

Fast Food Panic!

Tips for eating on the road during hurricane season:

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With the anticipation of Gustav about to make landfall we find ourselves in a panic preparing for evacuation. One thing you are probably not thinking about is once you are on the road what will you eat and how will you manage your diet? When we are under stress it is easy to throw caution to the wind and indulge in the super value Big Mac Meal or Ice Cream Blizzard. However, these foods can cause diet disasters. Listed below are some easy fast food solutions to help you manage your diet, whether your goal is for weight loss, to control diabetes, to lower cholesterol, or eat gluten free.

**Goal: Weight Loss (Meals listed below have approximately 300 calories)**

**McDonald's:** Bacon Ranch Salad with Grilled Chicken or Classic Caesar Salad with Grilled Chicken, served with light balsamic vinaigrette dressing (both of these options are less than 300 calories)

**Wendy's:** Small chili with Side Salad and Light dressing

**Taco Bell:** 2 Fresco Style Crunchy Tacos

**Chick Fil A:** Chargrilled Chicken and Fruit Salad with Reduced Fat Berry Balsamic Vinaigrette

**Subway:** Subway Club Salad with Fat Free Italian and apple slices

**Goal: Controlling Diabetes (Meals have approximately 2 – 3 starch servings, 2 – 3 lean meat, and <2 fat servings)**

**McDonald's:** Small Plain Hamburger with Side Salad and light dressing or a Grilled Chicken Snack Wrap

**Wendy's:** Ultimate Grilled Chicken Sandwich with Side Salad and Light Dressing

**Taco Bell:** Fresco Style Chicken Burrito

**Chick Fil A:** Chargrilled Chicken Cool Wrap

**Subway:** Mini Roast Beef Sandwich on Wheat with a cup of Vegetable Beef Soup

**Goal: Lowering Cholesterol (Meals have <3 grams saturated fat)**

**McDonald's:** Premium Grilled Chicken Sandwich or Fruit and Walnut Salad

**Wendy's:** Mandarin Chicken Salad

**Taco Bell:** Fresco Style Zesty Chicken Boarder Bowl

**Chick Fil A:** Chargrilled Chicken Sandwich with a Fruit Cup

**Subway:** 6" Oven Roasted Chicken Breast or Turkey on Whole Wheat served with baked chips or apple slices

**Goal: Gluten Free (No wheat, barley, oats or rye)**

**McDonalds:** Plain hamburger (no bun) with apple slices and side salad served with ranch, Caesar or balsamic vinaigrette dressing

**Wendy's:** Baked Potato with Chili or Southwest Salad

**Taco Bell:** Pintos and Cheese served with Mexican Rice

**Chick Fil A:** Chargrilled Chicken Breast with Waffle Fries and Fruit Cup

Subway: Salad with one of the following gluten free toppings: turkey, chicken, ham, roast beef or tuna salad and oil and vinegar as dressing