

The two people I will ask to help me reach my goals are: \_\_\_\_\_  
and \_\_\_\_\_

## **Lower-sodium** **Fast Food Options**

Here are some of the lower-sodium foods that I can order (keeping in mind that I may feel best if I keep my sodium to 1,200 to 2,000 mg/day or less if I am on standard in-center HD, or 3,000 to 4,000 mg/day or less if I am on PD.):

### **Arby's®**

- Croissant with scrambled egg (400 mg sodium)
- Gourmet chocolate chunk cookies (2) (320 mg sodium)
- Apple or cherry turnover, iced (200-210 mg sodium)
- Vanilla shake, regular size (390 mg sodium)
- Chocolate shake, regular size (450 mg sodium)

### **Burger King®**

- French toast sticks - 5 sticks, with syrup (450 mg sodium)
- Cini-mini's with icing (400 mg sodium)
- Fruit-topped oatmeal (290 mg sodium)
- Hamburger (490 mg sodium)
- Whopper Jr.® - no cheese (530 mg sodium)
- Garden salad, no dressing (50 mg sodium)
- Chicken Tenders® 4 pieces (310 mg sodium)
- Dutch apple pie (310 mg sodium)
- Hershey's sundae pie (220 mg sodium)
- Oreo or Oreo Brownie sundae (390 mg sodium)
- Peach & granola sundae (170 mg sodium)
- Strawberry shake (130 mg sodium)

### **Dairy Queen®**

- Grilled chicken wrap (450 mg sodium)
- Breaded mushrooms (500 mg sodium)
- Vanilla cone, medium (140 mg sodium)
- Chocolate malt, small (250 mg sodium)
- Small Blizzard (180-430 mg sodium)
- Peanut Buster® Parfait (350 mg sodium)
- Medium sundae (130-390 mg sodium)
- Buster Bar® (220 mg sodium)
- Strawberry shortcake (370 mg sodium)
- Chocolate Dilly® Bar (70 mg sodium)
- Small shake (190-370 mg sodium)

### **Hardee's®**

- Hamburger (480 mg sodium)
- Onion rings (470 mg sodium)
- Apple turnover (260 mg sodium)

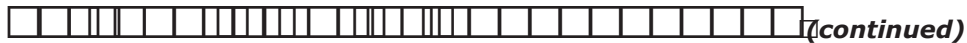
### **Jack In The Box®**

- French toast sticks - 4 sticks (530 mg sodium)
- Spicy corn sticks (140 mg sodium)
- Hamburger deluxe (540 mg sodium)
- Beef taco, (320 mg sodium)
- Shakes & desserts (260-560 mg sodium)

### **Kentucky Fried Chicken®**

- Caesar side salad with parmesan garlic croutons, no dressing (250 mg sodium)
- KFC Snacker®, Honey BBQ (470 mg sodium)
- Drumstick - grilled - (290 mg sodium)
- Drumstick - original recipe (310 mg sodium)
- Whole wing - original recipe (380 mg sodium)
- Chicken breast - original recipe, no skin or breading (580 mg sodium)





- Drumstick - extra crispy (360 mg sodium)
- Whole wing - extra crispy (410 mg sodium)
- Biscuit (530 mg sodium)
- Coleslaw (135 mg sodium)
- Green beans (260 mg sodium)
- Corn on the cob, 5.5 inch piece (5 mg sodium)
- Macaroni salad (430 mg sodium)
- Apple turnover (160 mg sodium)
- Lil' Bucket™ parfait (140-240 mg sodium)
- Oreo cookie and creme pie slice (210 mg sodium)

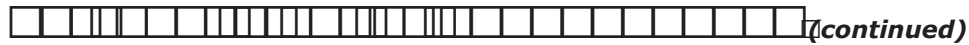
**McDonalds®**

- Apple dippers, with caramel dip (35 mg sodium)
- Snack size fruit & walnuts (60 mg sodium)
- Fruit & maple oatmeal (160 mg sodium)
- Cinnamon Melts (370 mg sodium)
- Fruit 'n Yogurt parfait (85 mg sodium)
- Chicken McNuggets® (6) no sauce (540 mg sodium)
- Honey packet (1) - (0 mg sodium)
- Sweet 'n Sour sauce (1) - (150 mg sodium)
- Honey mustard sauce (1) - (115 mg sodium)
- Hamburger (520 mg sodium)
- Premium Caesar salad (w/grilled chicken) (580 mg sodium)
- Bacon ranch salad, no chicken (300 mg sodium)
- Side salad, with Newman's Own® ranch dressing (540 mg sodium)
- McDonaldland® cookies (300 mg sodium)
- Caramel apple parfait (85 mg sodium)

