

Fast Food Choices*

Food	Serving Size	Exchanges per Serving
Burrito	1 (5 - 7 oz.)	3 carbohydrates, 1 medium-fat meat, 1 fat
Chicken nuggets	6	1 carbohydrate, 2 medium-fat meats
Chicken breast and wing, breaded & fried	1 each	1 carbohydrate, 4 medium-fat meats, 2 fats
Chicken sandwich, grilled	1	2 carbohydrates, 3 very lean meats
Chicken wings, hot	6 (5 oz.)	5 medium-fat meats, 1½ fats
Fish sandwich/tartar sauce	1	3 carbohydrates, 1 medium-fat meat, 3 fats
French fries	1 medium serving (5 oz.)	4 carbohydrates, 4 fats
Hamburger, regular	1	2 carbohydrates, 2 fats
Hamburger, large	1	2 carbohydrates, 3 medium-fat meats, 1 fat
Hot dog with bun	1	2 carbohydrate, 1 high-fat meat, 1 fat
Individual pan pizza	1	5 carbohydrates, 3 medium-fat meats, 3 fats
Pizza, cheese, thin crust	¼ of 12-inch (about 6 oz.)	2½ carbohydrates, 2 medium-fat meats, 1½ fats
Pizza, meat, thin crust	¼ of 12-inch (about 6 oz.)	2½ carbohydrates, 2 medium-fat meats, 2 fats
Soft-serve cone	1 small (5 oz.)	2½ carbohydrates, 1 fat
Submarine sandwich (regular)	1 sub (6-inch)	3½ carbohydrates, 2 medium-fat meats, 1 fat
Submarine sandwich (less than 6 gms of fat)	1 sub (6-inch)	3 carbohydrates, 2 very lean meats
Taco, hard or soft shell	1 (3 - 3½ oz.)	1 carbohydrate, 1 medium-fat meat, 1 fat

* *Ask at your fast-food restaurant for nutrition information about your favorite fast foods or check web sites.*

This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils and the UAMS Center for Health Literacy.