

How Nutritionists Eat Fast Food

Their favorite on-the-go meals (that are still healthy!)

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We all know it's healthier to skip the drive-thru, but everyone eventually finds themselves at a roadside rest stop or caves into a late-night french-fry craving. The trick is making the best meal choice you can.

So we turned to the nutrition experts who created the menus for our favorite fast food joints to find out what healthy meals they order when they eat on the job.

Note: Most of the foods that follow are pretty good in terms of calories and fat, but they're still loaded with sodium. Most adults should have less than 2,300 mg daily, and many of these meals provide half that amount or more!

By: Lauren Gelman

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Great Steak: Chicken Philly Slider

"These new little Philly Sliders are perfect for people looking to save calories and dollars," says Krieg, who helps plan the menu of the Great Steak chain. "I like to share them with a friend over lunch along with a salad." The mini offerings provide healthier, realistic portion sizes. "I'm always on the lookout for 'little' serving sizes when I'm eating out," she says.

Nutrition info (for 1/2 slider and 1/2 salad with ranch dressing): 415 cal, 21 g pro, 31 g carbs, 4.5 g fiber, 22.5 g fat, 7 g sat fat, 53 mg chol, 980 mg sodium

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