

Snacking the Fast-Food Way

An X is marked next to the food that contains more saturated and trans fat in each set of food choices. The grams of saturated and trans fat for each food are also listed.

TABLE 6.6 Snacking the Fast-Food Way

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|---|---|
| <input checked="" type="checkbox"/> McDonald's apple pie (7 g saturated fat, 0 g trans fat) | <input type="checkbox"/> Side salad with Italian dressing (2.5 g saturated fat, 0 g trans fat) |
| <input type="checkbox"/> McDonald's Apple Slices (skip the caramel dip to cut down on sugar) (0 g saturated fat, 0 g trans fat) | <input checked="" type="checkbox"/> Large french fries (3.5 g saturated fat, 0 g trans fat*) |
| <input checked="" type="checkbox"/> 1 cheeseburger (6 g saturated fat, 0.5 g trans fat) | <input checked="" type="checkbox"/> Burger King Whopper with cheese (15 g saturated fat, 2 g trans fat) |
| <input type="checkbox"/> 1 veggie burger (2.5 g saturated fat, 0 g trans fat) | <input type="checkbox"/> Burger King TenderGrill Chicken Sandwich (2.5 g saturated fat, 0 g trans fat) |
| <input type="checkbox"/> 1 cup 1% milk (1.5 g saturated fat, 0 g trans fat) | <input type="checkbox"/> KFC green beans (0 g saturated fat, 0 g trans fat) |
| <input checked="" type="checkbox"/> 1 chocolate milkshake (13 g saturated fat, 0.5 g trans fat) | <input checked="" type="checkbox"/> KFC macaroni and cheese (1.5 g saturated fat, 0 g trans fat) |
| <input checked="" type="checkbox"/> 1 beef taco (4 g saturated fat, 0 g trans fat) | <input checked="" type="checkbox"/> Subway 6" meatball sub (11 g saturated fat, 0 g trans fat) |
| <input type="checkbox"/> 1 cup turkey chili (1 g saturated fat, 0 g trans fat) | <input type="checkbox"/> Subway 6" turkey breast sub (1 g saturated fat, 0 g trans fat) |

*Note that although the prevalence of trans fat in french fries has greatly decreased, some fast-food companies still serve french fries that contain trans fat and partially hydrogenated oils.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Nutrition information on brand-name fast foods retrieved from company websites on May 6, 2014: Burger King, <http://www.bk.com/pdfs/nutrition.pdf>; Kentucky Fried Chicken, www.kfc.com/nutrition/pdf/kfc_nutrition.pdf; McDonald's, <http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>; Subway, www.subway.com/nutrition/nutritionlist.aspx