


WEIGHT-LOSS WORKBOOK

# THE SKINNY ON FAST FOOD

NEED A QUICK BITE ON THE GO? WISE UP ON THE LEANER OPTIONS. BY JUSTINE KOH



Burgers and  
fries don't  
have to ruin  
your figure.



**Let's face it: There'd be days when you'd cave in to the convenience of a drive-through meal.** Well, you can dig into a burger every once in a while – if you pick the right ones. *Shape* enlists the help of our advisory board dietitian, Jaclyn Reutens, to suss out the healthier choices at these quick-service joints.



## MCDONALD'S

### ORDER:

- Hamburger  
249 kcal, 8g fat
- +
- Cup Corn – (no margarine)  
60 kcal, 1g fat
- +
- Apple Dippers  
33 kcal, 0g fat

----- OR -----

- Salad Chicken McGrill  
273 kcal, 16g fat
- ❌ SKIP! Low Fat Thousand Island Dressing  
35 kcal, 1g fat
- +
- French Fries – Small (half pack)  
119.5 kcal, 6g fat

## KENTUCKY FRIED CHICKEN

### ORDER:

- Roasta Burger  
437 kcal, 17.5g fat

----- OR -----

- Original Recipe Chicken Breast (1 piece)  
381 kcal, 19.6g fat
- +
- Whipped Potato – Regular  
51 kcal, 0.3g fat

## BURGER KING

### ORDER:

- Tendergrill Chicken Burger  
408 kcal, 21.2g fat



----- OR -----

- Hamburger  
260 kcal, 10g fat
- +
- BK Salad  
70 kcal, 3.5g fat

## CARL'S JUNIOR

### ORDER:

- Charbroiled BBQ Chicken  
380 kcal, 7g fat

----- OR -----

- Charbroiled Chicken Club (half)  
280 kcal, 13.5g fat
- +
- Garden Salad  
120 kcal, 5g fat
- ❌ SKIP! House Dressing  
220 kcal, 22g fat



## MOS BURGER

### ORDER:

- Natsumi Beef  
181 kcal, 10.5g fat
- +
- French Fries – Small  
128.6 kcal, 4.3g fat

----- OR -----

- Natsumi Teriyaki Chicken  
320.6 kcal, 24.4g fat
- +
- Minestrone Soup  
35.9 kcal, 0.4g fat

## eat and stay slim

Follow these tips from Jaclyn.

- 1 Aim for no more than **400kcal per meal** (you don't have to finish the whole burger!).
- 2 Avoid food fried with **batter** (high in saturated fat and sodium).
- 3 Avoid beef patties as they're usually high in fat.
- 4 Ask for **no mayonnaise and skip salad dressing**.
- 5 Avoid liquid calories by **choosing water** over sugary soft drinks (includes non-carbonated ones like green tea).
- 6 Ask for **more veggies** to boost your fibre intake.

*\*Nutritional data listed is estimated and may differ according to variations in ingredients and preparation.*