

HEALTHY MENU CHOICES IN COMANCHE COUNTY



YOUR GUIDE TO MAKING HEALTHY FOOD CHOICES WHILE EATING OUT

The following is a list of locally owned, chain and on-the-go eating establishments in Comanche County and their menu options that fit the 2010 Dietary Guidelines for Americans. These options were analyzed by a registered dietician using either self-reported menu information from local restaurants or published nutritional information from larger chain restaurants.

These guidelines are the backbone to all guidelines and recommendations put forth by any agency or association and are used by the American Cancer Society, American Heart Association, School Meal Programs and much more.

We hope that you can use this list to live a healthier lifestyle and make educated decisions about your health and what you are eating. This is all in an effort to create a healthier community. Follow our coalition online at www.fitkidsofswok.org or on facebook to learn about and get involved with all the great things we are doing in our community to make it a healthier place for all.

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A-Z LISTING LOCAL, CHAIN & ON-THE-GO EATERIES

(The following eateries are in alphabetical order and include items from their menus that fit the below criteria)

DIETARY GUIDELINES 2010 (USDA)

USDA Goals:

Reduce sodium intake to < 2300 mg/day
Limit saturated fat to < 10% total calories
Limit cholesterol to < 300 mg/day
Reduce/Eliminate trans fat; Goal = 0 g/day
Calorie goal ranges: Women: 1600-2400, Men: 2000-3000

OUR GOALS:

Entrees (1/3 USDA daily goals):

Calories ≤ 650 calories
Sodium ≤ 750 mg
Sat Fat ≤ 8 g
Total Fat ≤ 26 g
Cholesterol ≤ 100 mg
Trans Fat ≅ 0 g

Appetizers/Sides (1/2 entrée goals):

Calories ≤ 325 calories
Sodium ≤ 375 mg
Sat Fat ≤ 4 g
Total Fat ≤ 13 g
Cholesterol ≤ 50 mg
Trans Fat ≅ 0 g

References:

- 1.) "Menu Labeling Requirements..."
<http://www.eatright.org/media/content.aspx?id=6442471107&terms=healthy%20restaurant>
- 2.) "ADA Supports National Restaurant Menu Labeling Legislation"
<http://www.eatright.org/media/content.aspx?id=6442453585&terms=healthy%20restaurant>
- 3.) "Dietary Guidelines: Urgent Prescription for an Unhealthy Public"
<http://www.eatright.org/media/content.aspx?id=6442462223&terms=dietary%20guidelines%202010>
- 4.) USDA 2010 Dietary Guidelines for Americans <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>
- 5.) AHA Guidelines for Healthy Lifestyle
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-American-Heart-Association-Diet-And-Lifestyle-Recommendations_UCM_305855_Article.jsp
- 6.) Network for a Healthy California Worksite Program "Healthy Dining Menu Guidelines"
http://cdph.ca.gov/programs/cpns/Documents/Healthy%20Dining%20menu%20Guidelines_FEB_2008FINAL.pdf

Disclaimers:

* Nutrition analysis done using USDA's Super Tracker tool (<https://www.supertracker.usda.gov/MyRecipe.aspx>).

** Nutrition analysis for each menu item was based on listed ingredients and estimated portion sizes of ingredients from restaurants.

*** Margin of error may exist in local restaurants since not required to have standard recipes or nutrition labeling on menu. (HR 3590 Patient Protection and Affordable Health Care Act Law has a component that requires restaurants with 20 or more outlets to display calories and/or have nutrient info available at request.) Recipes and ingredient portions may change based on menu alterations, available items, patron requests, human error, additional use of butter, oil, or salt when cooking (recommend patron requesting to omit these). Nutrition analyses were done using best estimates based on information provided from restaurants.

KEY:

A = Appetizer
S = Side
E = Entree

Ann's Country Kitchen (Medicine Park, OK)

