoes	3/4 cup	130	2.5
Whole kernel corn or rice pilaf	2/3 cup	180	4-5
Homestyle mashed potatoes and gravy	3/4 cup	230	9
Red beans and rice (reduced fat)	1 cup	260	5
Black beans and rice	1 cup	300	10
Savory stuffing	3/4 cup	310	12
Butternut squash	3/4 cup	150	6
Macaroni and cheese	3/4 cup	280	11
BBQ baked beans	3/4 cup	270	5
Steamed vegetables	2/3 cup	35	0.5
Caesar side salad	4 ounces	200	17
Hot cinnamon apples	3/4 cup	250	4.5
Corn bread	1 loaf	200	6

WENDY'S™

Food Item	Serving	Calories	Fat (gm)
Jr. Hamburger	1	270	9
Jr. Cheeseburger	1	310	12
Jr. Bacon cheeseburger	1	380	19
Jr. Cheeseburger deluxe	1	350	16
Classic single burger, plain	1	360	16
Classic single with everything	1	410	19
Big bacon classic	1	580	30
Grilled chicken sandwich	1	300	7
Chicken breast fillet club sandwich	1	430	16
Chicken club sandwich	1	470	20
Spicy chicken sandwich	1	410	14
French fries, medium	5 ounces	420	20
French fries, Biggie®	5 1/2 ounces	470	23
French fries, Great Biggie®	6 1/2 ounces	570	27
Baked potato with sour cream and chives	1	370	5
Baked potato with broccoli and cheese	1	470	14
Chili, small	8 ounces	210	7
Chili, large	12 ounces	310	10
Crispy Chicken Nuggets™	5 nuggets	230	16
Taco salad	1	380	19
Grilled chicken caesar salad	1	260	9
Deluxe garden salad	1	110	6
Caesar side salad	1	100	4
Side salad	1	60	3
Frosty junior	6 ounces	170	4
Frosty small	12 ounces	330	8
Frosty medium	16 ounces	440	11

TACO BELL™

Food Item	Serving	Calories	Fat (gm)
Taco	3 ounces	170	10
Taco supreme	4 ounces	260	16
Soft taco, beef	4 ounces	210	10
Soft taco, chicken	4 ounces	190	7
Double decker® taco	5 ounces	260	14
Double decker® taco supreme	7 ounces	420	21
Bean burrito	7 ounces	370	12
7-layer burrito	10 ounces	520	22
Burrito supreme® – beef	9 ounces	430	18
Burrito supreme® – chicken	9 ounces	410	16
Double burrito supreme® – beef	10 ounces	510	23
Double burrito supreme® – chicken	9 ounces	460	17
Grilled stuft burrito – beef	12 ounces	730	35
Chalupa Nacho cheese – beef*	5 1/2 ounces	370	22
Chalupa supreme – beef*	5 1/2 ounces	380	23
Chalupa baja® – beef*	5 1/2 ounces	420	27
Gordita baja™ – beef*	5 1/2 ounces	360	21
Gordita supreme – beef	5 1/2 ounces	300	14
Cheesy gordita crunch	6 1/2 ounces	560	33
Tostada	6 ounces	250	12
Mexican pizza	1 pizza	540	35
Taco salad	1 salad	850	52
Taco salad without shell	1 salad	400	22
Chicken Quesadilla	1	540	30
Nachos	4 ounces	320	18
Nachos Bell Grande®	11 ounces	760	39
Mucho Grande Nachos	18 ounces	1320	82
Pintos 'n cheese	4 1/2 ounces	180	8
Cinnamon twists	1 1/2 ounces	150	4.5
<i>*Subtract 3 grams fat for chicken</i>			

BURGER KING™

Food Item	Serving	Calories	Fat (gm)
Whopper	1	660	40
Whopper with cheese	1	760	48
Double Whopper	1	920	59
Double Whopper with cheese	1	1010	67
Whopper Junior	1	400	24
Whopper Junior with cheese	1	450	28
Chick'N crisp sandwich (with mayonnaise)	1	460	27
Hamburger	1	320	15
Cheeseburger	1	360	19
Double cheeseburger	1	580	36
Double cheeseburger with bacon	1	620	38
BK big fish	1	720	43
BK broiler chicken	1	530	26
Chicken sandwich	1	710	43
Chicken tenders (8 pieces)	1	350	22
French fries (small)	1	250	13
French fries (king)	1	590	30
Onion rings (medium)	1	380	19
Onion rings (king)	1	600	30
Dutch apple pie	1	300	19
Croissan'wich with sausage, egg and cheese	1	530	41
Croissan'wich with sausage and cheese	1	450	35
Biscuit with sausage	1	490	33
Biscuit with sausage, egg and cheese	1	620	43
French toast sticks	5 sticks	440	23
Hash browns (large)	1	410	26
Vanilla shake (small)	1	590	30

