

Diabetes: Tips for Fast Food

If you want a burger:

Choose a regular or junior sized sandwich instead:



Big Mac

Calories 530

Fat 27g

Carbs 47g



Cheeseburger

Calories 290

Fat 11g

Carbs 33g

If you like chicken:

Choose grilled instead of crispy.



Crispy Chicken Sandwich

Calories 370

Fat 17g

Carbs 40g



Grilled Chicken Sandwich

Calories 360

Fat 6g

Carbs 43g

Add a side:

Choose a side salad or fruit instead of french fries.



Small/Medium

Calories 230/340

Fat 11g/16g

Carbs 30g/44g

Calories 20

Fat 0g

Carbs 4g

Calories 15

Fat 0g

Carbs 4g

Hold the high-fat toppings:

Topping	Calories	Fat	Carbs
✓ Mustard	3	0g	0g
✓ Tomato, lettuce, and/or onion	Free!	Free!	Free!
✓ Low fat balsamic vinaigrette	35	1.5g	5g
✗ 1 Tbsp Mayo	94	10g	0.1g
✗ Cheese	104	9g	1g
✗ 1 Slice Bacon	43	3.3g	0.1g

For breakfast, look for whole grain foods, fruit, or yogurt...



Oatmeal with fruit

Calories 290

Fat 4g

Carbs 58g



Yogurt Parfait

Calories 150

Fat 2g

Carbs 30g

...or lower fat breakfast sandwiches:



Sausage Biscuit with Egg

Calories 510

Fat 33

Carbs 36



Egg McMuffin

Calories 300

Fat 13g

Carbs 31g



Egg White McMuffin

Calories 250

Fat 8g

Carbs 30g

Skip the high sugar, high calorie drinks:

Drink	Calories	Carbs (Sugar)
✓ Water	-	-
✓ Unsweetened Iced Tea	-	-
✓ Coffee, no sugar	-	-
✗ Medium Cola	200	55g
✗ Small Orange Juice	150	34g
✗ Small Frappe Mocha	440	64g

For more nutrition information about your favorite fast foods, visit their Web sites. Most chain restaurants include calorie, fat, carb and other nutrition information on their web sites. **Or visit calorieking.com,** a Web site that shows calorie information for many popular restaurants.

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