

Healthy Travel Network Fast Food Comparison

Restaurant	Menu Item	Calories	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Fiber (g)	Protein (g)	Fat %	Carbohydrate %	Protein %	Comments
Au Bon Pain	Basil Goat Cheese, Roasted Garlic Sundried Tomato Spread	500	19	5	67	6	17	34%	54%	14%	
Au Bon Pain	Bread Bowl	640	3	0	127	6	3	4%	79%	2%	Ouch! 640 calories in JUST the bowl... with no soup!
Au Bon Pain	Caesar Salad	240	11	6	23	4	13	41%	38%	22%	
Au Bon Pain	Chicken Caesar Wrap	591	24	8	63	5	33	37%	43%	22%	
Au Bon Pain	Chicken Salsa Wrap	440	8	1.5	68	8	29	16%	62%	26%	
Au Bon Pain	Chicken Tarragon w/Field Greens	800	42	7	71	4	34	47%	36%	17%	
Au Bon Pain	Chili Dijon Chicken Breast, Wisconsin Aged Cheddar	530	17	7	52	4	42	29%	39%	32%	
Au Bon Pain	Mediterranean Chicken Salad	230	12	3	13	5	19	47%	23%	33%	
Au Bon Pain	Red Lentil and Mango Stew	150	3	0	25	5	8	18%	67%	21%	
Au Bon Pain	Southwest Tuna Wrap	541	25	7	68	7	44	42%	50%	33%	
Au Bon Pain	Thai Chicken Salad	140	2.5	0.5	14	6	16	16%	40%	46%	
Au Bon Pain	The Tuscan Sandwich	710	39	12	60	3	32	49%	34%	18%	
Au Bon Pain	Tomato Basil Bisque	130	4	3	18	3	4	28%	55%	12%	
Au Bon Pain	Tuna Nicoise Salad	300	15	2.5	19	5	23	45%	25%	31%	
Auntie Ann's Pretzels	Cinnamon Sugar Pretzel	450	9	5	83	3	8	18%	74%	7%	
Auntie Ann's Pretzels	Plain Pretzel	364	4	4g	72	3	10	10%	79%	11%	
Auntie Ann's Pretzels	Smart Bites™	150	7.5	0	30	15	1	45%	80%	3%	
Burger King	Angus Steak Burger	570	22	8	62	3	33	35%	44%	23%	
Burger King	BK Veggie® Burger	420	16	3	46	7	23	34%	44%	22%	Skipping the mayo makes this a good source of low-fat protein. The bun still jacks up the carbs, but it's a decent sandwich selection.
Burger King	Chicken Tenders (5 piece)	210	12	3.5	13	<1	14	51%	25%	27%	
Burger King	Chicken Whopper® Sandwich	570	25	4.5	48	4	38	39%	34%	27%	
Burger King	Fat Free Honey Mustard Dressing	70	0	0	18	0	0	0%	103%	0%	If there's no fat, no fiber, and no protein---you guessed it---it's all sugar!
Burger King	Fire Grilled Chicken Caesar Salad (No Dressing)	190	7	3	9	1	25	33%	19%	53%	BK's dressings add an additional 70 to 130 calories and as much as 11 grams of fat.
Burger King	Fire Grilled Shrimp Caesar Salad (No Dressing)	180	10	3	9	2	19	50%	20%	42%	
Burger King	French Fries - Extra Large ("King")	600	30	8	76	6	7	45%	51%	5%	
Burger King	French Fries - Large	500	25	7	63	5	6	45%	50%	5%	
Burger King	French Fries - Small	230	11	3	29	2	3	43%	50%	5%	
Burger King	Original Double Whopper® with Cheese	1060	69	27	53	4	56	59%	20%	21%	Who would have thought that a McDonald's Double Quarter Pounder with Cheese would be nutritionally better than <i>anything</i> ?! If you must have a Whopper®, this is certainly the best selection. Skip the mayo to save 80 calories, all of them from fat.
Burger King	Original Whopper JR® with Cheese	390	22	7	2	5	17	51%	2%	17%	
Burger King	Tendercrisp™ Chicken Sandwich	780	45	7	70	6	27	52%	36%	14%	
Chili's	Boneless Buffalo Wings w/Sauce	1148	74	NDA	64	NDA	55	58%	22%	19%	74 grams of fat?!
