

# Subway

\*For 6" 9-grain wheat bread

	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Sugar (g)	Sodium (mg)	Carbs (g)	Fibre (g)
Mega Melt (242g)	660	39	15	31	7	1410	45	4
B.M.T Melt (229g)	500	23	9	29	7	1440	47	4
Meatball Marinara (301g)	480	18	7	21	12	920	59	8
Egg & Cheese Omelet Sandwich (177g)	380	13	5	20	6	740	44	5
Veggie Delite (162g)	230	2.5	0.5	8	6	280	44	5
Oven Roasted Chicken (226g)	310	4.5	1.5	21	8	560	47	5
Turkey Breast (219g)	290	4	1	16	7	760	46	5
Roast Beef (219g)	290	4.5	1.5	17	7	680	46	5

# Williams Fresh Cafe

Breakfast Quesadilla (422g)	793	49	24	38	12	2096	50	5
Grilled Chicken Pesto Panini (218g)	630	15	5	31	4	1718	63	8
Caesar Salad (287g)	475	58	9	16	2	1908	24	4

# Williams Fresh Cafe

	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Sugar (g)	Sodium (mg)	Carbs (g)	Fibre (g)
Chopped Cobb Salad (636g)	405	30	4	6	3	1482	19	4
Grilled Chicken Wrap (254g)	474	16	5	27	1	1357	53	3

# Boston Pizza

Pizza Poutine (624g)	1160	77	28	42	10	5340	78	6
Baked Chipotle Bacon Penne (760g)	1430	88	39	55	13	2760	11	6
Mediterranean Salad (417g)	300	21	6	9	7	1190	20	7
Lemon-Baked Wild Salmon Filet (439g)	340	11	5	51	4	260	10	6
Vegetarian Pizza (medium slice) (133g)	140	5	2.5	8	4	290	19	2

# Mary Browns

Poutine (391g)	520	24	6	12	2	1350	63	7
10 Wings - Wing Sauce (249g)	870	50	10	39	26	2170	67	2
Hot Chicken Sandwich (282g)	410	12	2.5	27	4	1400	48	2
Tex Mex Wrap (238g)	240	5	1.5	7	6	1000	44	8



## THE FAST FOOD GUIDE

We all know avoiding fast food is a challenging thing to do, especially with our busy schedules and the convenience of fast food chains. It's fast, inexpensive, and instantly satisfies our hunger. EWSnetwork has created a guide to help you choose the best and healthiest option from popular fast food outlets.

The coding is based on:

- >1 g of trans-fat per serving
- >10 g of saturated fat per serving
- >1250 mg of sodium per serving

**Red** indicates food that you should definitely avoid. (Foods that have more than 1 g of transfat, met 3 of the above criteria, contains red meats, butter, white rice, white bread, potato, pasta, & sweets).

**Yellow** indicates food that is OK to eat, but should not be eaten regularly. (Foods that met 2 of the above criteria).

**Green** indicates food that is the healthiest option they offer. (Abundance of vegetables, fruits, whole grain foods, & plant oils).

# McDonald's

	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Sugar (g)	Sodium (mg)	Carbs (g)	Fibre (g)
Big Breakfast (250g)	650	39	12	24	1	1140	50	3
Sausage McMuffin (112g)	370	20	9	14	2	830	32	2
Big Mac (209g)	530	29	10	23	9	970	44	3
Double Cheeseburger (162g)	420	20	10	24	7	1090	35	2
McDouble (149g)	370	17	8	21	7	880	33	3
Quarter Pounder with Cheese (199g)	520	26	13	29	9	1110	41	3
Cheeseburger (115g)	290	11	5	14	7	720	33	2
Grilled Cheese (81g)	250	9	5	11	5	680	31	2
Carrot Muffin (123g)	430	16	1.5	6	35	470	65	3
Hamburger (101g)	240	8	3	11	7	510	32	1
Egg McMuffin (134g)	290	11	5	16	2	730	30	2
Chipotle Chicken Snack Wrap w/ Grilled Chicken (118g)	230	6	2.5	15	8	520	29	3
Grilled Chicken Snack Wrap (110g)	230	8	3	16	2	480	24	3

# Tim Horton's

	Calories	Total Fat (gm)	Saturated Fat (g)	Protein (g)	Sugar (g)	Sodium (mg)	Carbs (gm)	Fibre (g)
Chocolate Glazed Donut (76g)	280	14	6	4	19	320	37	1
White Chocolate Macadamia Nut (52g)	250	13	7	3	16	250	32	1
Chocolate Chip Muffin (115g)	420	16	4.5	6	35	330	66	2
Bagel BELT (Plain Bagel) (263g)	500	17	7	6	14	1060	65	3
Grilled Cheese Panini (174g)	450	14	9	23	3	1530	59	3
English Muffin with Egg and Cheese (127g)	220	5	5	13	2	500	29	1
Vanilla Greek Yogurt Parfait (198g)	270	5	0.3	13	25	90	35	3
Chicken Noodle Soup (284mL)	110	1.5	0.5	5	5	650	19	1
Oatmeal Mixed Berries (327g)	210	3	0.5	6	14	220	44	6
Everything Bagel (113g)	310	4	0.5	11	4	400	59	3
Chicken Salad Sandwich (252g)	330	9	1.5	20	3	950	45	5
Chicken Salad Wrap Snacker (103g)	190	7	1	10	1	570	22	3

# Pita Pit

	Calories	Total Fat (gm)	Protein (g)	Sodium (mg)	Carbs (gm)	Fibre (g)
Sausage Sunrise (153g)	336	24	18	909	12	1
Meat the Day (163g)	389	28	21	979	12	2
Special Sauce (Greek Dressing) (30mL)	180	20	0	130	0	0
Morning Glory (103g)	175	12	11	479	6	1
Southwestern Chicken (85g)	166	8	15	781	5	0
Falafel (76g)	200	11	7	427	23	5
Pita Bread Whole Wheat (85g)	210	1	8	570	45	8
Chicken Breast (85g)	111	4	15	425	2	0
Black Forest Ham (95g)	99	3	15	569	3	0
Tuna (85g)	85	1	20	340	0	0
Garden Veggie Filling (146g)	27	0	0	2	6	1
Spicy Black Bean Filling (93g)	150	6	7	470	21	7

Pita Pit has a huge variety of vegetables to fill!  
Fill your pita with the goodness of vegetables!