

Fast Food Summary

The Good			
	Item	Total Calories	Total Fat (g)
Arby's	Martha's Vineyard	250	8
	Light Buttermilk Dressing	110	6
	Ice Tea (Sweetened small)	120	0
TOTAL		480	14

The Bad		
Item	Total Calories	Total Fat (g)
Regular Roast Beef	320	13
Small homestyle fry	300	13
Small coke	185	0
	805	26

The Ugly		
Item	Total Calories	Total Fat (g)
Market Fresh Roast Turkey, Ranch & Bacon	830	38
Chocolate Shake (Large)	660	17
Large Curly Fry	630	34
	2120	89

Burger King	Fire Grill Chicken Garden Salad	210	7
	Diet Coke	0	0
TOTAL		210	7

Tenderkrisp chicken sandwich	780	45
Small fry	230	11
Small coke	140	0
	1150	56

Double whopper with cheese	1060	69
King fry	600	30
King coke	390	0
	2050	99

Cousins Subs	Vegetable Beef soup (large)	120	2
	Side salad (no dressing)	103	7
TOTAL		223	9

7 1/2" Chicken Breast Sub	618	34
	618	34

7 1/2" Double Cheese Steak Sub	851	46
	851	46

Culvers	Garden Fresco salad	247	12
	Raspberry Vinaigrette	50	0
	Tomato Florentine soup	120	1
	Lemon ice (sweetened with Splenda)	47	0
TOTAL		464	13

Butter Burger, Cheese, Single	398	20
French Fry (Junior)	260	13
Pepsi (22 oz)	280	0
Vanilla Single (dish)	307	18
	1245	51

4 piece chicken dinner	2114	112
Culvers Rootbeer	320	0
Brownie Fudge Nut sundae	1343	83
	3777	195

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The Good			
	Item	Total Calories	Total Fat (g)

Dairy Queen	Grilled chicken salad	240	10
	Fat free thousand island dressing	60	0
	DQ Fudge bar	50	0
	Croutons	70	4
TOTAL		420	14

Domino's Pizza	<i>Crunchy Thin Crust (1/8 of a 12-in medium pizza)</i>		
	Cheese	137	7
	<i>12" Medium Crunchy Thin Crust Pizza (1/8</i>		
	Vegi Feast (green pepper, onion, mushroom, black olive, extra cheese)	168	9.5

Hardee's	Regular Roast Beef Sandwich	330	16
	Diet coke (20 oz)	0	0
TOTAL		330	16

The Bad		
Item	Total Calories	Total Fat (g)

	Classic hot dog	400	27
	French fry (5 oz)	380	15
	Medium dipped cone	490	24
		1270	66

	<i>Classic Hand-Tossed (1 of 8 equal slices of a 12-in medium pizza)</i>		
	Sausage & Pepperoni	225	11.5
	<i>12" Classic Hand-Tossed Pizza (1 of 8 equal</i>		
	America's Favorite Feast (pepperoni, mushroom, sausage)	257	11.5

	Slammers	240	12
	Small French fry	390	19
	Small regular coke (20 oz)	260	0
		890	31

The Ugly		
Item	Total Calories	Total Fat (g)

	1/2 lb GrillBurger, no cheese	860	53
	Cheddar cheese (1 slice)	80	6
	Onion rings (5 oz)	590	37
	Large chocolate chip cookie dough blizzard	1320	52
		2850	148

	<i>Ultimate Deep Dish (1 of 8 equal slices of a 12-in medium pizza)</i>		
	Sausage & Pepperoni	307	17
	<i>12" Medium Ultimate Deep Dish Pizza (1 of 8</i>		
	Feast Pizza - ExtravaganZZA (pepperoni, ham, green pepper, onion, black olive, mushroom, sausage, beef, extra cheese)	341	19.5

	2/3 lb Double Bacon Cheese Thickburger	1300	96
	Large French Fry	610	28
	Strawberry Shake (soft-serve, regular)	720	14
		2630	138

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	Item	Total Calories	Total Fat (g)
KFC	Honey BBQ KFC Snacker Sandwich	220	3.5
	Green Beans	50	1.5
	Corn on the Cob (3")	70	1.5
	Diet Pepsi (small 11 oz)	0	0
TOTAL		340	6.5

The Bad		
Item	Total Calories	Total Fat (g)
Popcorn Chicken (Individual)	380	21
Cole Slaw (individual)	190	11
	570	32

The Ugly		
Item	Total Calories	Total Fat (g)
Original Recipe Chicken Breast (1)	380	19
Biscuit	190	10
Macaroni and Cheese (individual)	400	18
Pepsi large (22 oz)	280	0
	1250	47

McDonalds	Caesar Salad (without chicken & dressing)	90	4
	Large Diet Coke (32 oz)	0	0
	Newman's Own Low Fat Italian Dressing	50	2.5
TOTAL		140	6.5

Small Hamburger	260	9
Small French Fry	230	11
Small regular coke (16 oz)	150	0
	640	20

Double Quarter Pounder with cheese	730	40
Large Fry	520	25
Triple Thick Shake (32 oz)	1110	26
	2360	91

Pizza Hut	<i>12" Medium Thin 'N Crispy Pizza (1 slice)</i>		
	Quartered Ham	180	6

	<i>12" Medium Hand-Tossed Pizza (1 slice)</i>	
	Supreme	270 11

	<i>12" Medium Pan Pizza (1 slice)</i>	
	Pepperoni Lover's	340 19

Subway	Veggie Delite salad (no dressing)	60	1
	Fat Free Italian dressing	35	0
TOTAL		95	1

Cold Cut Combo (6 in with lettuce, tomatoes, onions, green peppers, pickles, olives and cheese)	410	17
	410	17

Double Meat Meatball Marinara (6 in/no condiments)	960	42
	960	42

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	Item	Total Calories	Total Fat (g)

Taco Bell	Crunch Taco "Fresco" (1 ea)	150	7
TOTAL		150	7

Wendy's	Fresh Fruit Bowl (only)	130	0
	Low Fat Strawberry Flavored Yogurt	90	1
TOTAL		220	1

The Bad		
Item	Total Calories	Total Fat (g)

Burrito Supreme (Chicken)	410	14
	410	14

Jr Hamburger	280	9
Medium French Fry	440	21
Small regular coke (20 oz)	120	0
	840	30

The Ugly		
Item	Total Calories	Total Fat (g)

Fiesta Taco Salad	870	47
	870	47

Big Bacon Classic	580	29
Great Biggie French Fry	590	29
Medium Frosty (16 oz)	430	11
	1600	69