

What About Fast Food Pit Stops?

What about fast food options? Lately most if not all fast food restaurants have worked to bring at least a few healthy options for entrees and side items. The menu items can change, and some are regionally selective, but the following table will give you a head start on making healthy rev it up choices for fast food pit stops:

HEALTHY FAST FOOD FUEL CHOICES

FAST FOOD	HEALTHY CHOICES	PORTION GUIDE 1 ppb = 1 ping pong ball (for fat serving)
Arby's	<p>Roasted chicken sandwich, w/o mayo, side salad, *low fat dressing</p> <p>Regular roast beef sandwich w/ side salad, lowfat dressing (*use 1 ppb amount for all dressings)</p> <p>Grilled chicken salad, *lowfat dressing</p>	<p>1 baseball of grain, palm size animal protein, 1 vegetable, 1 dairy protein (if cheese), 1 ppb fat*</p> <p>1 baseball of grain, palm size animal protein, 1 vegetable, 1 ppb fat*</p> <p>palm size animal protein, 1 vegetable, 1 fruit, 1 ppb fat*</p>
Burger King	<p>Grilled chicken Whopper, w/ all the trimmings EXCEPT mayo, side salad w/ lowfat dressing*</p> <p>Grilled chicken salad, w/ lowfat dressing*, and fruit side (if available)</p>	<p>1.5 baseballs of grain, palm size animal protein, 1 vegetable, 1 ppb fat*</p> <p>palm size animal protein, 2 vegetables, (1 fruit), 1 ppb fat*</p>
Chick Fil A	<p>Grilled chicken deluxe sandwich, w/ small carrot raisin salad or fresh fruit</p> <p>Grilled or spicy chicken wrap, with low fat dressing*</p> <p>Grilled chicken salad w/ low fat dressing*, carrot raisin or fruit salad</p>	<p>1 baseball of grain, palm size animal protein, vegetable and fruit combo</p> <p>1.5 baseball of grain, palm size animal protein, 1 vegetable, 1 ppb fat*</p> <p>Palm size animal protein, 2 vegetables, 1 fruit, 1 ppb fat*</p>
KFC	<p>BBQ chicken sandwich, side of green beans* (fat added in cooking)</p> <p>Grilled chicken breast (no skin) w/ mashed potatoes (no gravy), green beans*</p>	<p>1 baseball of grain, palm size animal protein, 1 vegetable, 1 ppb fat</p> <p>1 baseball of grain, palm size animal protein, 1 vegetable, 1 ppb fat*</p>

McDonald's	Grilled chicken sandwich, w/o mayo (ask for extra lettuce & tomato), apples	1 baseball of grain, palm size animal protein, 1 vegetable, 1 fruit
	Grilled chicken salad, without bacon, w/ lowfat dressing*, apples	palm size animal protein, 1 dairy protein, 2 vegetables, 1 ppb fat*
	Grilled chicken snack wrap, no sauce, apples	1 baseball of grain, ½ palm size animal and dairy protein (combo), 1 fruit
Subway	Any of the “6 grams of fat or less” sandwich options, loaded with fresh veggies (6” size); vinegar optional, apple slices or raisins	2 baseballs of grain, palm size animal protein, 2 vegetable, (1 dairy protein if cheese included), fruit
Taco Bell	Two soft chicken tacos	1.5 baseballs of grain, palm size animal protein, 1 vegetable, 1 dairy protein
	Taco salad without the hard shell, with salsa as dressing	1 baseball grain (beans), palm size animal protein, 2 vegetables, 1 dairy protein
Wendy's	Baked potato (no butter / sour cream), stuffed with chili, and garden salad w/ low fat dressing*	2 baseballs of grain , palm size animal/ plant protein (chili), 2 vegetable, 1 ppb fat*
	Bowl of chili, garden salad, w/ low fat dressing*	1 baseball of grain, palm size animal/ plant protein (in chili), 2 vegetables, 1 ppb fat*
	Grilled chicken sandwich (no sauce), garden salad w/ low fat dressing*	1 baseball of grain, palm size animal protein, 2 vegetable, 1 ppb fat*
	Mandarin chicken salad (w/ almonds, noodles*, oranges), w/ ½ pack oriental sesame dressing*	1 baseball grain, palm size animal/ plant protein, 2 vegetables, 1/2 fruit, 1.5 ppb fat*

The portion guidelines are specifically based on the food items listed in the middle column compared to the calorie calculations provided by each restaurant; therefore, the portions listed may or may not meet your individual goal so adjust accordingly. If you do choose to have the traditional fast food meal of a hamburger and French fries, just try not to “super size” and listen to your body’s fuel gauge for fullness. Remember that *balance is the key* and one high fat meal will not slow down your progress. It is what you do *more often than not* that will make the long term difference and promote a revved up metabolism.