



Texas Health

Ben Hogan Sports Medicine

Healthy Fast Food Choices

Subway

- 6" sandwich on whole wheat or honey oat
 - Meat, cheese, veggies & sauce on the side
 - w/1 bag Baked Lays or Apples
- 6" breakfast sandwich on whole wheat, honey oat or flatbread w/egg & cheese or ham & cheese

Chick-Fil-A

- Breakfast: Bagel w/egg & cheese w/fruit cup
- Egg and Cheese Sandwich
- Grilled chicken sandwich w/fruit cup
- Grilled chicken wrap w/small amount dressing
- Grilled chicken salad w/large fruit cup
- Grilled Chicken Strips (no sauce)
- Chicken Teriyaki Bowl w/fruit cup

McDonald's

- Breakfast: Egg McMuffin w/apple dippers
- Grilled chicken sandwich w/apple dippers
- Grilled chicken snack wrap w/yogurt & granola parfait
- Grilled chicken snack wrap w/snack-size fruit & walnut salad
- Grilled chicken salad w/apple dippers & caramel
- Toasted turkey deli sandwich (no bacon) w/apple dippers & caramel

Jack In The Box

- Breakfast: Breakfast Jack w/apple sauce or 2% milk
- Grilled chicken sandwich w/fruit cup or apple sauce
- Chicken fajita pita w/fruit cup
- Grilled chicken salad w/dressing on side & fruit cup

Sonic Drive-In

- Grilled Chicken Salad w/ apple slices & fat-free dipping sauce
- Grilled Chicken Wrap w/apple slices & fat-free dipping sauce

Taco Bell

- Fresco menu items

Burger King

- Ham Omelette Sandwich
- TENDERGRILL™ Garden Salad
- TENDERGRILL™ Chicken Sandwich (no mayonnaise)

Amy Goodson, MS, RD, CSSD, LD
Registered Dietitian
amygoodson@texashealth.org
817-250-7512

Panera bread

- Grilled chicken salad & fruit
- ½ Sandwich on wheat bread w/ ½ salad & dressing on side or broth-based soup
- Breakfast Power Sandwich
- Strawberry Granola Parfait

Arby's

- Market Fresh sandwich or wrap w/sauce on the side
- Hot Ham & Cheese Melt
- Market Fresh salad

Wendy's

- Grilled Chicken Go Wrap w/side salad & low-fat dressing
- Grilled chicken sandwich w/ mandarin oranges
- Grilled chicken salad w/ low-fat dressing & mandarin oranges
- Small chili w/4 saltines & side salad w/ low-fat dressing

Starbucks

- Non-fat latte (cold or hot)
 - can add sugar-free syrup
- Non-fat cappuccino
 - can add sugar-free syrup
- Light frappuccino
- Brewed coffee or espresso
- Iced coffee
 - can add sugar-free syrup
- Unsweetened Tazo tea (cold or hot)
- Non-fat chai tea
- Yogurt Parfait
- Breakfast wraps & sandwiches (not sausage)
- Power Protein Plate
- Mini bran muffin
- Oatmeal w/nuts

Quiznos

- Grilled chicken chopped salad w/ dressing on side
- Cup of chicken noodle, tomato basil or chili w/ 4 saltines, side salad & low-fat dressing

Whataburger

- Grilled chicken sandwich w/ garden salad & low-fat dressing
- Grilled chicken salad w/ low-fat dressing
- Grilled chicken sammie w/ side salad & low-fat dressing
- Small turkey & cheddar, ham & swiss, turkey ranch & swiss (ranch on the side), honey bourbon chicken or veggie sandwich on wheat bread w/side salad & low-fat dressing

Make Your Own Burrito Restaurants (Chipotle, Qdoba, Freebirds, etc.)

- Choose a “bowl”, “naked burrito” or salad instead of a burrito
 - The tortillas alone add around 300 calories, 9 grams of fat and are roughly 3 carbohydrate servings!
- Pick no more than 2 of the following:
 - Rice
 - Black beans
 - Pinto beans
 - Corn

*Refried beans are not a good choice because they usually have lard added!
- Choose chicken over beef.
 - The beef restaurants use is usually higher in fat and calories than the lean meats you would get at home.
 - Ask your server if lean pork or shredded beef is available. If so, then you can try one of those instead.
- Add a half the normal amount of cheese if you desire.
 - Remember, restaurants probably aren’t using 2% cheese!
- If you would like, get light sour cream or guacamole on the side.
 - Only use about 1 tablespoon of one or the other.
- Add as many non-starchy vegetables (peppers, onions, tomatoes, lettuce, etc.) and salsas as you like!

Smoothie Shops (Smoothie King, Jamba Juice, etc.)

- Make your smoothie “skinny” if the option is available
 - Many smoothie places add sugar to their smoothies which boosts the calorie content, but not the nutrition!
- Choose smoothies that are made with fruit or yogurt instead of ice cream, sorbet or candy.
- Order a small or child’s size.
- If it’s available, look at the nutrition facts and choose smoothies that are 300 calories or less.
- Add a scoop of protein powder if it doesn’t already come with one.
 - This will help you feel full longer.

General Restaurant Rules

- Add a salad before your meal w/dressing on the side
- Your plate should be assembled as such: ¼ carbohydrate, ¼ protein, ½ vegetables/salad
 - ~1 fist carbohydrate (pasta, rice, potato, sweet potato, bread, corn, peas, etc.)
 - ~1 palm size meat/protein (chicken, fish, red meat, egg, tofu, cottage cheese, etc.)
 - ½ plate veggies (salad, steamed vegetables, sautéed vegetables, raw vegetables, etc.)
- Get all dressings, sauces, gravies, dips, etc. on the side
- Never make pasta, rice, or potatoes the meal...make it the side dish & watch what sauces, butters, etc, it is cooked in or covered with
- Avoid drinks with high calories like sodas, sugar-sweet tea, alcohol, juice, etc.