



## **Top Fast-Food Items:**

### **Tim Hortons**

#### **1) Spinach and Egg White Omelette Bites (2 omelette bites per serving) – Breakfast or snack**

Tim Horton's took these omelette bites off their menu several years ago but brought them back again due to popular demand! They are a great high protein, low carb option to get your day started, or to provide you with an afternoon energy boost.

**Ingredients:** Spinach, egg whites, milk, cheese

\*\*nutrition information is for 2 omelette bites

- Calories: 130 cal
- Fat: 6g
- Carbs: 6g
- Fibre: 1 g
- Sugars: 1 g
- Protein: 13 g
- Sodium: 410 mg

#### **2) Egg & Cheese Breakfast Sandwich on an English muffin – Breakfast**

Not only is this breakfast sandwich a classic at Tim Hortons but it is also one of the restaurant's healthier options. This lower-calorie sandwich is packed with protein, without the saturated fat and sodium in bacon and sausage!

**Ingredients:** English muffin, egg, processed cheese

- Calories: 270 cal
- Fat: 12 g (5 g saturated fat)
- Carbs: 27 g
- Fibre: 1 g
- Sugar: 3 g
- Protein: 14 g
- Sodium: 500 mg

### 3) Classic Chicken Wrap w/ slow cooked chicken – Lunch

This wrap is great if you are looking for a lighter lunch option at Tim Hortons.

If you want to further reduce the calorie and fat content of this meal, ask for light mayonnaise, or skip it all together



**Ingredients** – white flour tortilla, slow-cooked chicken, lettuce tomatoes, mayonnaise

- Calories: 380 cal
- Fat: 17 g (3 g saturated fat)
- Carbs: 36 g
- Fibre: 2 g
- Sugars: 3 g
- Protein: 34 g
- Sodium: 660 mg

### Farm Boy

\*\*While not what you might think of as a traditional fast-food restaurant, Farm Boy grocery stores have a great selection of nutritious, ready-made items that are perfect to pick up and eat on the run!

### 4) Sweet Potato Bowl - Lunch

This bowl from Farm Boy is not only low in calories and fat, but it contains superfoods like kale and sweet potato. Kale provides a great source of Vitamin A, C, and K. Sweet potato is also a low-glycemic index carbohydrate, which means it will keep you full and prevent your blood sugar from spiking. To top it off, edamame supplies plant-based protein. Pair this salad with one of the Farm Boy dressings, but make sure to choose one low in calories, fat and sugar!

**Ingredients:** Sweet Potato, Kale, Red Cabbage, Carrots, Edamame, Red Peppers, Green Onions, Olive Oil, Sesame Seeds, Salt, and Black Pepper.

Calories: 240 cal

- Fat: 8 g (1 g saturated fat)
- Carbs: 37 g
- Sugar: 12 g
- Fibre; 10 g
- Protein: 10 g
- Sodium: 740 mg



## 5) Fibre First Salad – Lunch or Dinner

Dietary fibre is an essential part of a healthy diet, but most Canadians only consume about half the recommended amount each day. Fortunately, this salad is packed with high fibre ingredients, such as legumes and seeds, that are also great sources of plant-based protein. The beets in this salad also pack a nutritional punch, providing vitamins and minerals such as folate, manganese, and potassium. Make sure to choose one of the healthier Farm Boy salad dressings, such as a balsamic dressing, and dress the salad lightly to keep the calories and fat down.

**Ingredients:** Lentils, black beans, chickpeas, Beets, carrots, lettuce (green leaf, romaine, kale), Cabbage, Chia Seeds, Sunflower seeds, Farm Boy Salad dressing

- Calories: 400 cal
- Fat: 12 g
- Carbs: 57 g
- Sugars: 7 g
- Fibre: 17 g
- Protein: 20 g
- Sodium: 200 mg

## 6) Garden Fresh Bistro Box – Snack

If you are looking for a light, healthier snack option, this bistro box is a great choice. With half the box made up of tomatoes and cucumbers, a quarter filled with an edamame and spinach dip to provide protein, and crackers to top it off, this snack lines up reasonably well with Canada's Food Guide recommendations (although we do wish the crackers were whole grain!)

**Ingredients:** Tomatoes, cucumbers, spicy edamame kale dip, garlic baked pita chips

- Calories: 240 cal
- Fat: 16 g (1.5 g saturated fat)
- Carbs: 20 g
- Sugar: 4 g
- Fibre: 3 g
- Protein: 6 g
- Sodium: 590 mg

Farm Boy Beverages:

For a caffeinated pick-me-up, grab a can of flavoured Nitro Cold Brew, with only 10 kcal, 2 g of carbs and no sugar per can. On the other hand, if you typically like a glass of iced tea to quench your thirst, give Farm Boy's low calorie cold brew herbal teas a try. A can of their Peach Hibiscus flavoured cold brew tea contains only 30 calories and 6 grams of sugar per can – a much healthier option than a bottle of Nestea!

