

the best road trip **FAST-FOOD CHOICES**

While on a long drive, you may not see a roadside deli where you can buy a healthy sandwich. Fast food chains, such as McDonald's, Burger King, Pizza Hut, KFC, and Wendy's, may be the only option. Below, the best and worst from each:

RESTAURANT	BEST	WORST
MCDONALD'S	<p>Grilled Chicken Salad Deluxe w/ reduced-calorie dressing : 230 calories/ 3.5g fat</p> <p>Regular Hamburger : 280 calories/ 10g fat</p> <p>Egg McMuffin : 290 calories/ 12g fat</p> <p>Chicken McGrill (no mayo) : 340 calories/ 7g fat</p> <p>Fruit 'n Yogurt Parfait : 380 calories/ 5g fat</p>	<p>Filet - O - Fish : 470 calories/ 26g fat</p> <p>Quarter Pounder w/ Cheese : 530 calories/ 30g fat</p> <p>Large French Fries : 540 calories/ 26g fat</p> <p>Bacon, Egg & Cheese Biscuit : 540 calories/ 34g fat</p>
BURGER KING	<p>Chicken Tenders, 4 pieces : 170 calories/ 9g fat</p> <p>Whopper Jr. Sandwich (no mayo) : 350 calories/ 16g fat</p> <p>Chick'N Crisp (no mayo) : 360 calories/ 16g fat</p> <p>BK Broiler Chicken Sandwich (no mayo) : 390 calories/ 8g fat</p>	<p>Onion Rings, King Size : 530 calories/ 26g fat</p> <p>BK Big Fish Sandwich : 710 calories/ 38g fat</p> <p>Whopper w/ Cheese Sandwich : 780 calories/ 47g fat</p> <p>Double Whopper Sandwich : 920 calories/ 57g fat</p>
KFC	<p>Corn on the Cob : 150 calories/ 1.5g fat</p> <p>BBQ Baked Beans : 190 calories/ 3g fat</p> <p>Tender Roast Chicken Sandwich (no sauce) : 270 calories /5g fat</p> <p>Honey BBQ Flavored Chicken Sandwich : 310 calories/ 6g fat</p> <p>Original Recipe Chicken Sandwich (no sauce) : 360 calories/ 13g fat</p>	<p>Hot Wings Pieces, 6 : 471 calories/ 33g fat</p> <p>Triple Crunch Zinger Chicken Sandwich : 550 calories/ 32g fat</p> <p>Honey Barbecue Wings Pieces, 6 : 607 calories/ 38g fat</p> <p>Chunky Chicken Pot Pie, 13 oz : 770 calories/ 42g fat</p>
PIZZA HUT	<p>Ham Thin 'n' Crispy Pizza, 2 slices : 340 calories/ 14g fat</p> <p>Veggie Lover's Thin 'n' Crispy Pizza, 2 slices : 380 calories/ 14g fat</p> <p>Chicken Supreme Thin 'n' Crispy Pizza, 2 slices : 400 calories/ 14g fat</p>	<p>Cheese Pan Pizza, 2 slices : 570 calories/ 28g fat</p> <p>Meat Lover's Thin 'n' Crispy Pizza, 2 slices : 620 calories/ 38g fat</p> <p>Veggie Lover's Stuffed Crust Pizza, 2 slices : 842 calories/ 34g fat</p> <p>Pepperoni Lover's Stuffed Crust Pizza, 2 slices : 1,150 calories/ 52g fat</p>
WENDY'S	<p>Jr. Hamburger : 280 calories/ 10g fat</p> <p>Grilled Chicken Sandwich : 300 calories/ 8g fat</p> <p>Jr. Cheeseburger : 320 calories/ 13g fat</p> <p>Spicy Chicken Sandwich : 410 calories/ 15g fat</p>	<p>Taco Salad w/ Hidden Valley Ranch Dressing : 480 calories/ 29g fat</p> <p>Big Bacon Classic : 580 calories/ 31g fat</p> <p>Chili & Cheese Baked Potato : 620 calories/ 24g fat</p>

by Elaine Magee, R.D.