Chili's	Cajun Chicken Sandwich	850	41	NDA	77	NDA	43	43%	36%	20%	
Chili's	Chicken Fajitas w/3 Tortillas and Toppings	1028	41	NDA	97	NDA	66	36%	38%	26%	
Chili's	Fajita Chicken Caesar Salad w/Caesar Dressing, No Croutons	516	24	NDA	11	4g	64	42%	9%	50%	
Chili's	Guiltless Grill, Chicken Pita	550	9	3g	70	13g	39	15%	51%	28%	
Chili's	Guiltless Grill, Chicken Platter	580	9	3g	85	5g	38	14%	59%	26%	
Chili's	Guiltless Grill, Chicken Sandwich	490	8	2g	63	11g	44	15%	51%	36%	
Chili's	Guiltless Grill, Tomato Basil Pasta	650	14	3g	107	7g	28	19%	66%	17%	
Chili's	Southwestern Egg Rolls	825	40	NDA	86	NDA	30	44%	42%	15%	
Cinnabon	Classic Cinnabon	816	32	8	117	4	15	35%	57%	7%	

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Cinnabon	Minibon	337	13	3	49	2	6	35%	58%	7%	
Cinnabon	Minibon - Reduced Fat Apple	277	5	1	53	1	5	16%	77%	7%	
McDonald's	Bacon Ranch Salad with Grilled Chicken (without Dressing)	250	9	4	12	3	31	32%	19%	50%	A great choice, without the dressing.
McDonald's	Barbeque Sauce	45	0	0	11	0	0	0%	98%	0%	With no fat, no fiber, and no protein, barbeque sauce amounts to one thing... sugar!
McDonald's	California Cobb Salad with Grilled Chicken (without Dressing)	270	11	5	11	3	33	37%	16%	49%	A great choice, without the dressing.
McDonald's	Chicken McGrill	400	16	3	38	3	37	36%	38%	37%	Of the chicken sandwiches, the McGrill seems to be the best all-around choice, based on total calories, fat, saturated fat, and protein. Skip the mayo to save 110 calories, 11 grams of fat, and 2 grams of saturated fat.
McDonald's	Chicken McNuggets® (6 piece)	250	15	3	15	0	15	54%	24%	24%	
McDonald's	Chicken Selects® Premium Breast Strings (5 piece)	630	33	6	46	0	39	47%	29%	25%	
McDonald's	Cripy Chicken Sandwich	500	23	4	50	3	24	41%	40%	19%	Skip the mayo to save 110 calories, 11 grams of fat, and 2 grams of saturated fat.
McDonald's	Double Quarter Pounder with Cheese	730	40	19	46	3	47	49%	25%	26%	
McDonald's	French Fries - Large	520	25	5	70	7	6	43%	54%	5%	
McDonald's	French Fries - Small	230	11	2	30	3	2	43%	52%	3%	
McDonald's	Fruit & Walnut Salad	310	13	2	44	6	5	38%	57%	6%	Use the candied walnuts sparingly; they add 140 calories and 12 of the 13 grams of fat.
McDonald's	McChicken Sandwich	430	22	4.5	41	1	15	46%	38%	14%	Skip the mayo to save 110 calories, 11 grams of fat, and 2 grams of saturated fat.
McDonald's	Newman's Own® Cobb Dressing	120	9	1.5	9	0	1	68%	30%	3%	
McDonald's	Newman's Own® Low Fat Balsamic Vinaigrette	40	3	0	4	0	0	68%	40%	0%	If you must have dressing, this is a good choice.
McDonald's	Tangy Honey Mustard Sauce	70	2	0	13	1	1	26%	74%	6%	
Panda Express	BBQ Pork	350	19	7	13	<1	32	49%	15%	37%	
Panda Express	Beef with Broccoli	150	8	2	9	1	11	48%	24%	29%	
Panda Express	Beef with String Beans	170	9	2	11	2	12	48%	26%	28%	
Panda Express	Black Pepper Chicken	180	10	2	10	2	13	50%	22%	29%	
Panda Express	Chicken with Mushrooms	130	7	1.5	7	2	11	48%	22%	34%	
Panda Express	Chicken with String Beans	170	8	1.5	12	3	11	42%	28%	26%	
Panda Express	Fried Shrimp	260	12	2.5	26	<1	12	42%	40%	18%	
Panda Express	Mandarin Sauce	70	0	0	16	0	0	0%	91%	0%	
Panda Express	Orange Chicken	480	21	4.5	50	2	21	39%	42%	18%	
Panda Express	Spicy Chicken with Peanuts	200	7	1.5	17	4	18	32%	34%	36%	
Panda Express	String Beans with Fried Tofu	180	11	2	11	3	10	55%	24%	22%	
Panda Express	Sweet and Sour Pork	410	30	7	17	3	19	66%	17%	19%	
Sbarro	Cheese Pizza	460	13	NDA	60	3	24	25%	52%	21%	
Sbarro	Chicken Parmesean	520	22	NDA	16	2	64	38%	12%	49%	
Sbarro	Eggplant Rollatini w/Cheese	580	38	NDA	40	4	21	59%	28%	14%	
Sbarro	Gourmet Cheese Pizza	660	21	NDA	84	4	30	29%	51%	18%	
Sbarro	Gourmet Meat Delight Pizza	780	29	NDA	84	4	41	33%	43%	21%	
Sbarro	Low Carb Cheese Pizza	310	14	NDA	18	-	34	41%	23%	44%	
Sbarro	Low Carb Sausage and Pepperoni Pizza	560	35	NDA	18	-	44	56%	13%	31%	
Sbarro	Pasta Rustica	600	47	NDA	39	5	10	71%	26%	7%	Although the total calories are not <i>that</i> bad, almost 3/4 of them come from fat!