### 7) Spinach, Feta, and Egg White Wrap – Breakfast or Lunch

This vegetarian-friendly whole-wheat wrap is loaded with protein, supplies fibre and is low in fat, making it a great way to kickstart your nutrient intake for the day!

The high protein and fibre content also means it will keep you satiated throughout your busy morning. It is the perfect on-the-go breakfast, and you can pair it with a plain soy latte for an extra dose of plant-based protein!

**Ingredients:** Wrap, Egg White Omelet, Spinach, Feta Cheese, Sundried Tomato Cream Cheese, Tomatoes.

- Calories: 290 cal
- Fat: 8 g (3.5 g saturated fat)
- Carbs: 34 g
- Sugars: 5 g
- Fibre: 1 g
- Protein: 20 g
- Sodium: 840 mg

### 8) Egg White & Roasted Red Pepper Egg Bites- Breakfast or Snack

These egg bites are not only delicious and vegetarian-friendly but also packed with protein and low in calories! Enjoy them as a mid-day snack, or grab 2 orders alongside a cup of coffee or tea as an easy and filling low-carb breakfast on busy mornings.

**Ingredients:** egg whites, cottage cheese, Monterey jack cheese, red bell pepper, spinach, feta cheese

\*Nutrition information is for one order, which contains 2 egg bites

- Calories: 170 cal
- Fat: 8 g
- Protein: 12 g
- Carbs: 11 g
- Sugars: 3 g
- Sodium: 470 mg

### 9) Bacon-Style Turkey, Cheddar, & Egg White Sandwich – Breakfast

If you really love a little bacon in your breakfast sandwich, this breakfast sandwich from Starbucks is a great choice. Turkey bacon is significantly healthier than conventional bacon, as it contains less saturated fat and sodium. Paired with an egg white patty and reduced fat cheese, there is plenty of protein in this sandwich to keep you feeling full all morning!

**Ingredients:** Whole wheat English muffin, egg white patty, turkey bacon, reduced fat cheddar cheese



- Calories: 230 cal
- Fat: 5 g (2.5 g saturated fat)
- Carbs: 28 g
- Sugars: 2 g
- Protein: 17g
- Sodium: 550 mg

#### 10) Rolled Steel-cut Oatmeal With Nut Medley (Made With Water) With A Tall Soy Latte - Breakfast

Oatmeal is an excellent breakfast option. It is an excellent source of soluble fibre, which can help with constipation, lower blood cholesterol, control blood sugar levels, and keep you feeling full longer. Oatmeal also has a low-glycemic index, so won't cause spikes in blood sugar after being digested and absorbed by the body. Topping your oatmeal with a nut medley and partnering it with a soy latte on the side will add extra protein plant-sourced protein to your breakfast, keeping you feeling satisfied all morning.

**Ingredients:**

**Oatmeal:** Oats (Rolled and steel-cut), nut medley (almonds, pecans, walnuts), water.

**Soy Latte:** Coffee, Steamed Soy Milk.

- Calories: 390 cal
- Fat: 16 g
- Carbs: 30 g
- Protein: 14 g
- Sodium: 225 mg

#### 11) Starbucks Artisan Charcuterie Box- Snack Or Lunch

This charcuterie box is perfect for days when you don't have time to grab lunch. You can grab this box and keep it in your fridge for when hunger strikes! With 15 g of protein, this high-flavour, high-protein box is perfect for a quick lunch at your desk that will also keep you satiated and satisfied.

**Ingredients:** Pork Salami, Fontinello Cheese, White wine breadsticks.

- Calories: 260 cal
- Fat: 16 g
- Carbs: 13 g
- Sugar: 1 g
- Protein: 14 g
- Sodium: 580 mg

### 12) Egg McMuffin With Cheese – Breakfast

This lower-calorie, protein-packed sandwich is one of the healthier options at McDonald's. If you are in a hurry, instead of skipping breakfast, this is a convenient alternative to fuel your morning. Be sure to skip the ham and sausage (high in sodium and saturated fat) and consider adding a plain green tea or coffee on the side for an extra boost.

**Ingredients:** English muffin, large egg, cheddar cheese

- Calories: 270 cal
- Fat: 11 g (5 g saturated fat)
- Carbs: 28 g
- Sugars: 2 g
- Fibre: 2 g
- Protein: 13 g
- Carbs: 28 g
- Sodium: 500 mg

### 13) McDonald's: Ranch Snack Wrap With Grilled Chicken- Lunch Or Snack

When hunger strikes through a busy day, this wrap from McDonald's is a fast healthy way to curb that! It is high in protein, lower in calories and delicious! Pair it with a side of pineapple or mango chunks (not included), to make this a balanced lunch meal.