DOMINO'S™

Food Item	Serving	Calories	Fat (gm)
14" Hand tossed pizza (1 slice)			
• Cheese pizza	1/8 pizza	258	8
• Pepperoni pizza	1/8 pizza	307	12
• Deluxe veggie feast	1/8 pizza	302	11
• Hawaiian feast	1/8 pizza	311	11
• Deluxe feast	1/8 pizza	314	12
• America's favorite feast	1/8 pizza	349	15
• MeatZZa feast	1/8 pizza	377	17
• ExtravaganZZA feast	1/8 pizza	387	18
14" Thin crust CHEESE pizza (1 slice)	1/8 pizza	191	8
14" Ultimate deep dish CHEESE pizza (1 slice)	1/8 pizza	338	15
Buffalo wing	1 wing	44	2
Breadstick	1	78	3.5
Cheesy bread	1	103	5.5
Toppings (add the values of your favorite toppings to the values of a cheese pizza for the total nutrient content per slice.)			
• Anchovies		23	1
• Bacon		77	7
• Beef		56	5
• Cheese, extra		36	3
• Green or banana peppers		3	0
• Ham		16	1
• Italian sausage		55	4
• Mushrooms		4	0
• Olives, green		12	1
• Olives, ripe		14	1
• Onion		4	0
• Pepperoni		49	4
• Pineapple		10	0

SUBWAY™

Food Item	Serving	Calories	Fat (gm)
Classic Italian BMT sub	6-inch sub	456	24
Cold cut trio	6-inch sub	415	20
Ham sub*	6-inch sub	261	4.5
Meatball sub	6-inch sub	501	25
Roast beef sub*	6-inch sub	267	4.5
Subway seafood & crab sub	6-inch sub	378	16
Steak & cheese sub	6-inch sub	362	13
Subway club*	6-inch sub	296	5
Subway melt	6-inch sub	384	15
Roasted chicken breast sub*	6-inch sub	291	5
Tuna sub	6-inch sub	419	21
Turkey breast sub*	6-inch sub	254	3.5
Turkey breast & ham sub *	6-inch sub	267	4.5
Veggie delite sub*	6-inch sub	232	3
Asiago caesar chicken wrap	1	413	15
Turkey breast and bacon wrap	1	321	7
Steak and cheese wrap	1	353	9
Ham & egg breakfast sandwich	1	338	4
Roasted chicken breast salad *	1 salad	137	3
Tuna salad	1 salad	238	16
Veggie delite salad *	1 salad	50	1
Cheese	2 triangles	41	3
Bacon	2 slices	42	3
Light mayonnaise	1 teaspoon	18	2
Mayonnaise	1 teaspoon	37	4
Mustard	2 teaspoons	7	0
Vinegar	1 teaspoon	1	0
Chocolate chip cookie	1	215	10
Oatmeal raisin cookie	1	201	8
*Sub without cheese or mayonnaise; salad with fat-free dressing.			

PIZZA HUT™

Food Item	Serving	Calories	Fat (gm)
Thin and Crispy Pizza:			
• Cheese	1 slice medium	200	9
• Ham	1 slice medium	170	7
• Veggie Lover®	1 slice medium	190	7
• Pepperoni	1 slice medium	190	9
• Pepperoni Lover® or Supreme	1 slice medium	250	13
• Beef or pork topping	1 slice medium	270	14-15
• Super supreme	1 slice medium	280	15
• Italian sausage	1 slice medium	290	17
• Meat Lover®	1 slice medium	310	19
The New Edge™:			
• Veggie Lover®	1 square	70	3
• Meat Lover®	1 square	160	11
Hand Tossed: Cheese	1 slice medium	240	10
Pan Pizza: Cheese	1 slice medium	290	14
Stuffed Crust: Cheese	1 slice large	360	16
Insider: Cheese™	1 slice medium	370	16
Big New Yorker™ (30% larger):			
• Cheese	1 slice	380	17
• Pepperoni	1 slice	370	16
• Veggie Lovers® or Supreme	1 slice	450	22-23
• Sausage	1 slice	570	33
Twisted Crust: Cheese	1 slice large	450	16
Personal Pan®: Cheese or pepperoni	1 pizza	620-630	28
Italian sausage	1 pizza	740	39
Ultimate Meat Lover	1 pizza	840	45
Ranch sauce	3 ounce cup	440	48
Hot Buffalo wings	4 wings	210	12
Garlic bread	1 slice	150	8

