

Healthier Sandwich Choices

Looking for a place to grab a quick lunch, but want something at least half way healthy? What are some good choices at the fast food restaurants? Here are some tips and comparisons to help you decide.

To lower the fat and saturated fat:

Leave out the cheese, oil and mayonnaise and ask for low fat salad dressings.

Choose chicken, turkey or veggie sandwich instead of red meats.

Remove any breading.

Choose smaller portions and ask for a smaller amount of meat.

To lower the sodium:

Avoid ham, pastrami, sausages, bacon, corned beef and cheese.

Ask for turkey or chicken that does not have salt added.

Go light on the condiments, such as mustard, ketchup, and pickles.

To increase fiber and antioxidants:

Ask for whole wheat bread.

Ask for extra veggies such as lettuce, tomato, onions, peppers, cucumbers, etc.

Comparisons of some fast food sandwiches

Subway and Blimpie values are with no cheese, oil, mayonnaise or salt.

Saturated fat values do not include trans fats.

Recommended limits for a 2000 Calorie diet:

Total fat: 65 gm, Sat. fat: 20gm, Chol.: 300mg, Sodium: 2400mg

Sandwich	Calories	Total fat(gm)	Saturated fat(gm)	Cholesterol(mg)	Sodium(mg)
Subway					
Veggie Delite (6 oz.)	200	3	1	0	500
Turkey Breast (8 oz.)	220	4	1	15	1000
Low Fat Chicken Salad (8 oz.)	250	4	1	20	1100
Roasted Chicken (8oz.)	310	6	2	50	880
Blimpie					
Vegi Max (9 oz.)	400	7	1	0	980
Turkey (9 oz.)	330	6	2	0	1200
Grilled Chicken (9 oz.)	400	9	2	30	950
McDonalds					
Chicken McGrill (7 ½ oz.)	340	7	2	50	890
Hamburger (4 oz.)	280	10	4	30	590
Big Mac (7 ½ oz.)	590	34	11	85	1090
Chicken Caesar Salad(5 ½ oz.) (without dressing)	100	3	2	40	240
Burger King					
BK Veggie Burger (6oz.)	330	10	2	0	760
Chicken Whopper Jr. (6 oz.)	350	14	3	55	1050
Whopper (10 oz.)	680	39	13	80	940

