



Fast Food Cravings

It's lunchtime, your friends are ready to grab a quick bite and you have a specific craving. You could hit up your old standby, but is it really the healthiest? You know fast food isn't the best food to be eating, but when you only have a few minutes, there's few other options. So, where is the healthiest place to pick up something quick?

There's no need to whip out your smartphone as you rush to the drive-in to do a quick nutrition search, we've sorted through the facts for you. Here's a list of the best places to pick up your craving based on calorie count. So when you're craving something specific, be sure to pick up the healthiest option available.

	Calories		Calories
Chicken Nuggets		Sandwich options	
Wendy's 6-piece Chicken Nuggets.....	270	Subway 6 inch Turkey Breast.....	280
Fish Sandwich		Wraps	
McDonald's Filet-o-fish.....	380	McDonald's Grill Snack Wrap with Chipotle BBQ.....	260
Hamburger		Wendy's Grilled Chicken Go Wrap.....	260
Wendy's Jr. Hamburger.....	230	Burrito	
Wendy's Jr. Cheeseburger.....	270	Taco Bell Fresno Style Burrito Supreme w/ Chicken.....	330
Burger King Whopper Jr.....	370	Taco Bell Bean Burrito Fresno Style.....	330
Chicken Sandwich		Taco	
Chick-fil-A Chargrilled Chicken Sandwich.....	270	Taco Bell Fresno Style Crunchy Taco.....	150
Wendy's Crispy Chicken Sandwich.....	320	Taco Bell Crunchy Taco.....	170
Salad		Taco Bell Spicy Chicken Soft Taco.....	170
Burger King Tendergrill Chicken Garden Salad.....	360	Nachos	
		Taco Bell Nachos Supreme.....	440