

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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TacoTime: Soft Chicken Taco

"So often when people think of Mexican food, they don't think healthy," says Krieg, TacoTime's nutrition expert. "But here we focus on fresh, quality ingredients, so there are several options for anyone looking for lighter menu items. My favorite is the Soft Chicken Taco." Swapping the typical fried taco shell for the soft cuts calories and fat, "but it's still filled with seasoned chicken, lettuce, salsa fresca, and cheddar cheese, so you get all the flavor of a classic taco along with some lean protein, vegetables, and fiber."

Nutrition info: 360 cal, 28 g pro, 40 g carbs, 7 g fiber, 9 g fat, 4.5 g sat fat, 50 mg chol, 860 mg sodium

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