<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Wisest</th>
<th>Exercise Caution</th>
<th>Hit the Brakes!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starbucks</strong></td>
<td>Blonde Roast Coffee (Grande, 10 calories, 0g fat)</td>
<td>Mocha Frappuccino WITHOUT whip (Grande, 290 calories, 4g fat)</td>
<td>White Chocolate Mocha w/ whip (Grande, 510 calories, 24g fat)</td>
</tr>
<tr>
<td></td>
<td>Reduced Fat Turkey Bacon Breakfast Sandwich (230 calories, 6g fat)</td>
<td>Reduced Fat Berry Coffee Cake (320 calories, 11g fat)</td>
<td>Double Smoked Bacon, Cheddar &amp; Egg Breakfast Sandwich (540 calories, 32g fat)</td>
</tr>
<tr>
<td><strong>Burger King</strong></td>
<td>Regular Hamburger (230 calories, 9g fat)</td>
<td>Tendergrill Chicken Sandwich (380 calories, 16g fat)</td>
<td>Tendercrisp Chicken Sandwich (610 calories, 37g fat)</td>
</tr>
<tr>
<td></td>
<td>Regular Cheeseburger (270 calories, 12g fat)</td>
<td>Whopper Jr. w/ Cheese (350 calories, 21g fat)</td>
<td>Double Whopper w/ Cheese (990 calories, 63g fat)</td>
</tr>
<tr>
<td><strong>Kentucky Fried Chicken</strong></td>
<td>Grilled Breast (220 calories, 7g fat per piece)</td>
<td>Original Recipe Drumstick (120 calories, 7 fat per piece)</td>
<td>Extra Crispy Breast (490 calories, 20g fat per piece)</td>
</tr>
<tr>
<td></td>
<td>Chicken Littles Sandwich (no mayo) (210 calories, 8g fat)</td>
<td>Extra Crispy Tender (130 calories, 7g fat per piece)</td>
<td>Doublicious Sandwich (530 calories, 27g fat)</td>
</tr>
<tr>
<td><strong>Chipotle</strong></td>
<td>Salad w/Fajita Veggies, Tomato Salsa, Corn Salsa, Tomatillo Salsa (150 calories, 2g fat)</td>
<td>Soft Corn Tortilla Tacos w/Chicken, lettuce, cheese, tomato salsa (515 calories, 14.5g fat, for 3 tacos)</td>
<td>Steak Burrito w/ Everything (White rice) (1385 calories, 62.5g fat)</td>
</tr>
<tr>
<td></td>
<td>Same salad with Chicken (330 calories, 9g fat)</td>
<td>Crispy Corn Tortilla Tacos w/Chicken, lettuce, cheese, tomato salsa (515 Calories, 22g fat, for 3 tacos)</td>
<td>Steak Burrito Bowl w/Everything (Brown rice) (1105 Calories, 56.5g fat)</td>
</tr>
<tr>
<td><strong>Panera Bread</strong></td>
<td>Low-fat Chicken Noodle Soup (8oz, 80 calories, 1g fat per serving)</td>
<td>Broccoli Cheddar Soup (8oz) (220 calories, 14 g fat per serving)</td>
<td>New England Clam Chowder (8oz, 480 calories, 42g fat per serving)</td>
</tr>
<tr>
<td></td>
<td>Mediterranean Flat Bread Sandwich (310 calories, 11 g fat per flatbread)</td>
<td>Mediterranean Veggie Sandwich on Tomato Basil (570 calories, 12g fat, whole sandwich)</td>
<td>Italian Combo Sandwich (980 calories, 41g fat, whole sandwich)</td>
</tr>
</tbody>
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*All sandwiches & salads available half size*
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<tr>
<td>Wendy's</td>
<td>Grilled Chicken Wrap (260 calories, 10g fat)</td>
<td>Double Stack w/Cheese (430 calories, 23g fat)</td>
<td>Asiago Ranch Chicken Club (670 calories, 32g fat)</td>
</tr>
<tr>
<td></td>
<td>Grilled Chicken Sandwich (370 calories, 7g fat)</td>
<td>Premium Cod Fillet Sandwich (470 calories, 21g fat)</td>
<td>Bacon &amp; Blue on Brioche (650 calories, 39g fat)</td>
</tr>
<tr>
<td>Chick-Fil-A</td>
<td>Grilled Chicken Sandwich (320 calories, 5g fat)</td>
<td>Crispy Nuggets (8-count) (270 calories, 13g fat)</td>
<td>Crispy Chicken Sandwich (440 calories, 18g fat)</td>
</tr>
<tr>
<td></td>
<td>Grilled Market Salad (200 calories, 5g fat)</td>
<td>Grilled Chicken Cool Wrap (340 calories, 13g fat)</td>
<td>SMALL Waffle Fries (310 calories, 16g fat)</td>
</tr>
<tr>
<td>McDonald’s</td>
<td>Premium Grilled Chicken Classic Sandwich (350 calories, 9g fat)</td>
<td>Premium McWrap Chicken &amp; Ranch (Grilled) (415 calories, 18g fat)</td>
<td>Big Mac (530 calories, 27g fat)</td>
</tr>
<tr>
<td></td>
<td>Regular Hamburger (250 calories, 8g fat)</td>
<td>Mac Snack Wrap (330 calories, 19g fat)</td>
<td>Bacon Clubhouse Burger (720 calories, 40g fat)</td>
</tr>
<tr>
<td>Pizza Hut</td>
<td>10” Gluten Free Cheese Pizza (150 calories, 5g fat per slice)</td>
<td>Medium Hand-Tossed Pepperoni Lover’s Pizza (270 calories, 13g fat per slice)</td>
<td>Large Meat Lover's Stuffed Crust Pizza (430 calories, 24g fat per slice)</td>
</tr>
<tr>
<td></td>
<td>Medium Thin 'N Crispy Veggie Lovers (180 calories, 6g fat per slice)</td>
<td>Medium Hand-Tossed Meat Lover’s Pizza (280 calories, 15 g fat per slice)</td>
<td>Medium Meat Lover's Pan Pizza (310 calories, 17g fat per slice)</td>
</tr>
<tr>
<td>Subway</td>
<td>6-inch Veggie Delite (230 calories, 2.5g fat)</td>
<td>6-inch Meatball Sub (404 calories, 16 g fat)</td>
<td>6-inch Spicy Italian Sandwich (480 calories, 24g fat)</td>
</tr>
<tr>
<td></td>
<td>6-inch Turkey Breast Sub (280 calories, 4g fat)</td>
<td>6-inch Subway Melt (370 calories, 11g fat)</td>
<td>6-inch Tuna Sub (480 calories, 25g fat)</td>
</tr>
<tr>
<td>Taco Bell</td>
<td>Fresco Chicken Soft Taco (140 calories, 3.5g fat)</td>
<td>Beef Burrito Supreme (410 calories, 16g fat)</td>
<td>Mexican Pizza (550 calories, 31g fat)</td>
</tr>
<tr>
<td></td>
<td>Chicken Soft Taco (150 calories, 5g fat)</td>
<td>Chicken Burrito Supreme (390 calories, 12g fat)</td>
<td>Chicken Fiesta Taco Salad (740 calories, 35g fat)</td>
</tr>
</tbody>
</table>

*Hold the cheese to reduce fat & calories*

*Hold the mayo & sauces to reduce fat & calories*