

7 Best Fast-Food Meals Under 350 Calories

By David Zinczenko with Matt Goulding - Feb 18, 2011

"How did Americans get so fat?"

Of all the questions I get, this is by far the most common. There are many reasons: We've added extra calories to basic foods, everything from pasta sauce to ketchup. We're drinking more calories than ever—450 a day, on average. And, of course, we've been trained to supersize it. Those "value" meals we order through the clown's mouth cost us only 17 percent more money, but 73 percent more calories. That's dummy economics—you wouldn't buy a new Blu-Ray Disc and then pay the electronics store to throw in some old, worn-out videotapes, would you? And so, everytime we eat out, we add 134 calories to our daily intake.

I understand that life is hectic and fast-food meals are inevitable. That's why we created the runaway bestseller *Eat This, Not That!* back in 2007. It's also why we've taken all of the principles we've laid out over the past few years and distilled them down to a brand-new, complete nutrition plan: [*The Eat This, Not That! No-Diet Diet*](#). You can eat all the foods you love, at all the restaurants you love, without condemning yourself to massive portions and coma-inducing calorie counts, and lose tons of weight—without ever dieting again. (Which is why we gave it the “No-Diet Diet!” twist!) Want proof? Here are 7 fast-food meals with fewer than 350 calories. Next time you're in a bind, opt for one of these meals and banish excess calories for good.

And remember: I'm on a mission to uncover surprising places where hidden calories lurk. Just follow me on Twitter (twitter.com/davezinczenko) and I'll arm you with the information you need to eat more every day—and weigh less for the rest of your life.



Best Chinese Meal Under 350 Calories

Panda Express Mongolian Beef and Mixed Veggies

235 calories

7 g fat (1.5 g saturated)

1,260 mg sodium

Panda actually has several options that come in below the 350-calorie mark. As with any Chinese meal, the key is skipping the greasy mound of fried rice and the oily tangle of noodles. Pair a low-calorie entrée such as the Mongolian Beef or Green Bean Chicken with a side of veggies and you wind up with a fairly nutritious meal with plenty of protein to keep you full. Entrees to avoid: Beijing Beef, Orange Chicken, Sweet and Sour Chicken, and anything with pork.

NOT THAT : Beijing Beef w/ Fried Rice
1,260 calories
59 g fat (12 g saturated, 0.5 g trans)
1,830 mg sodium



Best Sandwich Meal Under 350 Calories

Subway 6" Turkey Breast and Black Forest Ham Sandwich
(on 9-grain wheat bread with tomatoes, onions, green peppers, pickles, olives, and mustard)
310 calories
4 g fat (1 g saturated)
1,255 mg sodium

The health halo surrounding Subway is a boon for the sandwich chain, but for everyone else, it's quite problematic. The numbers Subway advertises are only for a 6-inch sub and don't account for cheese, mayo, olive oil, or any extras most people get on their sub. Order a 12-inch sandwich with a couple of extras and your "healthy" sub suddenly becomes an 800-calorie, diet-sinking torpedo. (To see just how quickly extra ingredients can add up, check out our shocking list of the [30 Worst Sandwiches in America](#).) To be fair, though, there are many nutritious sandwich combinations at Subway, and this is one of them. Just make sure to go with 6 inches (not 12), mustard (not mayo), and take advantage of Subway's best option: unlimited veggies.

NOT THAT : Subway 6" Meatball Marinara Sub w/ Provolone
630 calories
27 g fat (11 g saturated, 1 g trans)
1,655 mg sodium



Best Chicken Nugget Meal Under 350 Calories

Chick-fil-A Nuggets (8 count) with Barbecue Sauce

315 calories

12 g fat (2.5 saturated)

1,170 mg sodium

When it comes to healthy fast-food chicken, Chick-fil-A definitely rules the roost. Lately, though, we've seen sodium and calorie counts starting to creep upward, so we'll be keeping a sharp eye on the chain this year. (Still, nothing served at this poultry palace comes close to the atrocities we found when compiling our list of the [Worst Chicken Dishes in America](#).) This 8-count meal is packed with 28 grams of hunger-blasting protein—a perfect way to refuel for lunch. Just say no to the Polynesian dipping sauce. One tub contains 110 calories!

NOT THAT: Spicy Chicken Sandwich Deluxe

580 calories

27 g fat (8 g saturated)

1,880 mg sodium



Best Wrap Meal Under 350 Calories

McDonald's Grilled Honey Mustard Snack Wrap and Side Salad with Newman's Own Low Fat Balsamic Vinaigrette

320 calories

12 g fat (3.5 saturated)

1,540 mg sodium

You'd be hard-pressed to find a healthier wrap at any other major fast-food chain. Why? Because this one contains only five ingredients: grilled chicken breast, flour tortilla, jack and cheddar cheese, lettuce, and honey mustard. That's the kind of ingredient list we like

to see: simple and delicious. Tack on a side salad and you've got a well-rounded meal with fewer calories than one Double Cheeseburger.

NOT THAT: Premium Crispy Chicken Club Sandwich w/ Medium Fries

1,010 calories

47 g fat (9.5 g saturated)

1,630 mg sodium



Best Burger Meal Under 350 Calories

Burger King Jr. Whopper w/o Mayo and BK Apple Fries

330 calories

10.5 g fat (4 g saturated)

500 mg sodium

Burger King holds the dubious distinction of being the unhealthiest of the Big Three burger joints, but that doesn't mean you can't concoct a decent meal. By simply 86-ing the mayo, the Whopper Jr. becomes one of the healthiest burgers in the fast-food kingdom, and BK's fresh apple fries are a delicious and nutritious side. Together, they make a fine meal if you must dine on the dash. Warning: Every other Whopper sandwich has anywhere from 0.5 grams to 2.5 grams of trans fat.

NOT THAT: Whopper w/ Medium Fries

1,110 calories

62 g fat (15.5 g saturated fat, 1 g trans)

1,650 mg sodium



Best Mexican Meal Under 350 Calories

Taco Bell's Fresco Chicken Soft Tacos (2)

340 calories

8 g fat (2 g saturated)

1,360 mg sodium

Taco Bell got a lot of flak this past year for advertising its Drive-Thru Diet, but truth is, this taco joint provides dozens of possible meal combos for less than 500 calories. The same certainly can't be said for any of the nation's most popular fast-food burger chains. Taco Bell's menu still has plenty of pitfalls, so order wisely. Our advice: 1) Stick to the Fresco Menu, where not one item is more than 350 calories; 2) Run from Grilled Stuff Burritos, food served in a bowl, and anything with multiple layers.

NOT THAT: Grilled Stuff Chicken Burritos (2)

1,320 calories

48 g fat (14 g saturated fat)

4,020 mg sodium



Best Breakfast Meal Under 350 Calories

Dunkin' Donuts Egg White and Cheese Breakfast Wake-Up Wraps (2) w/ Small Black Coffee

305 calories

14 g fat (6 g saturated)

965 mg sodium

Dunkin' might be known for its donuts, but the DDSmart Menu is the real reason to

swing by this spot on your way to work. A couple of Wake-Up Wraps and a small black coffee will give you exactly what you need to stay energized through the morning. (In fact, if you don't mind 60 extra calories, opt for the whole-egg Wake-Up Wrap instead—yolks contain vitamins and minerals that are good for eye health.) This meal delivers 16 grams of hunger-fighting protein. You definitely won't find that in two glazed donuts.

NOT THAT: Sausage, Egg & Cheese on Croissant
680 calories
46 g fat (18 g saturated, 0.5 g trans)
1,280 mg sodium