

# Variedades de Comida Chatarra\*

Comida	Porción	Intercambio por Porción
Burrito	1 (5 - 7 onzas)	3 carbohidratos, 1 carne mediana en grasa, 1 grasa
Nuggets de pollo	6	1 carbohidrato, 2 carnes medianas en grasa
Ala y pechuga de pollo, apanada y frita	1 cada una	1 carbohidrato, 4 carnes medianas en grasa, 2 grasas
Sándwich de pollo, a la parrilla	1	2 carbohidratos, 3 carnes magras
Alas de pollo, picantes	6 (5 onzas)	5 carnes medianas en grasa, 1½ grasa
Sándwich de pescado/salsa tártara	1	3 carbohidratos, 1 carne mediana en grasa, 3 grasas
Papas fritas	porción mediana (5 onzas)	4 carbohidratos, 4 grasas
Hamburguesa, regular	1	2 carbohidratos, 2 grasas
Hamburguesa, grande	1	2 carbohidratos, 3 carne mediana en grasa, 1 grasa
Perro caliente con bollo	1	2 carbohidratos, 1 carne alta en grasa, 1 grasa
Pizza personal	1	5 carbohidratos, 3 carnes medianas en grasa, 3 grasas
Pizza, de queso, masa fina	¼ de 12 pulgadas (aprox 6 onzas)	2½ carbohidratos, 2 carnes medianas en grasa, 1½ grasas
Pizza, de carne, masa fina	¼ de 12 pulgadas (aprox 6 onzas)	2½ carbohidratos, 2 carnes medianas en grasa, 2 grasas
Cono con una bola de helado	1 pequeño (5 onzas)	2½ carbohidratos, 1 grasa
Sándwich submarino (regular)	1 submarino (6 pulgadas)	3½ carbohidratos, 2 carnes medianas en grasa, 1 grasa
Sándwich submarino (menos de 6 gr. de grasa)	1 submarino (6 pulgadas)	3 carbohidratos, 2 carnes magras
Taco, tortilla suave o dura	1 (3 - 3½ onzas)	1 carbohidrato, 1 carne mediana en grasa, 1 grasa

\* *Pida información nutricional en su restaurante de comida rápida preferido o visite páginas web.*

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

# 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.*

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