

EN's Best Picks for Grab & Go Eating

Convenience Store Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Hot Food picks contain no more than 350 calories (18% DV), 15 g fat (23% DV), 4 g sat fat (20% DV), and 550 mg sodium (23% DV). Baked Good, Drink, and Snack picks contain no more than 200 calories (10% DV), 14 g fat (22% DV), 2 g sat fat (10% DV), 200 mg sodium (8% DV) and 27 g sugar.

	Serv Size	Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Pro (g)
HOT FOODS									
7-11 Big Bite Hot Dog, 1/3 pound, without bun (1)	150 g	480	45	19	3	0	2	1510	15
✓ 7-11 Buffalo Chicken Taquito (1)	85 g	180	8	2	22	1	1	470	6
✓ 7-11 Chicken & Pepper Jack Cheese Burrito Roller (1)	99 g	230	9	3.5	23	0	0	510	13
✓ 7-11 Chicken Tender Sandwich (1)	167 g	350	8	2	45	1	4	550	22
7-11 Corn Dog Roller (1)	96 g	320	21	7	23	3	5	840	10
7-11 Pepperoni Pizza (1 slice)	112 g	300	14	7	30	2	2	720	14
✓ 7-11 Spicy Wing Zings (1)	34 g	80	4.5	1	3	0	0	480	6
Don Miguel The Bomb Beef, Cheese & Bean Burrito (1/2)	198g	500	19	8	60	6	3	960	16
White Castle Cheeseburger (2)	104 g	310	17	8	26	1	3	600	14
SANDWICHES									
7-11 Big Eats Smoked Turkey, Jack Cheese & SW Mayo (1)	216 g	540	26	5	49	2	8	1280	23
7-11 Black Forest Ham & Havarti Cheese/Onion Roll (1)	185 g	420	15	8	43	3	9	1500	26
7-11 Tuna Salad on Wheat Bread (1)	185 g	450	19	2	48	2	11	1000	20
7-11 Turkey and Cheddar Sub (1)	136 g	280	6	2.5	37	1	3	780	19
Cumberland Farms Pretzel Sandwich (1)	n/a	530	14	6	76	2	11	1480	26
SOUPS									
7-11 Chicken Noodle Soup	12 oz	180	4.5	1	24	1	2	1590	9
7-11 Chicken Tortilla Soup	12 oz	120	2.5	0	15	3	4	1210	8
7-11 New England Clam Chowder	12 oz	470	25	2	42	1	1	300	8
BAKED GOODS									
✓ 7-11 7 Select Blueberry Mini Muffins, 3-pack (1 muffin)	25 g	100	5	1	11	0	6	150	1
7-11 7 Select Iced Cheese Danish (1)	113 g	470	20	10	68	1	39	440	5
7-11 Fresh to Go Fudge Brownie (1)	104 g	410	19	3.5	59	2	39	310	2
✓ 7-11 Fresh to Go M & M Candies Cookie 3 pack (1 cookie)	128 g	180	7	2	26	1	11	200	2
Tedeschi Select Cherry Danish (1)	128 g	350	20	10	43	1	18	360	4
Tedeschi Select Chocolate Yogurt Pound Cake (1)	142 g	590	34	7	73	3	44	500	8
Tedeschi Select Jumbo Corn Muffin (1)	142 g	510	20	3	75	4	35	870	8
DRINKS									
Cumberland Farms Berry Backlash	20 oz	190	0	0	48	0	47	10	0
Cumberland Farms Monkey Freeze	20 oz	200	0	0	48	0	48	10	0
F'real Strawberry Banana Smoothie	16 oz	270	0	0	65	3	60	50	3
F'real Frozen Cappuccino	16 oz	310	3.5	2	59	0	58	150	10
F'real Chocolate Milkshake	16 oz	580	23	14	81	2	64	210	12
SNACKS									
3 Musketeers Candy Bar (1)	60 g	262	8	5	47	1	40	116	2
✓ Apple (1 medium)	182g	95	<1	0	25	4	19	2	<1
Cheerios Bowl (1)	37 g	146	2	n/a	27	3	2	337	4
Corn Nuts, Nacho Cheese Flavor (1 pkg)	48 g	224	9	2	33	3	0	413	5
Cumberland Farms Colby Jack Cheese Stick (1)	28 g	110	9	5	1	0	0	180	7
Doritos, Cool Ranch Flavor (1 pkg)	50 g	245	12	2	32	2	2	297	4
✓ Hard Boiled Egg (1 large)	50 g	78	5	2	1	0	1	62	6
Reduced Fat Mozzarella Cheese Stick (1)	21 g	50	2.5	1.5	1	0	0	180	6
✓ Peanuts, Salted (1 pkg)	28 g	162	14	1	5	1	1	116	8
Yoplait Low Fat Blueberry Yogurt (1 carton)	170 g	170	1.5	1	33	0	27	80	5

Note: g=gram, mg=milligram, sat fat=saturated fat, oz=ounces; Source: product labels and website, calorieking.com, ESHA Food Processor

Sure, ideally, every meal you have would be eaten at home comprising a variety of wholesome ingredients. But for most of us, the ideal world and the real world are miles apart most of the time. So, we do what we can with what we have; sometimes that means the occasional meal from a convenience store or filling our bellies while we're filling our gas tanks. At one time a meal from such an establishment meant either a week-old donut or that lone hotdog that looked as if it had been spinning on the hot dog cooker since the day the store opened. But, not anymore. You can still find donuts and hotdogs, but you can also pick up chicken wings, brownies, fruit, hardboiled eggs, and much more. And, as you can see just from those examples, there are a variety of options if you're attempting to stick to a healthy eating plan or opting for a more carefree attitude about your food choices.

Helpful hints. When you find yourself faced with the culinary offerings of the nearest 7-Eleven or Cumberland Farms for your next meal, consider these tips to help find healthier offerings.

- **Try to include as many food groups as possible.** Most "quick-pick up" stores offer fresh fruit and fruit cups, as well as salads and cut up veggies. They can provide much needed fiber and nutrients often missing from other convenience food fare, such as donuts and chips. Plus, they provide fewer calories, fat, sodium, and added sugar, which can help balance a less-than-stellar entrée choice.

- **Drink with caution.** Many convenience stores are famous for their frozen and mega-size drink concoctions. In fact, one in particular is known for a cup size called the "Double Gulp," which, when filled with soda, provides a whopping 186 grams of sugar (the equivalent of 47 teaspoons of sugar) and 744 calories. Fortunately, their coolers are also filled with an array of calorie-free waters, as well as 16-ounce containers of skim or 1% milk, which, at roughly 160 calories, is a huge calorie saving.

- **Think small.** Who says a meal has to be one big entrée? Consider feasting on a variety of small items. For example, a couple of hardboiled eggs, some yogurt, nuts, a banana and carrot sticks with hummus would make a perfectly balanced, healthy lunch on the go. [EN](#)

— Heidi McIndoo, M.S., R.D.