**Ingredients:** Grilled Chicken Breast, Whole-wheat Tortilla, Shredded iceberg lettuce, Ranch Sauce, Processed Cheese Slice.

- Calories: 260 cal
- Fat: 11 g (4.5 g saturated)
- Carbs: 22 g
- Sugar: 1 g
- Protein: 18 g
- Sodium: 420 mg

## Taco Bell

You might not think of Taco Bell as a restaurant with healthy options, but with a few alterations, there are several items that can make great on-the-go snacks or meals. For the following tacos, order one for a quick pick-me-up snack, or two for a more filling meal:

### 14) Beef Crunchy Taco (No Cheese- Add Tomatoes, Onions, Pico de Gallo, And Reduced-fat Sour Cream Instead) - Snack, Lunch, OR Dinner

**Ingredients:** Seasoned Beef, Crunchy Corn Tortilla, Shredded Iceberg Lettuce, Diced Tomatoes, Diced onions, Reduced-fat Sour Cream, Pico de Gallo.



\*\*Nutrition information is for ONE taco only

- Calories: 170 cal
- Fat: 9 g (3 g saturated fat)
- Carbs: 16 g
- Sugars: 2 g
- Fibre: 4 g
- Protein: 8 g
- Sodium: 300 mg

### **15) Soft bean taco (No Cheese- Add Tomatoes, Onions, Pico de Gallo, And Reduced-fat Sour Cream Instead) - Snack, Lunch, OR Dinner**

Refried beans are a good source of both fibre and protein. As with the beef taco, skip the cheese and add some salsa/sour cream for flavour instead. Extra fresh veggie topping can make the taco even better for you.

**Ingredients** – Flour Tortilla, Refried Beans, Shredded lettuce, Reduced-fat Sour Cream, Pico de Gallo, Shredded Lettuce, Diced Tomato, Onions

\*\*Nutrition information is for one taco

- Calories: 180 cal
- Fat: 6 g (2.5 g saturated fat)
- Carbs: 27 g
- Sugar: 3 g
- Fibre: 5 g
- Protein: 6 g
- Sodium: 460 mg

### **16) Crunchy bean taco (No Cheese- Add Tomatoes, Onions, Pico de Gallo, And Reduced-fat Sour Cream Instead) - Snack, Lunch, OR Dinner**

If you prefer a vegetarian taco with a bit of crunch, or are looking for a lower sodium option, the crunchy bean taco is your best bet. Again, replacing the cheese with sour cream and pico de gallo further reduces the sodium content. Again, order two tacos for lunch if you are feeling hungry!

**Ingredients:** Corn Taco Shell, Refried Beans, Shredded lettuce, Reduced-fat Sour Cream, Pico de Gallo, Shredded Lettuce, Diced Tomato, Onions

\*\*\*\*Nutrition information is for one taco

- Calories 160 cal
- Fat: 7 g (2 g saturated fat)
- Carbs: 22 g
- Sugars: 3
- Fibre: 5 g
- Protein: 5 g protein
- **Sodium: 250 mg**

### 17) Jr. Cheeseburger with side salad - Lunch or Dinner

Sometimes, you might just want to sink your teeth into a traditional beef burger. Fortunately, Harvey's junior. sized burgers will give you the taste you crave without blowing your nutrition plan! This Jr. Cheeseburger is made with a smaller beef patty, providing 15 grams of protein to maintain muscle synthesis, while the cheese provides calcium to help keep your bones strong. Top this burger with all the fresh veggies you want, and try a bit of garlic dill sauce to add flavour with minimal additional calories. Pair your burger with a side salad for a satisfying meal you can feel good about.

#### **Ingredients:**

**Burger:** Burger bun, beef patty, sliced processed cheese.

**Side salad:** Lettuce, cucumber, shredded carrots, tomatoes

- Calories: 330 cal
- Fat: 15.3 g (5 g saturated)
- Carbs: 36 g
- Sugar: 7 g
- Fibre: 3 g
- Protein: 17 g
- Sodium: 735 mg

\*Nutrition info for burger is for bun, beef patty, and cheese ONLY. Fresh veggie toppings will add minimal calories and won't drastically alter the nutrition profile. Add an additional 15 calories if ordered with garlic dill sauce.

\*To further reduce sodium and fat intake, try a Jr. Burger without the cheese. With only 250 calories, 27 grams of carbs, and 11 grams of protein, this option can also make a good mid-afternoon snack.

### Tahini's

### 18) Original Small Chicken Shawarma Wrap, with Small Fattoush Salad - lunch or dinner

If you've heard of the Mediterranean diet, you might think that ordering from a Mediterranean fast-food restaurant will be healthy. Unfortunately, this is not often the case; however, you can feel good as you enjoy this Lebanese styled meal, as it contains minimal fat and added sugars. Be sure to ask for the salad dressing on the side!

