



Restaurant Guide

The Best on a Bun

When McDonald's opened more than a half-century ago, who would have thought that in the future, 25 percent of Americans would be dining on fast-food at least once daily? Unfortunately, many fast-food meals are high in sodium and saturated fat and low in fiber and essential nutrients. For those reasons, eliminating fast food from one's diet is a common dietary vow. However, eating fast food doesn't have to be an all or nothing situation. In today's busy life, it could be the only opportunity for a meal. Choosing wisely can help that meal fit into an overall healthy diet.



Grilled chicken sandwiches are good menu options.

Much of the problem, as with most restaurants, is portion size. When a busy schedule or a desire for your favorite burger puts you in line at a fast-food joint, you don't need a sandwich with three burger patties or six bacon strips to satisfy you. Smaller, more simple sandwiches contain fewer calories, as well as less saturated fat and sodium. To make up for the smaller size, add a salad and/or fruit to provide good sources of fiber to help fill you up. In addition, many restaurants offer healthier sandwich options, including grilled chicken and veggie burgers.

Helpful Hints. If convenience or a craving lands you at a drive-thru, consider these tips before ordering your sandwich on a bun.

- ▶ **How's It Cooked?** Choose grilled vs. fried or "crispy." You'll save at least half the fat, as well as a substantial amount of calories and sodium.
- ▶ **Skip the Combo.** Combo meals might seem like a better financial value, but that large soda and fries adds an extra 800 calories, almost 4 grams of saturated fat, and more than 400 milligrams of sodium to your meal. For more nutritional value, order the sandwich instead of the meal.
- ▶ **Topping Time.** To add flavor and some bulk, top your sandwich with onions, lettuce, tomatoes, and any other veggie toppings available. Skip the extra cheese and bacon.

—Heidi McIndoo, MS, RD

Fast Food on a Bun Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 500 calories (25% DV), 7 g saturated fat (35% DV) and 900 mg sodium (39% DV).

FAST FOOD BUN SANDWICHES (1 SANDWICH)	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Arby's Beef 'n Cheddar Classic	195	450	20	6	45	1280	2	9	23
Arby's Buttermilk Crispy Chicken Sandwich	263	550	26	4.5	52	1480	2	6	29
Arby's Grand Turkey Club	233	480	24	7	37	1610	2	9	30
✓ Au Bon Pain Chicken Margherita Sandwich	264	500	16	5	52	900	3	3	35
Au Bon Pain Roasted Vegetarian Harvest Hot Wrap	381	690	32	7	86	890	10	4	19
Au Bon Pain Teriyaki Steak Harvest Hot Wrap	392	590	16	4	86	790	10	7	30
Burger King Bacon King Sandwich	356	1150	79	31	49	2150	2	10	61
Burger King BIG FISH Sandwich	188	510	28	4.5	51	1180	2	7	16
Burger King BK VEGGIE Burger	219	390	15	2.5	42	1060	6	9	22
✓ Burger King Grilled Chicken Sandwich w/o Mayo	214	370	7	2	39	740	6	7	36
✓ Burger King Hamburger	93	220	8	0.5	26	380	1	6	11
Captain D's Great Little Fish Sandwich	n/a	630	36	13	57	1480	1	6	18
Captain D's The Captain Sandwich	n/a	1130	74	30	82	2250	3	4	30
Chick-fil-A Chicken Sandwich	n/a	440	19	4	40	1350	n/a	5	28
✓ Chick-fil-A Grilled Chicken Sandwich	n/a	310	6	2	36	820	n/a	7	29
In-n-Out Burger Cheeseburger with Onion	268	480	27	10	39	1000	3	10	22
In-n-Out Burger Double Double with Onion	330	670	41	18	39	1440	3	10	37
✓ In-n-Out Burger Hamburger with Onion	243	390	19	5	39	650	3	10	16
✓ In-n-Out Burger Hamburger with Onion, Protein Style	275	240	17	4	11	370	3	7	13
Jack in the Box Bacon Ultimate Cheeseburger	272	930	65	25	32	1590	1	6	55
Jack in the Box Jack's Spicy Chicken with Cheese	255	630	35	8	49	1058	2	5	30
✓ Jack in the Box Jr. Jumbo Jack without cheese	150	420	26	7	33	560	2	6	14
McDonald's Artisan Grilled Chicken Sandwich	n/a	380	7	2	44	1110	3	11	37
✓ McDonald's Filet-O-Fish	n/a	410	20	5	39	660	2	5	18
✓ McDonald's Hamburger	n/a	250	8	3	31	480	2	6	13
Popeye's Blackened Chicken Po'Boy	n/a	580	32	6	39	1730	3	3	39
Popeye's Catfish Po'Boy	n/a	800	51	13	59	1640	4	3	30
Popeye's Spicy or Mild Chicken Tender Po'Boy	n/a	600	33	8	55	1770	2	3	25
Roy Rogers Cheeseburger	n/a	560	31	11	34	973	1	2	34
Roy Rogers Double R Bar Burger	n/a	601	33	12	34	1344	1	2	34
Roy Rogers Grilled Chicken Sandwich with Bacon & Avocado	n/a	539	22	7	42	1857	5	6	44
✓ Roy Rogers Roast Beef Sandwich	n/a	421	14	3	34	817	1	2	38
Wendy's Dave's Single with cheese	n/a	570	34	13	40	1110	3	8	30
✓ Wendy's Grilled Chicken Sandwich	n/a	360	8	1.5	38	820	3	11	35
✓ Wendy's Jr. Cheeseburger Deluxe	n/a	340	19	7	27	660	2	7	16
Wendy's Spicy Chicken Sandwich	n/a	510	20	3.5	54	1030	4	6	29
Whataburger Avocado Bacon Burger	334	820	52	15	51	1600	4	7	37
Whataburger Grilled Chicken Melt	223	390	11	4	39	1330	3	6	33
Whataburger Whataburger	316	590	25	8	62	1220	4	12	29
Whataburger Whatachick'n Sandwich	242	530	20	9	55	760	4	9	33

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value. Daily requirement based on 2,000 calories/day diet. Source: restaurant websites.