



































HIGHWAY TO HEALTH

Fast Food Update Part I

	STAY AWAY: High fat <i>and</i> high sodium content
	ONCE IN AWHILE: High fat <i>or</i> high sodium content
	EAT ME: Lower fat <i>and</i> lower sodium content

		TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	PROTEIN (g)	CAL
Subway (6" sub, whole wheat, lettuce, tomatoes, onions, peppers, cucumbers)							
Ham		4	1	15	700	15	280
Oven Roasted Chicken		4.5	1.5	40	560	21	310
Roast Beef		4.5	1.5	20	680	17	290
Meatball Marinara		18	7	30	920	21	480
Steak and Cheese		10	4	50	1030	26	380
Cold Cut		20	7	40	890	17	430
Turkey Breast		4	1	20	760	16	290
Tuna		25	5	40	580	20	480
Pita Pit (plain pita, lettuce, tomato, cucumber, carrot)							
Chicken Caesar		10.6	3.9		1027	28	422
Chicken Breast		3.8	1.1		1048	28.6	328
Steak		3.2	1.1		1142	25.6	321
BLT		23	9.3		967	17	459
Ham		2.5	0.8		1030	18.8	277
Roast Beef		6.9	3.1		1668	31.5	390
Tuna		1.5	0.6		470	26.2	297
Falafel		9.3	0.9		666	13.7	374
Extreme Pita (regular pita, lettuce, tomato, cucumber, mushroom, onion, pepper)							
Grilled Chicken		6			924	17	366
Thai Beef		9			929	27	444
Club		8			1433	27	385
Rustic Italian		19			1785	32	519
Falafel		12			711	16	444
Chicken Caesar		13			1550	31	486
Philly Steak		15			953	34	482
Tuna		2			674	28	316
Tim Hortons (sandwich)							
BLT		14	4	20	810	10	360
Chicken Salad		9	1.5	30	950	20	330
Ham & Swiss		11	5	50	1160	24	370
Turkey Bacon Club		11	4	50	1260	26	400
Tuscan Chicken Panini		21	6	75	1470	34	560
Sesame Seed Bagel (cream cheese)		17.5	9	50	180	3	440
12 Grain Bagel (butter)		11	5.5	25	85	11	420

Extreme Pita. (2010). Nutrition guide. Retrieved from <https://www.extremepita.com/>; Pita Pita. (2014). Nutrition facts – regular pitas and salads. Retrieved from <http://pitapit.co.nz/>; Subway. (2015). Canada nutrition information. Retrieved from <http://www.subway.com/>; Tim Hortons. (2013). Nutrition Guide. Retrieved from <http://www.timhortons.com/>