#### **Ingredients:**

**Shawarma** - fire roasted chicken, garlic, tahini, pickles, pomegranate molasses, parsley **Fattoush Salad** – lettuce, tomatoes, cucumbers, carrots, cabbage, fattoush dressing





- Calories: 340 cal,
- Fat: 6 g (2 g saturated fat)
- Carbs: 38 g
- Sugars: 3 g
- Fibre: 3 g
- Protein: 34 g
- Sodium: 650 mg

## Chik-fil-a

### 19) Grilled nuggets with BBQ Sauce and Side Salad (NO crispy peppers) with Balsamic Dressing - Lunch or Dinner

When you think “healthy”, Chick-fil-a likely isn’t the first restaurant to come to mind. Surprisingly, however, this new-to-Canada chain offers several lighter-fare options that make it possible to eat on-the-go without having to give up your nutrition goals. For example, grilled chicken nuggets can be paired with a side salad for a low carb meal that will still fill you up. Be sure to choose a lower calorie sauce, such as BBQ or Sweet and Spicy Sriracha, for dipping your nuggets. To lower the fat and sodium content of this meal, ask for a salad with no cheese.

**Ingredients** – chicken, BBQ sauce, lettuce, grape tomatoes, Monterey jack and cheddar cheese

\*\*Nutrition info is for 8-ct nuggets

- Calories: 335 cal
- Fat: 12 g (3.5 g saturated fat)
- Carbs: 28 g
- Sugars: 22 g
- Fibre: 3 g
- Protein 29.6 g
- Sodium: 1055 mg

### 20) Grilled Chicken Sandwich - Lunch or dinner

If you think all chicken sandwiches taste the same, think again! The grilled chicken breast in this sandwich is lemon-herb marinated and served with a low-calorie honey garlic sauce for extra flavour. To further reduce calories, you even have the option to ask for a lettuce wrap to replace the multigrain brioche bun.

**Ingredients:** Multigrain brioche bun, lemon-herb marinated grilled chicken breast, lettuce, tomatoes, honey roasted BBQ sauce

- Calories: 460 cal
- Fat:13 g (2.5 g saturated)
- Carbs: 48 g
- Sugars: 12 g



- Fibre: 4 g
- Protein: 39 g
- Sodium: 960 mg

\*A sandwich made with a lettuce wrap instead of a multigrain bun has 240 cal, 10 g carbs, 32 g protein, and 655 mg sodium.

## Wok Box

### 21) ½ Box Dan Dan with brown rice and tofu - Lunch or Dinner

If you're craving something extra spicy, this meal from Wok Box has you covered - the fiery hot chili sauce this dish is made with is HOT! Dan Dan is usually made with noodles, but you can swap them out for brown rice to increase the meal's nutritional value.

**Ingredients:** Rice, vegetables (carrots, bok choy, broccoli, onions and peppers), bean sprouts, cilantro, green onions, lime, tofu, hot chili sauce

\*\*Nutritional information is for ½ order made with white rice. Nutrition will be slightly different with the addition of brown rice.

- Calories: 280 cal
- Fat: 8.5 g (1 g saturated)
- Carbs: 37 g
- Sugars: 7 g
- Fibre: 3 g
- Protein: 30 g
- Sodium: 640 g

### 22) ½ Box Thai Red Curry with Rice and Chicken - Lunch or Dinner

If you like spice, but the Dan Dan with rice sounds a bit too extreme for you, this dish might be right up your alley. The fresh vegetables will provide plenty of vitamins and minerals, and the brown rice will keep you feeling full longer and help keep your blood sugars under control.

this dish  
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keep

Ingredients: rice, chicken, vegetables, bean sprouts, cilantro, lime, curry sauce

\*\*Nutritional information is for ½ order made with white rice. Nutrition will be slightly different with the addition of brown rice.

- Calories: 280 kcal
- Fat: 9 g fat (5 g saturated)
- Carbs: 31 g carbs
- Sugars: 5 g
- Fibre: 2 g
- Protein: 29 g
- Sodium: 507 mg

**NOTE: If you are looking for a lower sodium option, swap the chicken for tofu!**

Nutrition Information for 1/2 Box Thai Red Curry with Rice and **Tofu**:

- Calories: 280 cal
- Fat: 12 g fat (5 g saturated)
- Carbs: 29 g
- Sugars: 3 g
- Fibre: 2 g
- Protein: 16 g protein
- Sodium: 110 mg



**23) ½ box Sweet Mongolian with brown rice and tofu – Lunch or Dinner**

Not only is this dish a better Wok Box option if spice is really not your thing, but it's another good choice if you are looking for a meal with a lower sodium content!.

**Ingredients:** Rice, vegetables (carrots, bok choy, broccoli, onions and peppers), bean sprouts, cilantro, green onions, lime, chicken, ginger garlic glaze

\*\* Nutritional information is for ½ order made with **white** rice. Nutrition will be slightly different with the addition of brown rice.

