



## Restaurant Guide

# Entrée Salads On the Go

Salads are usually thought of as the healthy choice when eating out. For a long time, the options at quick service restaurants were limited to not much more than a garden side salad, a Caesar salad, or perhaps a Chef's salad. Fortunately, in recent years restaurants have become more creative in the greens department. Entrée salads now have their own section on many menus, and include a wide variety of nutritious and delicious ingredients, including whole grains, fruits, nuts, and more. On the flip side, high-calorie dressings and extras, such as chips, fried items, cheeses, and more are also common toppings.



*Panera's Spicy Thai Salad with Chicken is one of our picks.*

With all of the options available, choosing a nutrient-packed salad at your favorite quick-service restaurant can be a healthful choice. As long as you choose what goes into and onto your salad wisely, it can fit into your nutritious eating plan. To keep sodium and saturated fat levels lower, avoid bacon, fried meats or veggies, and cheese. Dressings and sauces also can be a source of excess sodium and saturated fat. And those dressings, as well as candied nuts and sweetened, dried fruits, can also be a source of added sugar. To boost the nutrient content, consider looking for salads with plain nuts, whole grains, and as many vegetables and fruits as possible.

**Helpful Hints.** Consider these tips when ordering your next salad.

- ▶ **Dress Less.** Many restaurants use more dressing than you would use yourself. It may be old news, but it's still a good idea to ask for dressing on the side so you can cut the fat by dipping each bite into it.
- ▶ **Protein Power.** Veggie-packed salads do not contain much protein. And without it, chances are you'll be hungry soon after eating. Be sure to select salads with lean protein, such as grilled chicken or turkey, egg, tofu, or beans.
- ▶ **Fiber Rich.** Fiber also helps keep you feeling full longer. To enhance the fiber content, look for salads packed with beans and whole grains, as well as a variety of leafy greens and other vegetables. **EN**

—Heidi McIndoo, MS, RD

## Quick Service Restaurant Entree Salad Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain 250-510 calories (13-26% DV), no more than 5 g saturated fat (25% DV) and 970 mg sodium (42% DV), and at least 4 g fiber (14% DV) and 10 g protein (20% DV).

Image courtesy of Panera Bread Bakery Company

ENTREE SALADS (1 ORDER)*	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Arby's Crispy Chicken Farmhouse Salad	323	430	24	8	26	1000	4	4	28
Arby's Roast Turkey Farmhouse Salad	285	230	13	7	8	870	2	5	22
Atlanta Bread Balsamic Bleu Salad, Half	n/a	410	23	6	41	690	4	12	11
✓ Atlanta Bread Chopstix Chicken Salad, Half	n/a	440	21	3	48	810	5	3	17
Atlanta Bread Cobb Salad	n/a	680	42	13	47	1490	8	13	27
✓ Au Bon Pain Harvest Turkey	357	390	15	3.5	35	790	6	25	30
Au Bon Pain Thai Peanut Chicken Salad	386	220	6	1	21	500	5	6	22
✓ Au Bon Pain Vegetarian Deluxe Salad	432	270	13	5	28	890	9	9	13
Burger King Chicken Club Salad	n/a	610	41	12	18	1660	7	6	46
Burger King Chicken Garden Salad	n/a	520	33	9	17	1210	7	5	40
Chick-fil-A Market Salad	n/a	330	14	3.5	27	680	n/a	13	27
Chick-fil-A Cobb Salad	n/a	510	28	7	28	1360	n/a	6	40
Chick-fil-A Spicy Southwest Salad	n/a	450	19	5	37	1070	n/a	8	34
Corner Bakery Café Asian Wonton Salad	457	610	19	1.5	76	3020	8	32	38
✓ Corner Bakery Café Harvest Salad, Café	224	400	20	5	38	750	4	23	19
✓ Corner Bakery Café Santa Fe Ranch Salad, Café	283	360	22	5	25	940	4	6	19
Jason's Deli Chicken Club Salad	578	1010	84	18	21	1920	8	10	42
Jason's Deli Mesa Chicken Salad, Lighter Portion	n/a	460	32	5	24	1070	7	8	20
✓ Jason's Deli Nutty Mixed Up Salad, Lighter Portion	355	430	21	5	44	970	5	35	19
✓ Jason's Deli Salmon Pacifica Salad	471	420	22	2.5	30	390	7	19	29
McDonald's Bacon Ranch Grilled Chicken Salad	n/a	320	14	6	9	1230	3	4	42
McDonald's Bacon Ranch Salad with Buttermilk Crispy Chicken	n/a	490	28	8	28	1120	4	4	33
McDonald's Southwest Buttermilk Crispy Chicken Salad	n/a	520	25	6	46	960	8	9	28
McDonald's Southwest Grilled Chicken Salad	n/a	350	11	4.5	27	1070	6	9	37
✓ Panera Ancient Grain & Arugula Salad with Chicken	n/a	400	14	3	38	290	6	19	32
Panera Greek Salad	n/a	390	36	8	11	1190	4	4	6
Panera Modern Greek Salad with Quinoa	n/a	530	43	7	27	870	7	4	12
✓ Panera Spicy Thai Salad with Chicken	n/a	510	22	3	41	750	8	12	42
Roy Rogers Apple Spinach Feta Salad	n/a	366	7	4	39	1154	7	32	33
Roy Rogers Berry Tossed Chicken Salad	n/a	203	2	0	15	784	1	11	30
Starbuck's Seasonal Roasted Sweet Potato & Apple Harvest	294	510	27	4.5	56	1080	10	17	15
✓ Starbuck's Turkey & Fire-Roasted Corn Salad	336	510	29	4	45	770	6	18	24
✓ Starbuck's Za'atar Chicken & Lemon Tahini Salad	354	460	25	2.5	44	970	4	16	21
Subway Meatball Marinara Chopped Salad	426	310	17	7	27	790	6	12	15
✓ Subway Tuna Chopped Salad	362	310	24	4	11	380	4	6	15
Taco Bell Fiesta Taco Salad	425	760	39	10	77	1320	11	7	27
✓ Wendy's Apple Pecan Chicken Salad, Half	n/a	340	17	4	29	550	4	22	20
Wendy's Power Mediterranean Chicken Salad, Full	n/a	470	16	5	41	1200	8	18	43
Wendy's Spicy Caesar Chicken Salad, Full	n/a	720	42	12	44	1680	8	6	42
Wendy's Taco Salad, Half	n/a	470	23	8	49	1320	7	12	19

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, n/a=information not available. Daily requirement based on 2,000 calorie/day diet. Source: company websites. \*Nutritional information is as served; some restaurants include dressing, while some do not.