

NUTRITIOUS FAST FOOD OPTIONS

Restaurant	Item	Calories	Total Fat (g)	Sat Fat (g)	Protein (g)	Carbohydrate (g)	Sodium (mg)	Sugar (g)	Fiber (g)
Chick-fil-A	Grilled Nuggets (8-count)	130	3	0.5	15	1	440	1	0
Chipotle	Black bean tacos on corn tortillas with fajita veggies and fresh tomato salsa	375	10.5	1	12	60	910	5	12
Dunkin'	Veggie Egg White Sandwich	290	13	5	17	27	550	4	5
McDonald's	Fruit & Maple Oatmeal	310	4	1.5	6	62	140	33	5
Panda Express	Firecracker Shrimp	110	3.5	0.5	11	7	630	4	1
Panera Bread	Fuji Apple Salad with Chicken	580	34	8	33	38	580	22	6
Starbucks	Chicken & Quinoa Bowl	420	17	3	27	42	1,030	11	9
Subway	Turkey Fresh Fit Sub	250	3	0.5	18	40	650	6	5
Taco Bell	Power Menu Bowl	480	20	6	26	50	1,170	2	6
Wendy's	Grilled Chicken Wrap	300	13	4	19	27	700	4	2

SOURCE: COMPANY WEBSITES