

# Eating Out: Healthy Choices On-the-Go!



Restaurant	Anytime	Sometimes	Maybe one time (per ____)
<b>Arby's</b> <a href="http://www.arby's.com">www.arby's.com</a>	Hot Ham & Swiss Melt (280 calories, 10g fat)	Large Roast Beef (550 calories, 28g fat)	Chicken Fingers—5 pack (720 calories, 35g fat)
<b>Burger King</b> <a href="http://www.burgerking.com">www.burgerking.com</a>	TENDERGRILL Chicken Sandwich without mayo (450 calories, 10g fat)		Whopper with cheese (760 calories, 47g fat)  TENDERGRILL Garden Salad with regular dressing (500 calories, 30g fat)
<b>Church's Chicken</b> <a href="http://www.churchs.com">www.churchs.com</a>	Side Item—Collard Greens (100 calories, 0g fat) Side Item—Corn Cob (140 calories, 3g fat)	Side Item—Mashed Potatoes (70 calories, 2g fat) Side Item—Cole Slaw (150 calories, 10g fat)	Spicy Thigh (480 calories, 35g fat) Cajun Rice (88 calories, 7g fat) Okra (____ calories, 23g fat)
<b>Domino's Pizza</b> <a href="http://www.dominos.com">www.dominos.com</a>	VeggieFeast Classic Hand-tossed Pizza (340calories, 12g fat per slice)	Hawaiian Feast Hand-tossed Pizza (350 calories, 12 g fat per slice)	Dulux Feast Pizza (350 calories, 14 g fat per slice)
<b>KFC</b> <a href="http://www.kfc.com">www.kfc.com</a>	Oven Roasted Twister (380 calories, 8 g fat) Baked Beans (230 calories, 1g fat) Corn Cob (70 calories, 1.5 g fat per piece) Original Recipe Breast without skin (140 calories, 3 g fat per piece)	Potato Salad (180 calories, 9 g fat) Cole Slaw (190 calories, 11g fat)	Popcorn Chicken (380 calories, 21g fat) Original Recipe Chicken Breast with skin (380 calories, 19g fat)
<b>Long John Silver's</b> <a href="http://www.ljsilvers.com">www.ljsilvers.com</a> *click "nutrition"	Baked Cod (120 calories, 4.5g fat) Chicken Sandwich, no mayo (310 calories, 11g fat) Rice (180 calories, 3.5g fat)	Ultimate Fish Sandwich with no tarter sauce, no cheese (420 calories, 19g fat)	Battered Cod (260 calories, 16g fat) Chicken Sandwich with mayo (410 calories, 22g fat) Ultimate Fish Sandwich with tarter sauce and cheese (530 calories, 28g fat)
<b>McDonald's</b> <a href="http://www.mcdonalds.com">www.mcdonalds.com</a>	Premium Grilled Chicken Classic Sandwich (420 calories, 9g fat) Hamburger (260 calories, 9g fat)	Premium Grilled Chicken Ranch BLT (490 calories, 13g fat)  Regular Cheeseburger (310 calories, 12g fat)	Quarter Pounder, no cheese (420 calories, 18g fat) Double Quarter Pounder with cheese (730 calories, 40g fat) Sausage Egg Cheese McGriddles (560 calories, 32g fat)



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)

# Eating Out: Healthy Choices On-the-Go!



Restaurant	Anytime	Sometimes	Maybe one time
<b>Pizza Hut</b> <a href="http://www.pizzahut.com">www.pizzahut.com</a>	Hand-tossed Veggie (200 calories, 6g fat per slice) Hand-tossed Ham & Pineapple (210 calories, 6g fat per slice)	14in Pan Veggie Pizza (250 calories, 11g fat per slice) Ham & Pineapple Pizza (250 calories, 11g fat per slice) Hand-tossed Pepperoni _____ Veggies (240 calories, 10g fat per slice)	Stuffed Crust Pepperoni, Sausage, Veggies (390 calories, 16g fat/slice) Veggies _____ (350 calories, 12g fat/slice)
<b>Subway</b> <a href="http://www.subway.com">www.subway.com</a>	6-inch Veggie Delight Sub, no mayo, no cheese (230 calories, 3g fat) 6-inch Oven-roasted Chicken Sub, no mayo, no cheese (330 calories, 5g fat) 6-inch Turkey with cheese and no mayo (330 calories, 8.5g fat)	6-inch Subway Club w/cheese (370 calories, 10g fat)	6-inch Tuna Sub w/cheese (530 calories, 31g fat)  6-inch Meatball Marinara with cheese, no oil (560 calories, 24g fat)



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)