DUNKIN DONUTS™

Food Item	Serving	Calories	Fat (gm)
Coffee with skim milk	10 ounces	15	0
Coffee with cream	10 ounces	60	6
Coffee Coolatta with skim milk	16 ounces	230	0
Coffee Coolatta with cream	16 ounces	370	16
Dunkaccino	10 ounces	250	11
Hot chocolate	10 ounces	210	7
Vanilla bean Coolatta	16 ounces	440	1
Vanilla Chai	10 ounces	220	8
Boston kreme donut	1	240	9
Chocolate glazed cake donut	1	290	16
Cinnamon bun	1	510	15
Glazed cake donut	1	270	15
Glazed yeast donut	1	180	8
Chocolate cake Munchkin	3	200	10
Yeast Munchkins (Jelly filled)	5	210	9
Bagel – Berry Berry	1	340	3
Bagel – everything	1	360	2.5
Plain croissant	1	290	18
Apple Danish	1	250	10
Blueberry muffin	1	490	17
Cheese Danish	1	270	14
Cream cheese (plain)	1 packet	200	19
Garden vegetable cream cheese	1 packet	180	17
Biscuit, egg and cheese sandwich	1	380	22
English muffin with ham, egg, and cheese	1	320	12
Chocolate Chunk Cookie	1	220	11

KFC™

Food Item	Serving	Calories	Fat (gm)
Original recipe – whole wing	1.6 ounces	140	10
Original recipe – breast	5.4 ounces	400	24
Original recipe – drumstick	2.2 ounces	140	9
Original recipe – thigh	3.2 ounces	250	18
Extra crispy – whole wing	1.9 ounces	220	15
Extra crispy – breast	5.9 ounces	470	28
Extra crispy – drumstick	2.4 ounces	195	12
Extra crispy – thigh	4.2 ounces	380	27
Hot & spicy – whole wing	1.9 ounces	210	25
Hot & spicy – breast	6.5 ounces	505	29
Hot & spicy – drumstick	2.3 ounces	175	10
Hot & spicy – thigh	3.8 ounces	355	26
Colonel's crispy strips	3	300	16
Hot wings, 6 pieces	4.8 ounces	607	38
Tender roast sandwich without sauce	1 sandwich	270	5
Original recipe sandwich with sauce	1 sandwich	450	22
Crispy Caesar twister	1	744	41
Chunky chicken pot pie	13 ounces	770	42
Popcorn chicken – small	3.5 ounces	362	23
Popcorn chicken – large	6.0 ounces	620	40
Corn on the cob	1 ear	150	1.5
BBQ baked beans	5.5 ounces	190	3
Macaroni & cheese	5.4 ounces	180	8
Biscuit	1 each	180	10
Cole slaw or potato salad	5.0 ounces	230	14
Mashed potatoes & gravy	4.8 ounces	120	6
Potato wedges	4.8 ounces	280	13
Mean greens	5.4 ounces	70	3
Double chocolate chip cake	1 slice	320	16

MCDONALD'S™

Food Item	Serving	Calories	Fat (gm)
Hamburger	1	280	10
Cheeseburger	1	330	14
Quarter Pounder® with cheese	1	530	30
Big Mac®	1	590	34
Big 'N Tasty with Cheese	1	590	37
Crispy chicken sandwich	1	500	26
Filet-O-Fish® sandwich	1	470	26
Chicken McGrill® sandwich	1	400	17
Chicken McGrill® without mayonnaise	1	300	6
Chicken McNuggets® (4 pieces)	1	210	13
Chicken McNuggets® (9 pieces)	1	460	29
French fries, small	1	210	10
French fries, medium	1	450	22
French fries, super size	1	610	29
Chef McShaker salad	1	150	8
Grilled chicken caesar salad	1	100	2.5
Caesar salad dressing	1 pkg	150	13
Ranch salad dressing	1 pkg	170	18
Red French reduced calorie salad dressing	1 pkg	130	6
Egg McMuffin	1	300	12
Sausage McMuffin with egg	1	450	28
Sausage biscuit with egg	1	490	33
Ham, egg, and cheese bagel	1	550	23
Spanish omelet bagel	1	690	38
Fruit 'n yogurt parfait	1	380	5
Vanilla, chocolate, or strawberry shake	1	560-580	16-17
Nestle, Butterfinger, or M&M McFlurry	1	620-630	22-24