

Fast foods less than 350 calories

Arby's	Ham and Swiss Melt Sandwich Calories 300	Kids Meal—Popcorn Chicken Calories 260	Kids Meal—Jr. Roast Beef Sandwich Calories 200	Chopped Farmhouse Salad—Turkey and Ham Calories 250
Burger King	Chicken Tenders (4 pieces) Calories 180	Tendergrill Chicken Garden Salad without dressing Calories 230	Cheeseburger Calories 310	BK Veggie Burger without mayo Calories 320
KFC	Toasted Wrap with Tender Roast Filet Calories 310	Kids Meal—Popcorn Chicken Calories 290	KFC Snacker, Fish Calories 320	Honey BBQ Sandwich Calories 300
McDonald's	Chicken McNuggets (4 pieces) Calories 190	Premium Caesar Salad with Grilled Chicken Calories 220	Hamburger Calories 250	Cheeseburger Calories 300
Pizza Hut	Veggie Lover's Pizza—12-inch Medium Thin 'N Crispy (1 slice) Calories 180	Fit 'n Delicious 12-inch Pizza—green pepper, red onion, and diced red tomato (1 slice) Calories 150	Pepperoni 12-inch Medium Hand-Tossed Style Pizza (1 slice) Calories 230	Veggie Lover's Pizza—14-inch Large Stuffed Crust (1 slice) Calories 330
Subway	Kids Meal Turkey Breast Sandwich (on 9-grain wheat bread with lettuce, tomatoes, onions, green peppers, and cucumbers) Calories 190	Tomato Garden Vegetable With Rotini Soup Calories 90	Subway Club Salad (without dressing or croutons) Calories 140	6-inch Veggie Delite Sandwich (on 9-grain wheat bread with lettuce, tomatoes, onions, green peppers, and cucumbers) Calories 230
Taco Bell	Fresco Crunchy Taco Calories 150	Crunchy Taco Calories 170	Fresco Grilled Steak Soft Taco Calories 160	Fresco Ranchero Chicken Soft Taco Calories 170
Wendy's	Caesar Side Salad Calories 60	Small Chili Calories 220	Junior Hamburger Calories 230	Plain Baked Potato Calories 270