

# Patient Tips for Healthy Living



Network 8, Inc. (877)936-9260

4th Edition

## Fast Food Tips

Cooking your meals at home is the best choice because it allows you to know exactly what you are eating and is often much cheaper. But let's face it; there are times

when you have to eat a meal out. This guide to some of your favorite local fast food restaurants will help you make the best choices when ordering. Remember, most fast foods have a lot of sodium and phosphorus, so limit your intake of

fast foods. You can control your sodium and phosphorus much better by eating most of your meals at home. It is important for you to speak with your dietitian and kidney doctor to develop the best meal plan for you.

### McDonald's

- Plain Hamburgers (no cheese or bacon)
- Chicken McNuggets
- Filet-o-Fish sandwiches
- Egg McMuffin (no cheese)
- Sausage McMuffin (no cheese)



### Burger King

- Double Hamburger (no cheese)
- Whopper Jr. sandwich (no cheese)
- Chicken Tenders
- Tendergrill Chicken Garden Salad
- Onion Rings
- B.K. Breakfast Muffin (no cheese)



### Chick-fil-A

- Chick-n-Minis
- Chick-fil-A Chargrilled Chicken Garden Salad
- Spicy Chicken Cool Wrap
- Chick-fil-A Chicken Sandwich
- Chick-fil-A Nuggets (12 count)
- Chick-n-Strips (4 count)
- Side Salad with Spicy Dressing
- Chick-fil-A Lemon Pie



### Kentucky Fried Chicken (KFC)

- Grilled Chicken Breast
- Grilled Chicken (whole wing, drumstick or thigh)
- Crispy Strips (2-3 strips)
- Toasted Wrap with Tender Roast Filet
- Sweet Kernel Corn
- Corn on the Cob
- Apple Turnover
- Cole Slaw



### SUBWAY

- 6 inch Oven Roasted Chicken
- 6 inch Orchard Chicken
- 6 inch Roast Beef
- 6 inch Tuna Sandwich
- 6 inch Roasted Chicken Flat Bread Sandwich
- 6 inch Roast Beef Flat Bread Sandwich
- Salads: Oven Roasted Chicken, Roast Beef, Turkey
- Fat Free Honey Mustard or Sweet Onion Sauce

- Use vinegar and oil as topping instead of salad dressings
- No bacon, cheese and olives on any of these sandwiches or salads



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## Wendy's

- 1/4 pound Hamburger
- Jr. Hamburger
- Ultimate Chicken Grill Sandwich
- Grilled Chicken Go Wrap
- Crispy Chicken Sandwich
- Fish Sandwich
- Mandarin Orange Cup
- Side Salad



## Taco Bell

- Soft Taco with Beef or Chicken
- Grilled Steak Soft Taco
- Fresco Grilled Steak Taco
- Crunchy Taco
- Tacos should only have lettuce, jalapeno peppers, onions, and sour cream
- Cinnamon Twists



## Sauces

Use only half of the packages.

- Sweet & Sour Sauce
- Honey mustard
- Fat Free French dressing
- Reduced Fat Berry Balsamic Vinaigrette dressings



## Toppings

- Mayonnaise
- Lettuce
- Onion
- Mustard
- Jalapeno peppers
- Sour cream



## What You Should NOT Eat

Just as you should know what to eat when dining out you also need to know the foods you should **NOT** eat. Below are some foods you should **NOT** order from restaurants.

- Hash browns
- Potato fries/potato wedges
- French fries
- Potato salad
- Potatoes (fried or baked)
- Guacamole
- Sandwiches with everything on them
- Refried beans
- Cheese
- Bacon
- Dark colored soda
- Milkshakes or ice cream products - for example, Frosty's, McFlurries, Sundaes