- Calories: 320 cal
- Fat: 8.5 g (1 g saturated fat)
- Carbs: 48 g
- Sugars: 17 g
- Fibre: 2 g
- Protein: 16 g
- Sodium: 210 mg

**The Chopped Leaf:**

**24) Spinach Power Salad - Lunch or Dinner**

Salads get a bad rap for being boring. Fortunately, this Spinach Power Salad is both healthy AND delicious! Not only do the fresh ingredients in this salad taste great together, but they are also chock full of nutrients that will benefit your health, such as chickpeas for protein and fibre, peppers for vitamin C, and avocado for heart healthy fats and potassium. Pair the salad with a balsamic vinaigrette and dress it lightly for some extra flavour without adding too many extra calories or saturated fat.

**Ingredients** – Baby spinach, red and yellow peppers, apples, cucumbers, avocado, feta, chickpeas, balsamic dressing

- Calories: 240 cal
- Fat: 12 g
- Carbs: 28 g
- Sugar: 3 g
- Protein: 9 g
- Sodium: 350 g

Some additional tips:

- Boost the protein content of this salad by adding grilled chicken, eggs, or tofu.
- This meal is also available as a power bowl, which contains brown basmati rice and quinoa in addition to the salad ingredients. Although this bowl version contains an additional 21 grams of carbs, the carbs come from whole grains, which help control blood sugar and provide additional nutrients. Quinoa, for example, is high in protein and contains all 9 essential amino acids. Although the Spinach Power bowl does have more calories than the salad, it will also be more satiating than the salad option, helping to keep you feeling full longer.
- The salad is a good option for those looking for something lower in sodium! You can make the salad even lower in sodium by asking for no feta cheese. **\*\*If you want to add an extra protein source, eggs have the least amount of sodium, with 125 mg per egg.**



## Freshii

### 25) Teriyaki Twist Bowl With Chicken (No Rice, Dressing Served On The Side) – Lunch

This Freshii bowl is perfect for days when you are craving teriyaki chicken, but don't want the extra fat, calories and sodium from take-out options. It contains edamame, which offers additional plant-based protein and fibre. It also contains broccoli which is loaded with fibre and vitamin C to aid in iron absorption. Make sure to switch the rice for their greens base and ask for the dressing on the side to make this a low-calorie and low-fat meal!

**Ingredients:** Chicken, Freshii Greens Base, Edamame, Crispy Wontons, Broccoli, Carrots, Cucumber, Green Onions, Sesame Seeds, Teriyaki Sauce

- Calories: 385 cal
- Fat: 8 g
- Carbs: 52 g
- Sugar: 10 g
- Protein: 26 g
- Sodium: 1220 mg\*

*\*Note: use the teriyaki dressing sparingly to cut down on sodium.*

## PitaPit

### 26) Falafel Salad With Lemon Za'atar Sauce (Large Size)- Lunch

A great hack at PitaPit is to ditch the pita altogether, and opt for a salad bowl. This falafel salad is not only nutrient-dense and delicious but also vegan and vegetarian-friendly! The falafel and hummus provide a protein source to keep you full, while the baby spinach helps you better absorb the iron from these sources!

**Ingredients:** Falafel, Alfalfa sprouts, cucumber, green pepper, romaine lettuce, onions, baby spinach, tomato, hummus, light Italian dressing.



- Calories: 326 cal
- Fat: 13.2 g
- Carbs: 37 g
- Sugar: 10.3 g
- Protein: 11.2 g
- Sodium: 616 mg

## Build a Bowl

### 27) Taouk Falafal Wrap - Lunch or Dinner

Get your falafel fix with this calorie-smart choice available at Build a Bowl.

The chickpea falafels are baked rather than deep fried to keep saturated fat at a minimum, and partner with tahini sauce to provide almost 30 g of plant-sourced protein. To make this meal even healthier, ask your server to add only a light amount of Taouk sauce to the wrap...or better yet, get the sauce on the side and add it yourself.

**Ingredients** - Grilled chicken, leafy greens, tomato, purple onions, pickled turnip cucumber, feta cheese, tahini and taouk garlic sauce

- Calories 440 cal
- Fat: 11 g
- Carbs: 38 g
- Protein: 30 g
- Sodium: 800 mg

## Chipotle

### 28) Chicken Salad Bowl (No Dressing)- Lunch

Chipotle is often considered a “healthy” fast-food option because of its fresh, preservative-free and non-processed ingredients. However, many of these ingredients are high in calories and fat, which makes curating a healthy, balanced meal daunting. Here is a great easy option for a protein-packed, lower-calorie, and low-fat salad! Ditch the dressing and opt for fresh salsa to add flavour without the extra sugar, calories and fat! See below if you’re looking for a vegan option.

