

McDonalds

✓Go For It	Calories	Fat (g)	Carbs (g)	Think Twice	Calories	Fat (g)	Carbs (g)
Hamburger	250	8	32	Big Mac	540	29	44
Grilled chicken classic sandwich	390	11	46	Quarter Pounder with Cheese	530	28	41
Grilled chicken snack wrap	240	8	25	McChicken	470	27	46
Spicy Thai Salad (Raspberry Vinaigrette)	180	5	25	Angus Burger	610	33	44
Apple slices with caramel dip	100	1	24	Mighty Caesar (Caesar dressing) salad with crispy chicken	670	52	25

Tim Hortons

✓Go For It	Calories	Fat (g)	Carbs (g)	Think Twice	Calories	Fat(g)	Carbs (g)
Chicken Salad sandwich	340	9	47	B.L.T	420	18	47
Chicken Noodle Soup with Roll	220	1.9	41	12 Grain Bagel & Cream Cheese	474	23	54
BBQ Chicken Wrap	190	4.5	25	Egg Salad sandwich	360	13	45
Low fat Strawberry Yogurt & Berries	140	2.5	27	Raisin Bran Muffin	360	10	65

Subway

✓Go For It	Calories	Fat (g)	Carbs (g)	Think Twice	Calories	Fat(g)	Carbs (g)
Veggie delight 6"	230	2.5	45	Meatball marinara 6"	580	22	71
Turkey breast 6"	282	3	48	Tuna 6"	532	30	46
Roast beef 6"	280	3.5	46	Pizza sub 6"	490	24	52
Subway club 6"	290	3.5	48	Spicy Italian 6"	520	28	48

Pizza Pizza



✓Go For It	Calories	Fat (g)	Carbs (g)	Think Twice	Calories	Fat(g)	Carbs (g)
Garden veggie stuffed sandwich & garden salad	350	8.3	55	Meat Supreme slice	800	34	85
Mediterranean stuffed sandwich & Caesar salad	420	11.5	62	Philly cheese steak slice	720	24	90

HEALTHY EATING TIP: Avoid dipping sauces: 1 serving creamy garlic: 360kcal, 39g fat

Swiss Chalet

✓Go For It	Calories	Fat (g)	Carbs (g)	Think Twice	Calories	Fat(g)	Carbs (g)
Chicken Breast (skinless), Multigrain Roll, Side Garden Salad (light Italian dressing)	325	7	27	Double Leg Dinner, Roll & Fries	1,270	65.4	90
Chicken (white meat) on Kaiser sandwich	440	6	42	Chicken pot pie	550	34	63
Spinach Chicken Salad (fat free dressing)	170	2	14	Grilled Chicken Caesar Salad	770	50	43
Cranberry Raspberry frozen yogurt	110	2	22	Pecan pie	590	29	79

Harvey's

✓Go For It	Calories	Fat (g)	Carbs (g)	Think Twice	Calories	Fat(g)	Carbs (g)
Grilled Chicken sandwich on WW bun, garden salad & Asian sesame dressing	279	5.4	49	Original hamburger combo (fries + burger + soft drink)	923	29.2	143
Veggie burger on WW bun, garden salad & Asian sesame dressing	279	5.4	49	Poutine	840	43	87

*Harvey's sandwiches include: ketchup, mustard, tomato, lettuce