

B

Healthy Fast Food Choices

Subway

-Meat, cheese, veggies & sauce on the side
w/1 bag Baked Lays or Apples
breakfast sandwich on whole wheat, honey
oat or flatbread w/egg & cheese or ham & cheese

Chick-Fil-A

Egg and Cheese Sandwich

Panera bread

w/ ½ salad &
dressing on side or broth-based soup

Arby's

the side

w/sauce on

Amy Goodson, MS, RD, CSSD, LD
Registered Dietitian
amygoodson@texashealth.org
817-250-