**Ingredients:** Romaine lettuce, chicken, black beans, Fajita Vegetables, tomatillo green chili salsa.

- Calories: 350 cal
- Fat: 9 g (3 g saturated fat)
- Protein: 41 g
- Carbs: 32 g
- Fibre: 9 g
- Sugar: 6 g
- Sodium: 930 mg



## 29) Sofritas Salad Bowl (No Dressing)- Lunch

Many vegans and vegetarians tend to opt for the preset veggie bowl at Chipotle, but little do they know this bowl is actually high in fat and calories. Here is a healthier, yet flavorful alternative. The choice of tofu sofritas means not only are you getting lots of flavour from the blend of aromatic spices, but also protein from the tofu.

Swap the dressing for fresh salsa to add flavour without the extra sugar, calories and fat.

**Ingredients:** Romaine lettuce, sofritas (shredded tofu), black beans, Fajita Vegetables, roasted tomato green chili salsa.

- Calories: 320 cal
- Fat: 12 g
- Carbs: 41 g
- Sugar: 11 g
- Fibre: 12 g
- Protein: 17 g
- Sodium: 1180 mg\*

\* The sodium content in this salad is *quite* high. Be aware that this is not a meal you want to eat often!

## Booster Juice

If you think that Booster Juice only serves smoothies, you're wrong! If you find yourself in this restaurant looking for something to eat, consider ordering one of the following options, rather than relying on a smoothie to fill your belly. The increased protein and minimal amounts of sugar mean that these meals will fill you up and keep you feeling full without a subsequent blood sugar crash. If you feel like a sweet beverage to go along with your meal, consider a Berry or Mango Teazer - they contain fewer calories and significantly less sugar than a snack-size smoothie.

## 30) Chicken Quesadilla Wrap - Lunch

**Ingredients:** Grilled chicken, Monterey jack cheese, mixed peppers, red onions, whole wheat tortilla wrap

- Calories: 360 cal
- Fat: 10 g (3.5 g saturated)
- Carbs: 36 g
- Sugar: 2 g
- Fibre: 0 g
- Protein: 31 g
- Sodium: 960 mg

### 31) Egg White and Cheese Wrap - Breakfast



#### Ingredients:

- Calories: 260 cal
- Fat: 8 g (3 g saturated fat)
- Carbs: 32 g
- Sugar: 2 g
- Protein: 14 g
- Sodium: 660 mg

### Subway

#### 32) Veggie Delite 6' Sub on Multigrain Bun With Chimichurri Sauce

**Ingredients:** Multigrain bread, lettuce, tomatoes, onions, green peppers and cucumbers, chimichurri sauce.

- Calories: 290 cal
- Fat: 10 g (1 g saturated)
- Carbs: 41 g
  - Sugars: 10 g
  - Fibre: 7 g
- Protein: 12 g
- Sodium: 415 mg

### Wendy's

#### 33) Apple Pecan Salad with Grilled Chicken (no dressing) - Lunch or Dinner

While many fast-food restaurants have dropped salads from their menus, this Apple Pecan salad has been a staple item at Wendy's since 2010...and for good reason! Served with apple pieces, blue cheese crumbles, and roasted pecans, this salad is full of flavour. It is also packed with protein, thanks to the grilled chicken. Note: This salad typically comes with a side of Pomegranate Vinaigrette, but a packet will almost double your sugar intake and increase the sodium content by 190 mg. If you decide to add some dressing, be sure to use only a small amount. Also, removing half the blue cheese will decrease the sodium and fat content while still allowing you to enjoy its distinctive flavour.

**Ingredients:** Romaine lettuce, grilled chicken, apple bites, candied roasted pecans, blue cheese crumbles

- Calories: 450 cal
- Fat: 24 g (10 g saturated fat)
- Carbs: 28 g
  - Sugar: 19 g
  - Fibre: 6 g
- Protein: 31 g
- Sodium: 1170 mg

## **Kids**



If you have children, you'll likely be picking up food for them as well on the days you need to eat on the run. If you are looking for some healthier meal selections for the youngest members of your family, you're in luck! Several fast-food restaurants offer more balanced kids meals, with nutritious choices including milk instead of soda, and sides of fruit instead of fries. The options we've included below will keep your child satisfied and well fueled for any upcoming activities.