E. Calico Bean Soup (Cup)

102 calories, 3g fat, 1g sat fat, 3mg cholesterol,
625mg sodium

E. Clam Chowder (Cup)

87 calories, 3g fat, 1g sat fat, 5mg cholesterol,
490mg sodium

E. Lemon Pepper Tilapia Dinner (no side)

380 calories, 11g fat, 4g sat fat, 95mg cholesterol,
610mg sodium

E. Lighter Fare Tilapia Dinner

530 calories, 14g fat, 5g sat fat, 98mg cholesterol,
832mg sodium

E. Lighter Fare Pancakes (2)

360 calories, 8g fat, 1g sat fat, 29mg cholesterol,
808mg sodium

Applebee's

S. Coleslaw

140 calories, 8g fat, 1g sat fat, 190mg sodium

S. Fresh Fruit

90 calories, 0g fat, 0g sat fat, 0mg sodium

E. Trios Classic Wings, Honey BBQ

440 calories, 18g fat, 4.5g sat fat, **760mg sodium**

E. Half Grilled Chicken Caesar Salad (w/o dressing)

180 calories, 5g fat, 2g sat fat, 450mg sodium

E. Tuscan Bean Soup w/Chicken & Sausage (cup)

170 calories, 7g fat, 3g sat fat, 760mg sodium

E. Half Spinach Salad

240 calories, 14g fat, 2.5g sat fat, 730mg sodium

E. Half Thai Shrimp Salad

190 calories, 10g fat, 1.5g sat fat, **780 sodium**

E. Kids Chicken Tenders (no side)

270 calories, 15g fat, 3g sat fat, **770mg sodium**

E. Kids Chicken Grillers (no side)

190 calories, 2.5g fat, 1g sat fat, 640mg sodium

E. Kids Kraft Mac & Cheese (no side)

310 calories, 9g fat, 2.5g sat fat, 550mg sodium

E. Kids Corn Dog (no side)

220 calories, 12g fat, 3g sat fat, 590mg sodium

Arby's

E. Chopped Farmhouse Salad – Roast Turkey (w/o dressing)

230 calories, 13g fat, 7g sat fat, 60mg cholesterol,
780mg sodium

E. Jr. Roast Beef

210 calories, 8g fat, 2.5g sat fat, 30mg cholesterol,
530mg sodium

E. Jr. Chicken Sandwich

310 calories, 15g fat, 2.5g sat fat, 25mg cholesterol,
680mg sodium

E. Jr. Turkey Cheese Sandwich

220 calories, 6g fat, 2.5g sat fat, 30mg cholesterol,
670mg sodium

E. French Toast Stix

350 calories, 13g fat, 2g sat fat, 0mg cholesterol,
500mg sodium

E. Jr. Deluxe Sandwich

270 calories, 13g fat, 3.5g sat fat, 35mg cholesterol,
570mg sodium

Atlanta Bread Company

E. Salsa Fresca Salmon Salad (w/o dressing)

280 calories, 11g fat, 1g sat fat, 65mg cholesterol,
430mg sodium

E. Balsamic Blue Salad (w/o dressing)

390 calories, 18g fat, 6g sat fat, 20mg cholesterol,
470mg sodium

E. Buffalo Chicken Salad (w/o dressing)

280 calories, 12g fat, 6g sat fat, 75mg cholesterol,
520mg sodium

E. Chardonnay Brie Salad (w/o dressing)

260 calories, 16g fat, 8g sat fat, 45mg cholesterol,
340mg sodium

E. MontAmore Berry Salad (w/o dressing)

200 calories, 13g fat, 5g sat fat, 30mg cholesterol,
270mg sodium

Back Porch Drafthouse (Lawton, OK)

E. Simple Green Salad

(mixed greens, iceberg, tomato, carrot, cheddar,
house vinaigrette)

w/dressing: 194 calories, 15g fat, 5g sat fat,
19mg cholesterol, 633mg sodium

w/out dressing: 109 calories, 6g fat, 4g sat fat,
19mg cholesterol, 146mg sodium

E. Blackened Salmon Salad

(salmon (4oz), mixed greens, spiced pecans, pickled
onions, tomato, dried cherries, 1 tbsp house vinaigrette)
382 calories, 20g fat, 2g sat fat, 74mg cholesterol,
739mg sodium

**E. Half Bella Chicken Sandwich with Half Caesar Salad
(w/o dressing)**

400 calories, 19g fat, 6g sat fat, 55mg cholesterol,
780mg sodium

E. Baja Fish Tacos

(BBQ dusted cod (2oz), house slaw, pickled red onions,
creamy baja sauce, borracho beans, flour tortillas (2))
432 calories, 17g fat, 8g sat fat, 55mg cholesterol,
666mg sodium

E. Grilled Chicken Sandwich (no side)

(Chicken breast, Swiss cheese, lettuce, pico de gallo,
ranch, bun)

424 calories, 20g fat, 7g sat fat, 99mg cholesterol,
809mg sodium

Bakery Emporium (Lawton, OK)

No set menu – Items change day to day.

