

# GMHC'S Nutrition & Wellness Program

## Quick Guide to Common Fast Food Restaurants

- English Muffin/ Biscuit Plain
- Egg Mc muffin
- Fruit& yogurt parfait

- Chicken McGrill w/o mayo
- Plain Hamburger w/o mayo
- Small French Fries
- Meatless Salads
- Grilled Chicken Caesar Salad
- Fat Free Herb Vinaigrette

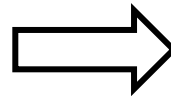
- Vanilla Reduced Fat Ice Cream Cone
- Diet Sodas, Ice Tea, 1% Milk, Orange Juice



**CHOOSE**



**AVOID**



- Sausage Biscuit
- Steak, Egg, Cheese Bagel
- McGriddles
- Hotcakes

- Chicken McNuggets
- Big Mac
- Double Quarter Pounder w. cheese
- Super Size French Fries
- Crispy Chicken Salad
- Filet of Fish
- Ranch& Caesar Dressing

- McFlurry's or Cookies
- Regular Sodas, Shakes

- Plain Single w/o mayo
- Grilled Chicken Sandwich

- Side Salad
- Caesar Side Salad (w/o Caesar Dressing)
- Fat Free French Dressing
- Low Fat Honey Mustard

- Baked Potato (plain or w/ sour cream)
- Chili w/o cheese

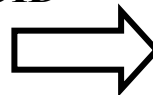
- Small Frosty Dairy Dessert
- Diet Soda, Tea, Coffee



**CHOOSE**



**AVOID**



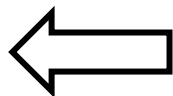
- Big Bacon Classic
- Chicken Club Sandwich

- Taco Supremo Salad
- Chicken BLT Salad
- Mandarin Chicken Salad
- Caesar Dressing

- Biggie French Fries
- Bacon/Broccoli with Cheese Baked Potato

- Large Frosty Dessert or Cookie
- Regular Soda

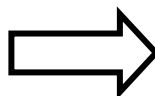
- **Small Hash Browns**
- **Plain Hamburger w/o mayo**
- **Cheeseburger w/o mayo**
- **Whooper JR w/o mayo**
- **Chicken Whooper JR w/o mayo**
- **BK Veggie reduced fat mayo**
- **4 piece Chicken Tenders**
- **Small French Fries**
- **Chili**
- **Baked potato**
- **Side Salad**
- **Vanilla Bean Cheese Cake**
- **Diet Coke , Orange Juice, 1% Milk**



**CHOOSE**



**AVOID**



- **Croissanwiches**
- **Sausage,Egg,Cheese Biscuit**
- **Whoppers & Double Whoppers**
- **Bacon Double Cheeseburger**
- **BK Big Fish Sandwich**
- **Chicken Sandwich**
- **8 piece Chicken Tenders**
- **Large Size French Fries**
- **Onion Rings**
- **Chocolate Chips Cookies**
- **Shakes**
- **Regular Soda**

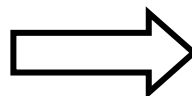
- **6"on Wheat or Marbled Rye**
- **Turkey**
- **Roast Beef**
- **Veggie Max**
- **Grilled Max**
- **Chef Salad**
- **Seafood Salad**
- **Garden Vegetable Soup**
- **Vegetable Beef Soup**
- **Low Fat Dressing**
- **Baked Potato Chips**



**CHOOSE**

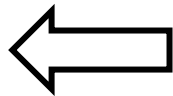


**AVOID**



- **12" on Mission rolls & all wraps**
- **Tuna**
- **BLT**
- **Ultimate Club**
- **Reuben**
- **Steak & Cheese**
- **Cheese Trio**
- **Italian Meatball**
- **Chili Ole Salad**
- **Grilled Chicken Salad**
- **Macaroni/Potato Salad**
- **Chicken Soup**
- **Caesar, cracked peppercorn**
- **Potato Chips**
- **Sugar Cookie**

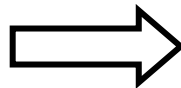
- 6" on Wheat or Hearty Italian
- Ham
- Roast Beef
- Turkey Breast w/ or w/o Ham
- Veggie Delit
- Light Mayonnaise, Mustard, Vinegar
- Any 7 under 6 Salad
- Fat Free Salad Dressings
- Omelets
- Baked Chips
- Diet Soda



**CHOOSE**

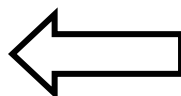


**AVOID**



- 12" Honey Oat, Roasted Garlic, Monterrey Cheddar
- Meatball
- Chipolete
- Double Meat Italian, Tuna, ColdCutTrio
- BMT
- Tuna
- Mayo, Cheese, Bacon
- Breakfast Sandwiches
- Regular Potato Chips
- Regular Soda

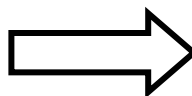
- Chicken Soft Taco
- Chicken Enchirito
- Bean Burrito
- Chicken Fiesta Burrito
- Mexican Rice
- Tostada
- Diet Sodas



**CHOOSE**



**AVOID**



- Double Decker Taco Supreme
- Chalupas or Gorditas
- Taco Salad
- GrilledStuff Burritos
- 7-layer Burrito
- Double Burrito Supremes
- Nachos Bell Grande
- Mucho Grande Nachos
- Regular Sodas