

FINDING NEW RECIPES

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Subway

All on 6-inch nine-grain wheat bread with lettuce, tomatoes, onions, green peppers and no cucumbers. No cheese or dressing.

Black Forest Ham (4.5 grams total fat, 290 calories)

Oven Roasted Chicken (5.0 grams total fat, 320 calories)

Rotisserie-Style Chicken (6.0 grams total fat, 350 calories)

Roast Beef (5.0 grams total fat, 320)

Subway Club (4.5 grams total fat, 310)

Sweet Onion Chicken Teriyaki (4.5 grams total fat, 370 calories)

Turkey Breast (3.5 grams total fat, 280 calories)

Veggie Delite (2.5 grams total fat, 230 calories)

KFC

Original Recipe Chicken

KFC's Original Recipe is hand-breaded and seasoned with a blend of 11 herbs and spices that have been kept secret since the chain began. You can order an iconic bucket of fried chicken in 8, 12, or 16 pieces or as part of meals. Original Recipe also appears in other menu items, like sandwiches.

Original Recipe Chicken Wing (per wing)

130 calories, 8g fat, 2g saturated fat, 380 mg sodium, 3g carbohydrate, 0g sugar, 10g protein

Original Recipe Chicken Breast (one)

390 calories, 21g fat, 4g saturated fat, 1190 mg sodium, 11g carbohydrate, 0g sugar, and 39g protein

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Original Recipe Chicken Thighs are a middle-of-the-road option in terms of calories: one Original Recipe chicken thigh has 280 calories and 19g fat, plus 19g protein.

Extra Crispy Chicken Drumstick (per drumstick)

170 calories, 12g fat, 2g saturated fat, 390 mg sodium, 5g carbohydrates, 0g sugar, and 10g protein

Grilled Chicken

While fried chicken is KFC's focus, there are a few grilled selections on the menu that are healthier options. Grilled Chicken Breast has only 180 calories, 6g fat, and 31g protein.

Grilled Chicken Wing (per wing)

70 calories, 3g fat, 1g saturated fat, 180 mg sodium, 0g carbohydrate, 0g sugar, and 9g protein

Nashville Hot Grilled Chicken Breast (one)

260 calories, 12g fat, 3g saturated fat, 790 mg sodium, 1g carbohydrate, 0g sugar, and 38g protein

Grilled chicken thighs have half the calories and fat of Original Recipe: one grilled chicken thigh has just 150 calories and 9g of fat but is still a good source of protein with 17g per serving.

Chicken Wings, Tenders, & Nuggets

In addition to KFC's classic style of serving chicken, you can also order items in other popular fast-food styles, such as chicken tenders and nuggets. On their own, these smaller-sized options can be lower in calories—just remember that dipping sauces add calories, salt, and sugar and can be difficult to have in moderation.

Hot Honey Extra Crispy Chicken Tenders (per tender)

190 calories, 12g fat, 1.5 saturated fat, 490 mg sodium, 11g carbohydrate, 3g sugar, and 10g protein

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McDonalds

Egg and cheese McMuffin 295kcal

Toasted Bagel with Philadelphia Light 269kcal

Quaker Oats So Simple 194kcal

The Garlic Mayo Chicken Grilled 345kcal

The Sweet Chilli Chicken One 340kcal

Grilled Chicken and Bacon Salad 206kcal

6 Chicken Nuggets 259kcal

Fillet O Fish 329kcal

Crispy Chicken Salad 288kcal

McChicken Sandwich 388kcal

Nando's

Chicken breast (298 calories, 8.6g fat)

'The 1/4 chicken breast is a great source of lean protein and will help keep you fuller for longer,' Shona Wilkinson, nutritionist at SuperfoodUK.com, explains. 'It will also help balance your blood sugar levels which will help you avoid those sugar cravings later on.' Going for chicken without a bun, pitta or wrap is an easy way to cut down on added carbs and calories - plus, it leaves more room on your plates for delicious, delicious sides.

Beanie burger (565 calories, 20.9g fat)

Pulses are a brilliant source of meat-free protein, and although 500ish calories isn't bad for a main meal, you can cut them even further if you want by ditching the bun and filling the rest of your plate with veg. 'The beanie burger has some great ingredients including chickpeas, lentils and pumpkin seeds,' Shona adds. 'This will give you a good source of iron and fibre.'

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Supergrain salad (394 calories, 24.4g fat)

Avocado lovers, this is the main meal of your dreams - grains, beans, greens, and avo, tossed in a buttermilk and avocado dressing. It contains 9.8g protein, so you definitely won't leave the table feeling hungry, whilst the beans provide extra fibre and the veggies give you a tasty vitamin boost. You can also have it topped with chicken for a mere 130 calories (and a not-to-be-sniffed-at 28.2g bonus protein) more, or as a smaller side dish with your chicken of choice.

Spicy rice (393 calories, 10.2g fat)

Just can't live without a carb? Nando's spicy rice is a relatively low-fat option - and to our surprise, it's lower in calories, fat and carbohydrates than the sweet potato wedges (although the vitamin A-giving properties of these should not be discounted). Serve it with chicken or add it to a salad for extra fuel - either way, you should find it keeps you going for as long as the peri-peri banter.

Mixed leaf side salad (25 calories, 0.4g fat)

Okay, so it's not news to you that salad is healthy, but if you swap your usual chips for this mix of leaves, piccolo tomatoes and cucumber, you could save yourself 353 calories per plate - making this the lowest cal side on the Nando's menu. If you want something to bulk it out and make it a little more filling, you could always add 1/4 avocado for 60p, 61 calories, and plenty of extra good fats.

Spicy mixed olives (138 calories, 13.5g fat)

Not only do olives make a delicious snack, they're also good for you. Full of antioxidants and a great source of vitamin E, they also help lower cholesterol. Plus, the Nando's ones come with mushrooms, garlic and red peppers for extra flavour and even more of a veggie boost. Order them as an appetiser and

Frozen yogurt (70 calories, 0.1g fat)

The fact that all of Nando's fro yo flavours are under 100 cals per serving is something we're going to be celebrating for a while. The strawberry flavour is the lowest at 70 calories per serving, followed by vanilla and mango, which have 71 calories, and chocolate, with 91 calories.