

Fast Food Salads



Ever gone to a fast food restaurant and ordered a salad thinking it was the best option for your waistline? That may not be true. If you add salad toppers (dressing, candied nuts, fried noodles, and fried taco chips) your healthy choice may have more calories than the biggest hamburger on the menu!

**Check out the calorie content of these popular fast food salads
(for comparison, a McDonalds® Big Xtra® sandwich has 520 calories):**

Menu Item	Calories (with all salad toppers)	Calories (without salad toppers)
Wendy's® Mandarin Chicken® Salad	550	170
Wendy's® Chicken BLT Salad	690	340
KFC's Caesar Salad	450	180
McDonald's® Bacon Ranch Salad with Warm Chicken McGrill®	470	290
McDonald's® Chicken Caesar Salad with Warm Crispy Chicken	580	390

Salads can be a great choice at fast food restaurants.

They provide vegetables and fruit. Most people need more vegetables and fruit. Plus, most salad dressings and nuts contain healthy fats. Not so for the hamburger.

So, if you are trying to trim calories, here are some tips:

- ask for the low-fat variety of their salad dressings
- only use $\frac{1}{4}$ or $\frac{1}{2}$ of the package of regular dressing
- avoid salads that contain breaded meat
- cut down on or skip the salad toppers.