- Vanilla reduced fat ice cream cone (60 mg sodium)
- Baked apple pie (170 mg sodium)

**Pizza Hut®**

- Medium pan pizza, one slice cheese (530 mg sodium)
- Medium pan pizza, one slice pepperoni and mushroom (520 mg sodium)
- Medium pan pizza, one slice Veggie Lover's® (500 mg sodium)
- Medium pan pizza, one slice ham & pineapple (520 mg sodium)
- Medium pan pizza, one slice Italian sausage & red onion (560 mg sodium)
- Medium Thin 'n Crispy® pizza, one slice cheese (550 mg sodium)
- Medium Thin 'n Crispy® pizza, one slice pepperoni and mushroom (540 mg sodium)
- Medium Thin 'n Crispy® pizza, one slice ham & pineapple (540 mg sodium)
- Medium Thin 'n Crispy® pizza, one slice Veggie Lover's® (530 mg sodium)
- Medium hand-tossed pizza, one slice Veggie Lover's® (530 mg sodium)
- Medium hand-tossed pizza, one slice cheese (550 mg sodium)
- Medium hand-tossed pizza, one slice pepperoni & mushroom (540 mg sodium)
- Medium hand-tossed pizza, one slice ham & pineapple (550 mg sodium)
- 12" Fit n' Delicious Pizza™, one slice, ham, red onion, and mushroom (550 mg sodium)



- 12" Fit n' Delicious Pizza™, one slice, chicken, red onion, green pepper (510 mg sodium)
- Breadstick, 1 piece (260 mg sodium)
- All American crispy or bone out wings (no sauce) (500 mg sodium)
- Apple pie (2 pies) (190 mg sodium)

### Subway®

- Grilled chicken & baby spinach salad (330 mg sodium)
- Veggie Delite® 6 inch sub (310 mg sodium)
- Oven roasted chicken salad (270 mg sodium)
- Roast beef salad (450 mg sodium)
- Bacon egg & cheese muffin melt (550 mg sodium)
- Egg & cheese muffin melt (460 mg sodium)
- Cookies & desserts (70-290 mg sodium)

### Taco Bell®

- Fresco crunchy taco (310 mg sodium)
- Grilled steak soft taco (550 mg sodium)
- Crunchy taco (290 mg sodium)
- Crunchy Taco Supreme® (320 mg sodium)
- Gordita supreme, chicken (510 mg sodium)
- Volcano taco (410 mg sodium)
- Gordita Supreme steak or beef (550 mg sodium)
- Hot sauce & salsa (35-80 mg sodium)
- Beef soft taco (510 mg sodium)
- Chicken soft taco (460 mg sodium)
- Original chicken flatbread sandwich (580 mg sodium)

- Chalupa Supreme® steak (570 mg sodium)
- Avocado ranch dressing (50 mg sodium)
- Caramel apple empanada (310 mg sodium)
- Mexican rice (200 mg sodium)
- Nachos (370 mg sodium)
- Cinnamon twists (200 mg sodium)

### Wendy's®

- Chicken nuggets 5 pieces, no sauce (460 mg sodium)
- Sweet & sour or barbecue sauce - 1 package (120 mg sodium)
- Jr. hamburger w/ketchup (540 mg sodium)
- Apple pecan chicken salad, half-size, no dressing (580 mg sodium)
- Caesar side salad with caesar dressing and croutons (515 mg sodium)
- Apple slices (0 mg sodium)
- Vanilla or chocolate Frosty™ small (135-140 mg sodium)
- Wild berry frosty shake small (170 mg sodium)
- Oreo frosty parfait (190 mg sodium)
- Caramel apple frosty parfait (140 mg sodium)

(Source: Nutritional guides provided on corporate websites, March 2012; additional nutritional information on these and other items is available online or at your local restaurant.)