Bella Roma Italiano (Lawton, OK)

E. Greek Salad w/Grilled Chicken or Shrimp

(mixed lettuce, feta, pepperoncini, onions, black olives,
tomatoes, Greek dressing)

w/chicken: 395 calories, 24g fat, 6g sat fat,
89mg cholesterol, **866 mg sodium**

w/shrimp: 295 calories, 22g fat, 5g sat fat,
76mg cholesterol, 702mg sodium

E. Bella Roma Salad w/Chicken or Shrim

(lettuce, mushrooms, pepperoncini, tomatoes,
black olives, mozzarella, dressing)

w/chicken: 422 calories, 26g fat, 7g sat fat,
95mg cholesterol, **833mg sodium**

w/shrimp: 323 calories, 24g fat, 6g sat fat,
82mg cholesterol, 670mg sodium

E. Minestrone Soup

1 cup = 233 calories, 13g fat, 4g sat fat, 9mg cholesterol,
698mg sodium

Billy Sims BBQ*

**E. Schooner BBQ Salad (w/Chicken or Turkey) (w/out BBQ
ranch dressing)**

(romaine, cheddar, smoked corn, onion, croutons,
tomatoes, smoked meat (3oz))

363 calories, 16g fat, 9g sat fat, 95 mg cholesterol, 467
mg sodium

E. Smoked Chicken or Turkey Sandwich (no side)

(smoked meat (4oz), bun, pepper, onion, pickle)
292 calories, 549 mg sodium, 5g fat, 2g sat fat,
77 mg cholesterol

Big Chef (Lawton, OK)

No healthy options that fit within or close to above goals.

Blue Cow Store & Café (Sterling, OK)

A. Garden Salad (no dressing)

(lettuce, tomato, onion, cucumber, cheese)
105 calories, 6g fat, 4g sat fat, 19mg cholesterol,
124mg sodium

E. 2 Stack Pancakes

360 calories, 8g fat, 1g sat fat, 29mg cholesterol,
808mg sodium

E. Betsy Burger (no side)

(1/4lb burger, bun)
311 calories, 14g fat, 5g sat fat, 69mg cholesterol,
509mg sodium

E. Holstein Burger (no side)

(1/4lb. burger, American cheese, bun)
381 calories, 19g fat, 8g sat fat, 86mg cholesterol,
785mg sodium

E. Stampede Burger (no side)

(1/4lb burger, American cheese, caramelized onions,
jelly, mustard, bun)
445 calories, 19g fat, 8g sat fat, 86mg cholesterol,
847mg sodium

E. Mother Clucker (no side)

(chicken breast tenders, bun)
432 calories, 18g fat, 3g sat fat, 87mg cholesterol,
803mg sodium

E. Taco Salad

(meat, beans, lettuce, tomato, onion, cheese, salsa,
sour cream, jalapenos)
330 calories, 18g fat, **9g sat fat**, 77mg cholesterol,
552mg sodium

Braum's*

E. Bagel with Cream Cheese

400 calories, 11g fat, 6g sat fat, 30.5mg cholesterol,
695mg sodium

E. Deluxe 1/6-pound Burger

(1/6lb. burger, bun, lettuce, tomato, onion, pickles)
344 calories, 15g fat, 5g sat fat, 76mg cholesterol,
666mg sodium

E. 1/6-Pound Hamburger

(1/6lb. burger, bun lettuce, tomato, onion, pickles,
mayo, special sauce)
443 calories, 26g fat, 7g sat fat, 81mg cholesterol,
745mg sodium

E. Fruit & Yogurt Swirl

(homemade whole milk yogurt, strawberries, whole
banana, toasted almonds)
387 calories, 17g fat, 6g sat fat, 32mg cholesterol,
163mg sodium

Buffalo Wild Wings

E. Side Salad

210 calories, 15g fat, 5g sat fat, 15mg cholesterol,
385mg sodium

E. Wings (3)

216 calories, 15g fat, 3g sat fat, 78mg cholesterol,
198mg sodium

E. Crispy Fish Sandwich

550 calories, 22g fat, 6g sat fat, 25mg cholesterol,
760mg sodium

E. Mini Corn Dogs (5)

357 calories, 12g fat, 3g sat fat, 38mg cholesterol,
735mg sodium

Burger King

A. Quaker Oatmeal Original

140 calories, 3.5g fat, 1g sat fat, 5mg cholesterol,
100mg sodium

A. Quaker Oatmeal w/Maple & Brown Sugar

270calories, 3.5g fat, 1.5g sat fat, 5mg cholesterol,
270mg sodium

E. Whopper Jr. Sandwich

300 calories, 16g fat, 4.5g sat fat, 0.5g trans fat,
25mg cholesterol, 460mg sodium

