

Fast Food Meal Makeovers

McDonald's

Choose... Hamburger Happy Meal	Instead of ... Big Mac Value Meal
<u>Hamburger</u> : 250 Calories, 9 g Fat, 6 g Sugar	<u>Big Mac</u> : 550 Calories, 29 g Fat, 9 g Sugar
<u>Apple Slices</u> : 15 Calories, 0 g Fat, 3 g Sugar 1%	<u>Large Fries</u> : 500 Calories, 25 g, 0 g Sugar
<u>Low-Fat White Milk</u> : 100 Calories, 2.5 g Fat, 12 g Sugar	<u>Large Coke</u> : 310 Calories, 0 g Fat, 86 g Sugar
Total: 365 Calories, 11.5 g Fat, 21 g Sugar	Total: 1,360 Calories, 54 g Fat, 95 g Sugar

Save 995 Calories, 43 g Fat, 74 g Sugar

Burger King

Choose ... TENDERGRILL Chicken Sandwich	Instead of ... Whopper Value Meal
<u>TENDERGRILL Chicken Sandwich</u> (without mayo): 360 Calories, 6 g Fat, 7 g Sugar	<u>Whopper</u> (with mayo and cheese): 760 Calories, 47 g Fat, 11 g Sugar (Mayo itself has 160 Calories, 17 g Fat)
<u>Apple Slices</u> : 30 Calories, 0 g Fat, 6 g Sugar	<u>Medium Fry</u> : 410 Calories, 18 g Fat, 0 g Sugar
<u>Water or Diet Coke</u> : 0 Calories, 0 g Fat, 0 g Sugar	<u>Medium Coke</u> : 290 Calories, 0 g Fat, 77 g Sugar
Total: 390 Calories, 6 g Far, 13 g Sugar	Total: 1,460 Calories, 65 g Fat, 88 g Sugar

Save 1,070 Calories, 59 g Fat, 75 g Sugar



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Arby's

Choose this... Chopped Farmhouse Salad	Instead of ...Beef ' n Cheddar
<u>Roast Chopped Farmhouse Chicken Salad</u> (w/ Light Italian dressing): 270 Calories, 15 g Fat, 8g Sugar <u>Apple Slices with Strawberry Yogurt Dip</u> : 80 Calories, 5 g Fat, 14 g Sugar <u>Water</u> : 0 Calories, 0 g Fat, 0 g Sugar	<u>Max Beef'n Cheddar</u> : 650 Calories, 29 g Fat, 9 g Sugar <u>Medium Curly Fry</u> : 540 Calories, 29 g Fat, 0 g Sugar <u>Medium Mt. Dew</u> : 280 Calories, 0 g Fat, 75 g Sugar
Total: 350 Calories, 20 g Fat, 22 g Sugar	Total: 1,470 Calories, 58 g Fat, 84 g Sugar

Save 1,120 Calories, 38 g Fat, 62 g Sugar

KFC

Choose ... Grilled Chicken	Instead of ... Large Popcorn Chicken
<u>Grilled Chicken Breast</u> : 220 Calories, 7 g Fat, 0 g Sugar <u>Mashed Potatoes with gravy</u> : 120 Calories, 4 g Fat, 0 g Sugar <u>Green Beans</u> : 35 Calories, 0 g Fat, 1 g Sugar <u>Water or Diet Coke</u> : 0 Calories, 0 g Fat, 0 g Sugar	<u>Large Popcorn Chicken</u> : 760 Calories, 37 g Fat, 0 g Sugar <u>Potato Wedges</u> : 290 Calories, 15 g Fat, 0 g Sugar <u>Wild Cherry Pepsi</u> (20 oz.): 230 Calories, 0 g Fat, 63 g Sugar
Total: 375 Calories, 11 g Fat, 1 g Sugar	Total: 1,280 Calories, 52 g Fat, 63 g Sugar

Save 905 Calories, 41 g Fat, 62 g Sugar



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Chipotle

Choose ... Grilled Chicken Burrito Bowl	Instead of ... Chipotle Steak Burrito
<u>Chicken</u> : 270 Calories, 15 g Fat, 8 g Sugar	<u>Burrito</u> : 975 Calories, 30 g Fat, 9 g Sugar
<u>Rice</u> : 160 Calories, 4 g Fat, 0 g Sugar	<u>Chips</u> : 570 Calories, 27 g Fat, 4 g Sugar
<u>Corn</u> : 80 Calories, 1.5 g Fat, 4 g Sugar	<u>Salsa</u> : 20 Calories, 0 g Fat, 3 g Sugar
<u>Salsa</u> : 20 Calories, 0 g Fat, 3 g Sugar	<u>Diet Coke</u> : 0 Calories, 0 g Fat, 0 g Sugar
<u>Black Beans</u> : 120 Calories, 1 g Fat, 0 g Sugar	
<u>Lettuce</u> : 5 Calories, 0 g Fat, 0 g Sugar	
<u>Cheese</u> : 100 Calories, 8.5 g Fat, 0 g Sugar	
<u>Water</u> : 0 Calories, 0 g Fat, 0 g Sugar	
Total: 675 Calories, 22 g Fat, 9 g Sugar	Total: 1,565 Calories, 57 g Fat, 16 g Sugar

