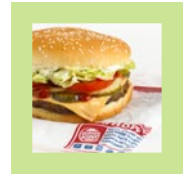


# 40 fast food items under 400 calories

The next time you're eating on the run, consult this simple checklist to avoid calorie overload. These 40 fast food items have less than 400 calories each (which is ideal for your lunch main course). But keep in mind that we've only evaluated calorie count; some of these foods are higher in salt and saturated fat than most dietitians would like, so make fast food dining an occasional convenience – not a habit.



McDonalds	CALORIES
Hamburger	250
Cheeseburger	300
Asian Salad with Grilled Chicken	300
Bacon Ranch Salad with Grilled Chicken	260
Caesar Salad with Grilled Chicken	220
Southwest Salad with Grilled Chicken	320
Dressings to choose:	
Newman's Own Low Fat Balsamic Vinaigrette	40
Newman's Own Low Fat Family Italian Dressing	60
Newman's Own Low Fat Sesame Ginger Dressing	90

Burger King	CALORIES
Whopper Jr. Sandwich	370
BK Veggie Burger (w/o mayo)	340
Spicy Chick'n Crisp Sandwich (w/o mayo)	320
TenderGrill Chicken Garden Salad	240
Dressing to choose:	
KEN'S Light Italian Dressing 2oz	120

Wendy's	CALORIES
Mandarin Chicken Salad	170
(Oriental Sesame Dressing)	170
Chicken Caesar Salad	180
(Caesar Dressing)	120
Large Chili	330
Ultimate Chicken Grilled Sandwich	320
Sour Cream and Chives Potato	320

Arby's	CALORIES
Martha's Vineyard Salad	277
Santa Fe Salad with Grilled Chicken	283
Dressing to choose:	
Light Buttermilk Ranch Dressing	112

Quizno's	CALORIES
Balsamic Chicken Flatbread Sammie	200
Small Chicken Carbonara with Bacon Sub	360

KFC	CALORIES
Honey BBQ Sandwich	280
Tender Roast Sandwich	380
Roasted Caesar Salad	220
Roasted BLT Salad	200
Dressings to choose:	
Hidden Valley The Original Ranch Fat Free Dressing	35
Hidden Valley Golden Italian Light Dressing	45

Pizza Hut	CALORIES
2 slices of 12" Thin 'N Crispy Ham and Pineapple Pizza	360
2 slices of 12" Thin 'N Crispy Veggie Lover's Pizza	360
2 slices of any 12" Fit n' Delicious Pizza	360

Hardee's	CALORIES
BBQ Chicken Sandwich	320

Subway	CALORIES
6" Jared Sandwiches with 6 grams of fat or less:	
Ham	290
Oven Roasted Chicken Breast	310
Roast Beef	290
Subway Club	320
Sweet Onion TeriYaki	370
Turkey Breast	280
Turkey Breast & Ham	290
Veggie Delite	230

A&W	CALORIES
Chili Bowl (listed as a side)	190
Plain Hot Dog	280

Taco Bell	CALORIES
Fresco Burrito Supreme-Chicken	330
Bean Burrito	350
Chicken Grilled Taquito	310