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## 4/23: Food blog: Fabulous Fast Food

By Jennifer Brown/Online Reporter

Hungry college students usually come home from long college days tired. This doesn't leave much time for cooking, so fast food is a quick and easy option. Have you ever looked at how the sandwich you're eating ranks over the fries, however? Here's some of the biggest fast food chains and how they rank with healthy eating.

#1: [Subway](#). This is one of the few restaurants around that give you the option of turning your sandwich into a salad. While they work in an assembly line format, they post their nutrition information out in front for the customer to see at the front of the assembly line. This gives the customer the option to choose healthy sandwiches. In the past few years, similar to other fast food chains, Subway has adopted yogurt and apples in addition to their chips and cookies displays.

#2. [Arby's](#). If you're watching calories, then head over to Arby's. Their chopped side salad is only 113 calories versus McDonald's Premium Southwest Salad (without chicken) that includes 140 calories. In fact, this is one of two salads that are this low in calories at McDonalds. When you're craving a sandwich, it's better to choose McDonald's over Burger King. This is due to the fact that McDonald's Big Mac is only 540 calories and Burger King's Whopper is 670. While these are good in moderation, too many in a diet may be harmful for any college student.

#3. [Taco Bell](#). I don't know anyone who doesn't crave this restaurant made famous with Gidget. It's also for known for having great tacos, enchiladas and burritos. If you're looking to eating healthy, then your best bet is to stay with the taco which is under 100 calories. The volcano taco and Fresno taco are even under 100 if you're looking for a filling meal in a low-calorie meal. The only items that are high in calories at this restaurant are the taco salads and nachos.

#4. [Wendy's](#). Wendy's offers mandarin oranges as a healthy option for kids in their kid's meals. Fries are one of the highest calorie items on the menu. Taco salads, baked potatoes and the Chicken BLT salad are some of the others. The other menu items are low calorie, but they have a large amount of sodium. Too much of sodium can be unhealthy for the body. Their highest calorie item is a large fri at 540 calories with 460 grams of sodium.

#5. [Burger King](#). Burger king is known for their high calorie foods, but they have a world famous Whopper sandwich. You're able to purchase a Triple whopper with cheese for 1250 calories. If you purchase their fries unsalted, it's less calories than McDonalds big mac. Their smallest side salad is 330 calories and the list could go on. This is last on the list because I think is the unhealthiest restaurant of the list.

So here's the top five fast food restaurants of college students. They are all very popular and will continue to be as time goes on. This is just a healthier way to look at it and eat healthy while on the run to class.

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