



# Fast-Food Face-Off

Can you spot the diet-friendly items on your favorite fast-food menu? by Kara Wahlgren

**S**ometimes it's hard to resist greasy, fast-food grub. But at least now many major chains are catching on to the fact that we want healthy choices, too. Here's how to lighten up your tray—morning, noon and night:

## Breakfast (Dunkin' Donuts)

**POOR PICK** Blueberry muffin (470 calories, 17 g fat) and a **Caramel Swirl Latte** (230 calories, 6 g fat)

**EASY SUB** Switch to a **caramel coffee with skim milk and sugar** (70 calories, 0 g fat).

**BEST GRUB** **Egg and cheese English muffin** (280 calories, 9 g fat) and a **caramel coffee with skim milk and sugar** (70 calories, 0 g fat). You'll save 350 calories and 14 g fat!

## Lunch (Subway)

**POOR PICK** 6-inch **Chicken Parmesan sandwich** (510 calories, 18 g fat) and an **M&M cookie** (210 calories, 10 g fat)

**EASY SUB** "Share the cookie—you'll cut your calories in half," says Rick Hall, M.S., R.D., professor at Arizona State University and registered dietitian.

**BEST GRUB** 6-inch **Oven Roasted Chicken Breast sandwich** (330 calories, 5 g fat) and **minestrone soup** (90 calories, 4 g fat). You'll save 300 calories and 19 g fat!

## Dinner (McDonald's)

**POOR PICK** **Quarter Pounder with Cheese** (510 calories, 25 g fat), **medium fries** (380 calories, 20 g fat) and **medium soda** (210 calories, 0 g fat)

**EASY SUB** Lose the cheese and get a **diet soda**. Save 310 calories and 7 g fat.

**BEST GRUB** **Hamburger** (260 calories, 9 g fat), **side salad with balsamic vinaigrette dressing** (60 calories, 3 g fat), **diet soda** and a **vanilla reduced-fat soft-serve ice cream cone** (150 calories, 3.5 g fat). You'll save 630 calories and 29.5 g fat!

