

Best of the Bunch: Entrées & Sides



Subway-

Entrées:

1. **6" Oven Roasted Chicken** (310 cal, 40 cal fat, 4.5 g fat, 1.5 g sat fat, 0 g trans fat, 47 g carb, 560 mg sodium)
2. **6" Turkey** (290 cal, 35 cal fat, 4 g fat, 1 g sat fat, 0 g trans fat, 46 g carb, 760 mg sodium)
3. **6" BLT** (300 cal, 70 cal fat, 8 g fat, 3 g sat fat, 0 g trans fat, 43 g carb, 580 mg sodium)

Sides:

1. **Subway Apple Slices**
2. **YoCrunch! Yopa Greek Strawberry Yogurt Parfait** (190 cal, 20 cal fat, 2 g fat, 0 g sat fat, 0 g trans fat, 0 mg cholesterol, 100 mg sodium, 29 g carbs, 2 g fiber, 18 g sugar, 13 g protein)
3. **Chicken Noodle Soup** (100 cal, 10 cal fat, 1 g fat, 0.5 g sat fat, 0 g trans fat, 15 mg cholesterol, 720 mg sodium, 12 carbs, 1 g fiber, 1 g sugar, 10 g protein)

McDonalds-

Entrées:

1. **Filet-O-Fish** (390 cal, 19 g fat, 4 g sat fat, 0 g trans fat, 39 g carb, 590 mg sodium)
2. **Hamburger** (210 cal, 80 cal fat, 9 g fat, 3.5 g sat fat, 0.5 g trans fat, 31 g carb, 480 mg sodium)
3. **Cheeseburger** (300 cal, 12 g fat, 6 g sat fat, 0.5 g trans fat, 33 g carb, 680 mg sodium)

Sides:

1. **Side Salad** (20 cal, 0 cal fat, 0 g fat, 0 mg cholesterol, 10 mg sodium, 4 g carbs, 1 g fiber, 2 g sugar, 1 g protein)
2. **Chipotle BBQ Snack Wrap** (250 cal, 70 cal fat, 8 g fat, 3.5 g sat fat, 0 g trans fat, 40 mg cholesterol, 670 mg sodium, 27 g carbs, 1 g fiber, 5 g sugar, 16 g protein)
3. **Premium Caesar Salad with Grilled Chicken** (190 cal, 50 cal fat, 5 g fat, 3 g sat fat, 0 g trans fat, 70 mg cholesterol, 580 mg sodium, 10 g carbs, 4 g fiber, 5 g sugar, 27 g protein)

Starbucks- -

Entrées:

1. **Chicken & Hummus Bistro Box** (270 cal, 60 cal fat, 7 g fat, 0 g sat fat, 0 g trans fat, 29 g carb, 580 mg sodium)
2. **Turkey Rustico Panini** (480 cal, 160 cal fat, 18 g fat, 6 g sat fat, 0 g trans fat, 53 g carb, 1120 mg sodium)
3. **Chicken Santa Fe Panini** (410 cal, 110 cal fat, 12 g fa, 6 g sat fat, 0 g trans fat, 45 g carb, 930 mg sodium)

Sides:

1. **Chonga Bagel** (300 cal, 45 cal fat, 5 g fat, 2 g sat fat, 0 g trans fat, 10 mg cholesterol, 530 mg sodium, 50 g carbs, 3 g fiber, 5 g sugar, 12 g protein)
2. **Blueberry Yogurt Muffin with Honey** (320 cal, 120 cal fat, 13 g fat, 3 g sat fat, 0 g trans fat, 70 mg cholesterol, 260 mg sodium, 45 g carbs, 1 g fiber, 28 g sugar, 5 g protein)
3. **Blueberry Oat Bar** (370 cal, 130 cal fat, 14 g fat, 7 g sat fat, 0 g trans fat, 30 mg cholesterol, 150 mg sodium, 47 g carbs, 5 g fiber, 19 g sugar, 6 g protein)