

# Fast Food Tips for Healthy Living

- Try to cook meals at home. It is healthier and cheaper.
- Be mindful of the extra sodium and phosphorus in the foods you select.
- Choose foods that are grilled, instead of fried.
- Choose fresh fruits and vegetables.
- Look for nutritional information on the drive-through menus.
- You can find complete nutritional information for most fast food restaurants online.
- Watch your fluid intake. Order small drinks, such as an apple juice box.
- Avoid most dark-colored sodas. Instead, choose Sprite/Diet Sprite or lemonade.
- Speak with your dietitian and kidney doctor to develop the best meal plan for you.

## Kentucky Fried Chicken

- Grilled Chicken Breast
- Grilled Chicken (3 wings, 2 legs or 1 thigh)
- Crispy Strips (2-3 strips)
- Sweet Kernel Corn
- Corn on the Cob
- Apple Turnover
- Cole Slaw



## Wendy's

- 1/4 pound Hamburger
- Jr. Hamburger
- Grilled Chicken Go Wrap
- Crispy Chicken Sandwich
- Fish Sandwich
- Mandarin Orange Cup
- Side Salad



## Taco Bell

- Soft Taco with Beef or Chicken
- Grilled Steak Soft Taco
- Fresco Grilled Steak Taco
- Crunchy Taco
- Tacos should only have lettuce, jalapeno peppers, onions, and sour cream
- Cinnamon Twists

## Subway

- 6 inch Grilled Chicken
- 6 inch Rotisserie-Style Chicken
- 6 inch Tuna Salad
- 6 inch Roasted Chicken Flat Bread Sandwich
- 6 inch Roast Beef Flat Bread Sandwich
- 6 inch Turkey
- 6 inch Chicken Pesto with Fresh Mozzarella
- 6 inch Veggie Delight Sandwich or Salad
- Salads: Grilled Chicken, Roast Beef, Turkey
- No bacon, cheese, olives, or avocado on any salad or sandwich



## Sauces

*(Use only half of the packages)*

- Sweet and Sour Sauce
- Honey mustard
- Fat Free French dressing
- Reduced Fat Berry Balsamic Vinaigrette dressing
- Oil and Vinegar

## Toppings

- Mayonnaise
- Lettuce
- Onion
- Mustard
- Jalapeno peppers
- Sour cream



## McDonalds

- Plain Hamburger or Quarter Pounder (no cheese or bacon)
- Chicken McNuggets (4 count)
- Grilled Chicken Sandwich
- Fruit and Yogurt Parfait
- Fruit and Maple Oatmeal
- Side Salad
- Filet-o-Fish Sandwich
- Egg McMuffin (no cheese)
- Egg White Delight (no cheese)
- Sausage McMuffin (no cheese)



## Burger King

- Double Hamburger (no cheese)
- Whopper Jr. Sandwich (no cheese)
- Chicken Nuggets (6 count)
- Grilled Chicken Sandwich
- Tender Grilled Chicken Garden Salad
- Side Salad
- Onion Rings
- B.K. Breakfast Muffin (no cheese)



## Chick-fil-A

- Chick-n-Minis (4 count)
- Egg White Grill
- Chick-fil-A Chargrilled Chicken Garden or Market Salad
- Spicy Chicken Cool Wrap
- Chick-fil-A Chicken Sandwich
- Chick-fil-A Nuggets (12 count)
- Chargrilled Chick-fil-A Nuggets (12 count)
- Chick-n-Strips (4 count)
- Side Salad



## What You Should Avoid

**Just as you want to know what to eat when dining out, you also need to know the foods you should avoid.**

- Hash browns
- Potato fries/potato wedges
- French fries
- Ketchup
- Salsa or Taco Sauce
- Potatoes (fried or baked)
- Guacamole
- Sandwiches with everything on them
- Refried beans
- Cheese
- Bacon
- Potato salad
- Dark colored soda
- Milkshakes or ice cream products - for example, Frosty's, McFlurries, Sundaes



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