### **1) McDonald's Chicken Snack Wrap Happy Meal with Grilled Chicken, 1% White Milk, Cantaloupe Chunks, and Yogurt Tube**

**Ingredients:** Grilled chicken, white flour tortilla, lettuce, mayonnaise, 1% milk, strawberry yogurt tube, pineapple chunks

- Calories: 400 cal
- Fat: 11g (4.5 g saturated fat)
- Carbs: 47 g
  - Sugars: 47 g
  - Fibre: 1 g
- Protein: 26 g
- Sodium: 460 mg

### **2) Wendy's Kids' 4 Piece Chicken Nuggets, with White Milk and Apple Bites.**

**Ingredients:** Crispy chicken nuggets, 1% white milk, apples.

\*Nutrition information does NOT include dipping sauce

- Calories: 305 cal
- Fat: 14 g (3.5 g saturated fat)
- Carbs: 27 g
  - Sugar: 11 g
  - Fibre: 6 g
- Protein: 17 g
- Sodium: 470 mg

### **3) A&W Kids' Buddy Burger**

**Ingredients:** Burger bun, beef patty, ketchup, apple slices, made good bar, white 2% milk

- Calories: 460 cal
- Fat: 16.5 g (3 g saturated fat)
- Carbs: 56 g carbs
  - Sugar: 23 g
  - Fibre: 3 g
- Protein: 20 g
- Sodium: 610 mg



## Beverages:



### Tim Hortons:

- 1) **Cold Brew (black):** If you feel like a refreshing beverage that will keep you awake on the road, try a black cold brew. Cold brew tends to taste smoother and less acidic than regular drip coffee, so if you typically enjoy a bit of cream and sugar in your coffee, a cold brew may make for an easier transition to drinking your coffee black!
  - Calories: 0 cal
  - Fat: 0 g
  - Carbs: 0 g
  - Protein: 0g
  - Sodium: 1 mg
  
- 2) **Small Cappuccino (made with 2% milk):** Sometimes you just want a caffeinated beverage that feels a little fancier than a regular brewed coffee. Fortunately, Tim Hortons now offers cappuccinos! A small cappuccino made with 2% milk and no added sugar will boost your protein intake and help you feel decadent without adding too many calories to your meal.
  - Calories: 80 cal
  - Fat: 3 g (2 g saturated fat)
  - Carbs: 9 g
  - Sugars: 8 g
  - Protein: 6 g
  - Sodium: 70 mg
  
- 3) **Small London Fog:** If you're really craving a sweeter drink at the end of your meal, a London Fog can hit the spot without drastically increasing your calorie intake! Just note that you are still getting 19 g of sugars with this beverage (7 g of added sugars from a pump of vanilla flavoured syrup), so this beverage is best paired with a snack or meal that contains more protein to help prevent your blood sugars from spiking.
  - Calories: 110 cal
  - Fat: 2 g (1.5 g saturated)
  - Carbs: 19 g
  - Sugars: 19 g
  - Protein: 4 g
  - Sodium: 50 mg

**Starbucks:** The beverage list at Starbucks is so comprehensive that it can be overwhelming to navigate! Many of the beverage options will set you back upwards of 300 calories and 40 grams of sugar (even more than this, in some cases!). Fortunately, there are still many types of drinks available for the more health-conscious individuals.



### **Hot options:**

#### **4) Tall soy cappuccino:**

- Calories: 70 cal
- Fat: 3 g
- Carbs: 7 g
- Fibre: 1 g
- Sugars: 4 g
- Protein: 5 g
- Sodium: 65 mg

#### **5) Tall, non-fat, \*one-pump\* vanilla latte:**

Ordering your drink with non-fat milk will reduce the amount of saturated fat being consumed, while still providing you with the nutritional benefits of milk. Also, asking for only one pump of your favourite flavoured syrup is a great way to get a bit of sweetness in your beverage without adding a ton of calories! Better yet...ask for a syrup that is sugar-free.

- Calories: 120 cal
- Fat: 0.2 g fat
- Carbs: 35 g
- Sugars: 14 g
- Protein: 10 g
- Sodium: 35 g

#### **6) Tall Tazo Full Leaf Tea non-fat Latte with one pump cane syrup:**

If espresso isn't your thing, you can order a tea latte instead, made using any Tazo tea flavour of your choice (e.g. Royal English Breakfast or Vanilla Rooibos)! Just note that these lattes are typically made with 3 pumps of cane syrup. Ask for one pump instead to cut down on added sugar (Nutrient information below is for a latte made with one pump of syrup only).

- Calories: 80 cal
- Fat: 0.1 g
- Carbs: 13 g
- Sugars: 13 g
- Protein: 5 g
- Sodium: 65 mg

Cold options:



**7) Shaken Iced Tazo Passion Tea (unsweetened)**

- 0 calories!

**8) Tall Shaken Iced Brewed Coffee with soy milk and 1 pump classic syrup**

- Calories: 80 cal
- Fat: 1 g
- Carbs: 17 g
- Protein: 2 g
- Sodium: 20 mg

**9) Tall Nitro Cold Brew, black:**

To create the nitro cold brew, Starbucks infuses their regular cold brew with nitrogen, forming a beverage that feels creamy and smooth and has a slightly sweet flavour...without needing to add any cream or sugar. Unfortunately, nitro cold brew is only available at select locations. If this is the case where you are? Grab a (still delicious) regular cold brew instead!