Sbarro	Penne alla Vodka	640	28	NDA	67	5	23	39%	42%	14%	

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Sbarro	Pepperoni Pizza	730	37	NDA	61	3	35	46%	33%	19%	
Sbarro	Spaghetti w/Meatballs	680	25	NDA	96	9	19	33%	56%	11%	
Sbarro	Spaghetti w/Sauce	820	28	NDA	120	10	20	31%	59%	10%	
Sbarro	Stuffed Pepperoni Pizza	960	42	NDA	89	4	52	39%	37%	22%	
Sbarro	White Pizza	570	23	NDA	59	2	30	36%	41%	21%	
Starbucks	Bagel	430	1	0	92	3	15	2%	86%	14%	
Starbucks	Blueberry Muffin	380	19	3.5	49	1	28	45%	52%	29%	
Starbucks	Cappuccino - Grande 16 oz / Whole Milk	260	14	9	21	0	14	48%	32%	22%	
Starbucks	Cappuccino - Tall 12 oz / Skim Milk	120	0	0	18	0	12	0%	60%	40%	
Starbucks	Carmel Mocha Frappuccino - Grande 16 oz	460	17	11	69	0	6	33%	60%	5%	
Starbucks	Carmel Mocha Frappuccino Light - Grande 16 oz (No Whip Cream)	230	2	0.5	46	0	8	8%	80%	14%	
Starbucks	Chai Crème Frappuccino Blended Tea - Tall 12 oz	170	0	0	37	0	6	0%	87%	14%	
Starbucks	Cinnamon Raisin Bagel	440	1	0	96	3	13	2%	87%	12%	
Starbucks	Morning Sunrise Muffin	330	12	5	54	2	5	33%	65%	6%	
Wendy's	5 Piece Crispy Chicken Nuggets	220	14	3	13	0	10	57%	24%	18%	
Wendy's	Classic Single w/Everything	430	20	7	37	2	25	42%	34%	23%	
Wendy's	French Fries - Large ("Biggie")	490	24	4	65	6	5	44%	53%	4%	
Wendy's	French Fries - Small	280	14	2.5	37	3	3	45%	53%	4%	
Wendy's	Fresh Fruit Bowl	220	1	0.5	50	3	6	4%	91%	11%	
Wendy's	Fresh Fruit Cup	80	0	0	20	2	1	0%	100%	5%	
Wendy's	Homestyle Chicken Fillet Sandwich	540	22	4	57	2	29	37%	42%	21%	
Wendy's	Homestyle Chicken Strips Salad	670	45	12	38	5	30	60%	23%	18%	Skip the dressing and save 230 calories and 23g of fat
Wendy's	Mandarin Chicken Salad	610	34	4.5	50	7	30	50%	33%	20%	Skip the dressing and save 250 calories and 19g of fat
Wendy's	Mediterranean Chicken Salad	380	22	8	18	5	31	52%	19%	33%	Skip the dressing and save 100 calories and 9g of fat
Wendy's	Sour Cream and Chives Hot Stuffed Baked Potato	330	5	3.5	63	7	8	14%	76%	10%	
Wendy's	Taco Supremo Salad	740	37	17	69	12	36	45%	37%	19%	Skip the taco chips and sour cream to save 270 calories and 14g of fat
Wendy's	Ultimate Chicken Grill Sandwich	360	7	1.5	44	2	31	18%	49%	34%	