Save 890 Calories, 35 g Fat, 7 g Sugar

Donatos

Choose... Chicken Veggie Medley Pizza	Instead of...Classic Trio Pizza
<u>Chicken Vegy Medley 1/4 Large Thin Crust Pizza</u> : 497 Calories, 20 g Fat, 51 g Carbohydrate	<u>Classic Trio 1/4 Large Thick Crust Pizza</u> : 750 Calories, 35 g Fat, 70 g Carbohydrate
<u>Side Harvest Salad</u> : 81 Calories, 3 g Fat, 13 g Carbohydrate	<u>2 Bread Sticks with pizza sauce</u> : 261 Calories, 9 g Fat, 38 g Carbohydrate
Total: 578 Calories, 23 g Fat, 64 g Carbohydrate	Total: 1,011 Calories, 44 g Fat, 108 g Carbohydrate

Save 433 Calories, 21 g Fat, 44 g Carbohydrate



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Subway

Choose... 6" Turkey Breast on Wheat	Instead of... 6" Chicken & Bacon Ranch Flatbread
<p><u>6" Turkey Breast on Wheat</u>: 280 Calories, 3.5 g Fat, 46 g Carbohydrate Side</p> <p><u>Apple Slices</u>: 35 Calories, 0g Fat, 9g Carbohydrate</p> <p><u>Fuze Unsweetened Tea</u>: 0 Calories, 0g Fat, 1g Carbohydrate</p>	<p><u>6" Chicken & Bacon Ranch Flatbread</u> : 580 Calories, 30 g Fat, 45 g Carbohydrate</p> <p><u>Chocolate Chip Cookie</u>: 220 Calories, 10 g Fat, 30 g Carbohydrate</p> <p><u>Fuze Sweet Tea</u>: 170 calories, 0g Fat, 44g Carbohydrates</p>
Total: 315 Calories, 3.5 g Fat, 55 g Carbohydrate	Total: 970 Calories, 40 g Fat, 119 g Carbohydrate

Save 655 Calories, 36.5 g Fat, 64 g Carbohydrate

Taco Bell

Choose... Fresco Burrito Supreme - Chicken	Instead of... Chicken Cantina Burrito
<p><u>Fresco Burrito Supreme – Chicken</u>: 340 Calories, 8 g Fat, 49 g Carbohydrate</p> <p><u>Salsa Topping</u>: 25 Calories, 0 g Fat, 5 g Carbohydrate</p> <p><u>Border Sauce</u>: 0 Calories, 0 g Fat, 0 g Carbohydrate</p> <p><u>Water or Diet Coke</u>: 0 Calories, 0 g Fat, 0 g Carbohydrate</p>	<p><u>Chicken Cantina Burrito</u>: 740 Calories, 27 g Fat, 94 g Carbohydrate</p> <p><u>Creamy Jalapeno Sauce</u>: 70 Calories, 7 g Fat, 1 g Carbohydrate</p> <p><u>Avocado Ranch Dressing</u>: 80 Calories, 8 g Fat, 1 g Carbohydrate</p> <p><u>Cherry Limeade Sparkler</u>: 270 Calories, 0 g Fat, 66 g Carbohydrate</p>
Total: 365 Calories, 8 g Fat, 64 g Carbohydrate	Total: 1160 Calories, 42 g Fat, 162 g Carbohydrate

Save 795 Calories, 34g Fat, 98 g Carbohydrate



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Jimmy John's

Choose... Slim 4 Roast Beef	Instead of...#7 Gourmet Smoked Ham Club
Slim 4 Roast Beef: 424 Calories, 2.8 g Fat, 64 g Carbohydrates Pickle: 22 Calories, 0 g Fat, 4.4 g Carbohydrate Water: 0 Calories, 0 g Fat, 0 g Carbohydrate	#7 Gourmet Smoked Ham Club: 775 Calories, 32 g Fat, 68 g Carbohydrate Sea Salt and Vinegar Chips: 140 Calories, 8 g Fat, 16 g Carbohydrate Large Lemonade: 388 Calories, 0 g Fat, 65 g Carbohydrate
Total: 450 Calories, 3 g Fat, 68 g Carbohydrate	Total: 1,303 Calories, 40 g Fat, 133 g Carbohydrate

Save 853 Calories, 37g Fat, 65g Carbohydrate

