

## **Fast Food Options for Athletes**

Fast food restaurants are often the easiest choice for athletes on the road or in a time crunch. But fast food choices are notoriously high in fat and not always the best fueling option for an athlete. Here are some choices that are relatively high in carbohydrate and lower in fat.

**Wendy's** – This is one of the easiest fast food restaurants for finding healthy and filling options. Consider

- Apple Pecan Chicken Salad
- Garden Side Salad
- Mandarin Orange Cup
- Plain Baked Potato or Baked Potato with Sour Cream and Chives
- Chili (skip the cheese)
- Low fat milk or chocolate milk
- Ultimate Grilled Chicken Sandwich
- Grilled Chicken Go Wrap

**Taco Bell** –

- Regular or Fresco Bean Burrito
- Fresco Burrito Supreme, chicken or steak
- Fresco Grilled Steak or Chicken Soft Taco
- Fresco Ranchero Chicken Soft Taco
- Mexican Rice
- Pintos 'N Cheese

**McDonald's** –

- Regular hamburger
- Premium Chicken Club Sandwich, grilled
- Premium Chicken Ranch BLT Sandwich, grilled
- Premium Chicken Classic Sandwich, grilled
- Ranch Snack Wrap, grilled
- Honey Mustard Snack Wrap, grilled
- Chipotle BBQ Snack Wrap, grilled
- Side Salad
- Snack Size Fruit and Walnut Salad
- Fruit 'n Yogurt Parfait (with or without granola)

Here is a meal from McDonald's that provides the correct ratio of carbohydrate, protein, and fat for an athlete. It provides 790 Calories: Regular cheeseburger, small fries, fruit and yogurt parfait with granola, and 8 oz. low-fat milk

**Subway** – At Subway the important thing is to put together your own sandwich of healthy ingredients. Start with whole grain bread. Use lean deli meats like turkey, roast beef, or ham. Use only a small amount of mayonnaise; OK to use a lot of mustard. Add lots of vegetables.

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*This information was originally created for the student athletes at Carrabassett Valley Academy in Maine.*

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