- Calories: 4 cal,
- Fat: 0 g
- Carbs: 0 g
- Sodium: 10 mg

**Smoothies:**

Although they are touted as being “healthy”, most smoothies are full of sugar and too many calories. Many are made with frozen yogurt, making them little better than a milkshake, and few have added ingredients, such as chia or flax seeds, to increase the smoothie’s nutritional content.

**Jugo Juice:**

**10) 14 oz Summer Strawberry with 1 tbsp chia seeds and a scoop vanilla whey protein - Snack:**

The unmodified version of this “snack-sized” smoothie is made only with fruit and fruit juice. However, the optional add-ins of chia seeds and protein powder allow you to customize your beverage to increase protein, healthy fats, and fibre content. These additions can keep you feeling full longer and help decrease the risk of a blood sugar spike that would otherwise occur.

**Ingredients:** Strawberries, peaches, apple juice, cranberry juice, chia seeds, vanilla whey protein powder

\*\*Nutrition information is for a smoothie with 1 tbsp each of ground flax, chia seeds, and vanilla whey powder

- .Calories: 221 cal
- Fat: 6.2 g
- Carbs: 41.4 g
- Fibre: 7.5 g
- Protein: 25 g

## Booster Juice:



### 11) Berry Teazer

When you end up in Booster Juice, you no longer have to fall back on ordering an unbalanced smoothie that is high in sugar and lacking in protein. This Teazer is a refreshing, lower calorie option that you can order when you feel like something sweet to drink alongside your meal. (Note: the Mango Teazer has a similar nutrition profile).

Ingredients:

- Calories: 70 cal
- Carbs: 16 g
- Sugar: 14 g
- Sodium: 10 mg

### 12) Snack-size (355 mL) Wildberry Rush Smoothie

If you are really craving a smoothie, this is one of the best options available at Booster Juice. Made with coconut water rather than fruit juice, this smoothie contains significantly fewer calories and less than half the sugar compared to many other snack-size smoothies on the menu. To improve the nutrition profile of this beverage, add Super Boosters such as chia seeds for extra fibre, and either whey protein or collagen powder to increase protein content.

**Ingredients:** Strawberries, blueberries, apples, coconut water, basil

- Calories: 100 cal
- Fat: 1 g (0.4 g saturated fat)
- Carbs: 24 g
- Sugar: 19 g
- Fibre: 2 g
- Protein: 0.5 g
- Sodium: 30 mg

## Bubble/Boba tea:

**Chatime:**

13) Boba, or Bubble tea, has become increasingly popular across Canada. Unfortunately, these beverages are typically high in sugar and carbs and typically aren't as healthy as the restaurants would have you believe. Chatime, at least, allows you to make modifications to make your beverage healthier.

- While a complete nutrition breakdown is not available, a regular sized Earl Grey milk tea made with signature Milk Tea and regular sugar contains 242 kcal. However, you can request that the drink is made with real milk or oat milk, and no sugar, to get a milk tea that contains significantly fewer calories.
- If you want to add textural interest to the drink, ask for grass jelly - the grass jelly in a regular sized beverage contains only 50 calories, while tapioca pearls will provide 140 calories.

## General Tips



- When ordering salad, swap creamy dressings for a vinaigrette-type dressing instead. Ask for dressing on the side when necessary, and be sure to only use enough dressing to flavour the meal.
- When selecting protein options, choose grilled chicken, eggs, or plant-based proteins such as tofu or chickpeas more often. When possible, avoid proteins that have been deep fried
- You can reduce the amount of fat in a sandwich by requesting no sauce – or, at least, ask for light sauce instead!
- Coffee beverages can be made healthier by switching to non-fat, oat, almond, or soy milk, and using spices such as cinnamon to provide a bit of flavour instead of using sugar.

## Hard To Find Low Sodium Options

One item we often get asked about is eating out and needing low sodium options. Low sodium eating can be important for those with high blood pressure or kidney issues, to name a few key reasons. The truth is – eating low sodium AND HEALTHY while eating fast food is REALLY hard! However, we wanted to make sure you do have a few options in the case you're in a pinch! The following items, all discussed previously in this blog, are a few lower sodium options to consider when eating on-the-run:

- Taco Bell Crunchy Beef Taco - 300 mg
- Taco Bell Crunchy Bean Taco - 250 mg
- Farm Boy Fibre First Salad - 200 mg
- Starbucks Rolled Steel-cut Oatmeal With Nut Medley and Tall Soy latte - 225 mg
- Wok Box: 1/2 Box Thai Red Curry with Rice and Tofu - 110 mg
- Wok Box: 1/2 box Sweet Mongolian with brown rice and tofu - 210 mg
- The Chopped Leaf: Spinach Power Salad - 350 mg
- McDonald's Egg McMuffin: No cheese or ham - 320 mg