



FAST FOOD: WHAT'S IN IT FOR YOU?

Keep these dietary guidelines in mind¹:

(Recommended by the American Heart Association)

Total fat: Less than 30 percent of daily calories

Cholesterol: No more than 300 mg per day

Sodium: No more than 3000 mg per day

Fast-Food Choices²

ITEM	CALORIES	TOTAL FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
BREAKFAST				
Scrambled Eggs	140	10	399	290
Sausage	160	15	43	310
Egg McMuffin [®]	280	11	224	710
Sausage McMuffin [®] (with egg)	415	25	256	915
Hotcakes (with margarine and syrup)	410	9	8	640
Breakfast Burrito	280	17	135	580
Oat Bran Muffin (plain)	330	11	0	450
Danish (cinnamon raisin)	440	21	34	430
LUNCH/DINNER				
Cheese Pizza (2 slices, 16 in, thin crust)	376	10	19	483
Double Cheese/Pepperoni Pizza (2 slices, 16 in, thin crust)	545	25	48	1042
Big Mac [®]	500	26	100	890
French Fries, Large	400	22	0	200
Chicken McNuggets [®] (6 pieces)	270	15	56	580
Personal Pan Pizza, Pepperoni	675	29	53	1335
Fried Chicken Wings (6 pieces)	376	24	148	677
Beef Burrito, with Red Sauce	493	21	57	1311
Nachos	346	18	9	399
Baked Potato, Stuffed Bacon & Cheese	520	18	20	1460
Cheeseburger	410	21	80	760
Chicken Club Sandwich	506	25	70	930
Roast Beef Sandwich	353	15	39	588
Chicken Fajita Pita	256	9	33	787
DESSERTS				
Chocolate Glazed Donut	324	21	2	383
Jelly Filled Donut	220	9	0	330
Apple Pie, 3 oz	300	19	—*	—
Chocolate Shake, Large	472	15	45	286
Chocolate Ice Cream, 1 scoop	270	14	37	160
French Vanilla Ice Cream, 1 scoop	280	18	90	90

*A dash means that the value is not available.

Better Choices³

ITEM	CALORIES	TOTAL FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
BREADS, CEREALS, PASTAS				
Bagel (3" diameter)	296	2.6	—*	360
English Muffin (plain)	138	1.2	—	370
Bran Muffin (plain)	104	3.9	—	179
40% Bran Flakes (1 oz)	93	0.5	0	264
Corn Flakes (1 oz)	110	0.1	0	351
Shredded Wheat (1 biscuit)	83	0.3	0	0
Oatmeal (instant, regular)	145	2.4	0	1
Spaghetti (1 cup)	155	0.6	—	1
Rice, White, Brown, or Wild (1 cup)	223	0.2	0	4
Bread Sticks (5)	96	0.8	0	175
Graham Crackers (4 squares)	110	2.6	—	190
VEGETABLES				
Starchy Vegetables— Corn, Lima Bean, Peas, Potato, Yams, Winter or Acorn Squash (1/2 cup)	80	0	0	0
Other Vegetables (on average, 1/2-1 cup)	25	0.2	0	0
FRUIT				
Apple (2 3/4" diameter)	81	0.5	0	1
Banana (9")	106	0.6	0	1
Cantaloupe (1 cup, cubes)	57	0.4	0	14
Fruit Cocktail (canned in juice, 1/2 cup)	56	0.1	0	4
Grapefruit (half)	37	0.1	0	0
Kiwi (1 large)	55	0.4	0	4
Peach (2 1/2" diameter)	37	0.1	0	0
Strawberries (whole, 1 1/4 cup)	56	0.7	0	3
Raisins (2 tablespoons)	62	0.1	0	2
Orange Juice (1/2 cup)	55	0.3	0	1
DAIRY PRODUCTS				
Milk—Skim (1 cup)	86	0.4	4	126
Milk—1% Fat (1 cup)	102	2.6	10	123
Milk—2% Fat (1 cup)	121	4.7	18	122
Frozen Yogurt (1/2 cup)	123	2.3	9	60
Ice Milk	92	2.8	9	53
Cottage Cheese—2% Fat (1/2 cup)	101	2.2	9	459
Mozzarella, Part Skim (1 oz)	72	4.5	16	132

MEAT, POULTRY, AND SEAFOOD

Flank Steak—Lean, broiled (4 oz)	276	16.8	80	76
Ground Beef—Lean, boiled (1/2 lb)	315	28	110	100