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| **Amy needs a fast food meal to eat. She wants to make sure that will be filling and does want meat with her meal. Please help her find the healthiest choice.** | | | |
| **McDonald's**  Honey Mustard Grilled Snack Wrap and Snack-Size Fruit and Walnut Salad  (470 calories, 17g fat)  Together these "snacks" make a well-rounded meal: plenty of protein, heart-healthy unsaturated fat (thanks to the walnuts), plus a good source of iron and calcium. | **Burger King**  Hamburger and Value-Size Unsalted French Fries  (480 calories, 21g fat)  Follow BK's motto and "Have It Your Way." Order the basic burger without mayo and with extra lettuce and tomato to boost veggie servings. Ask for the french fries unsalted and save 100mg of sodium. | **Subway**  6-inch Veggie Delite Sub on Italian Bread, Subway Apple Slices, Small Bag of Baked Lay's  (385 calories, 4.5g fat)  This is the lowest-fat sub on the menu if you hold the cheese. But even with cheese, it has only about 7g—that's 75 percent less fat than their 6-inch Tuna or Spicy Italian subs. | **Chick-fil-A**  Char-Grilled Chicken Garden Salad with Honey-Roasted Sunflower Kernels & Light Italian Dressing and Large Fruit Cup  (395 calories, 14g fat)  Loaded up with cheese and creamy dressings, a salad can do more damage than a cheeseburger. But this one starts at only 180 calories. Feel free to sprinkle on the sunflower kernels for some healthy fats (but skip the butter croutons). Bonus: The fruit cup delivers all your fruit servings for the day. |

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