

## **On The Run**

Ever wonder how your “busy schedule diet” stacks up to your “normal diet”? We have all eaten on the run, but do we always pick the most healthful foods (or what we think is healthful) for us? Are you as conscious about reading the labels when eating out, as you are when shopping in the grocery store? Well here are some stats that may change the way you eat, and think, when dining on the run.

### **McDonald's**

Filet-O-Fish– 470 calories/26 fat g.

Quarter Pounder w/cheese– 530 calories/30 fat g.

Bacon, egg & cheese biscuit– 540 calories/34 fat g.

Larger French Fries– 540 calories/26 fat g.

### **Pizza Hut**

Veggie lover's thin'n'crispy 2 slices– 842 calories/34 fat g.

Pepperoni lover's stuffed crust 2 slices– 1150 calories/52 fat g.

### **KFC**

Chunky Chicken pot pie-770 calories/42 fat g.

Hot wings 6 piece– 471 calories/33 fat g.

### **Wendy's**

Taco Salad w/ Ranch dressing– 480 calories/29 fat g.

### **Dunkin' Donut's**

Plain bagel w/ cream cheese– 540 calories/20 fat g.

Glazed doughnut– 180 calories/8 fat g.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)/[Follow us on Google+](#)

Need some help with ideas for holiday gifts? Make it personal by putting your favorite picture on clothing, plaques, mugs, mouse pads, and more. [Click here](#) for options and contact information.