E. Whopper Jr. Sandwich w/Cheese (w/o mayo)

280 calories, 13g fat, 6g sat fat, 0.5g trans fat,
40mg cholesterol, 580mg sodium

E. Hamburger

230 calories, 9g fat, 3g sat fat, 25mg cholesterol,
460mg sodium

E. Cheeseburger

270 calories, 12g fat, 5g sat fat, 0.5g trans fat,
35mg cholesterol, 630mg sodium

E. Bacon Cheeseburger

290 calories, 13g fat, 6g sat fat, 0.5g trans fat,
40mg cholesterol, 680mg sodium

E. Bacon Deluxe Cheeseburger

290 calories, 14g fat, 6g sat fat, 0.5g trans fat,
40mg cholesterol, 720mg sodium

E. King Jr. Cheeseburger

310 calories, 17g fat, 6g sat fat, 0.5g trans fat,
40mg cholesterol, 580mg sodium

E. Tendergrill Chicken Sandwich (w/o mayo)

320 calories, 5g fat, 1g sat fat, 70mg cholesterol,
750mg sodium

E. Chicken Nuggets (6 piece)

280 calories, 17g fat, 3g sat fat, 30mg cholesterol,
540mg sodium

E. Side Caesar Salad w/Dressing

290 calories, 22g fat, 3.5g sat fat, 20mg cholesterol,
710mg sodium

E. Chicken, Apple, & Cranberry Garden Fresh Salad w/Grilled Chicken

480 calories, 26g fat, 7g sat fat, 95mg cholesterol,
480mg sodium

E. Side Garden Salad w/Avocado Ranch Dressing

240 calories, 22g fat, 5g sat fat, 30mg cholesterol,
540mg sodium

E. Ranch Grilled Chicken Wrap

310 calories, 16g fat, 5g sat fat, 55mg cholesterol,
770mg sodium

E. Honey Mustard Grilled Chicken Wrap

330 calories, 16g fat, 5g sat fat, 55mg cholesterol,
700mg sodium

E. Grilled Chicken, Apple, Cranberry Garden Fresh Salad Wrap

400 calories, 16g fat, 4.5g sat fat, 45mg cholesterol,
730mg sodium

E. Mozzarella Sticks (4)

280 calories, 15g fat, 5g sat fat, 35mg cholesterol,
650mg sodium

E. Pancakes (3)

490 calories, 16g fat, 4g sat fat, 45mg cholesterol,
710mg sodium

E. French Toast Sticks (3)

380 calories, 18g fat, 3g sat fat, 0mg cholesterol,
430mg sodium

E. Rodeo Burger

310 calories, 13g fat, 4g sat, 0.5g trans fat,
25mg cholesterol, 450mg sodium

Burgess Grill (Lawton, OK)**E. Garden Grilled Chicken Sandwich**

(mushrooms, chicken breast, onions, peppers, Swiss,
tomato, lettuce, mayo, bun)
498 calories, 24g fat, 8g sat fat, 104 mg cholesterol,
651mg sodium

E. Tossed Salad w/Grilled Chicken

(tomato, lettuce, carrots, radish, cheese, chicken breast,
2tbsp. honey-lemon dressing)
405 calories, 21 g fat, 7g sat fat, 92 mg cholesterol,
732 mg sodium

Carl's Jr.**A. Garden Side Salad (w/o dressing)**

110 calories, 4.5g fat, 1.5g sat fat, 5mg cholesterol,
230mg sodium

E. Kid's Hamburger

270 calories, 10g fat, 3.5g sat fat, 0.5g trans fat, 25mg
cholesterol, 540mg sodium

E. Charbroiled Atlantic Cod Fish Sandwich

390 calories, 11g fat, 2g sat fat, 35mg cholesterol,
780mg sodium

E. Hand-Breaded Chicken Tenders (3 pieces)

260 calories, 13g fat, 2.5g sat fat, 70mg cholesterol,
770mg sodium

E. Chicken Stars (6 pieces)

260 calories, 16g fat, 3.5g sat fat, 30mg cholesterol,
540mg sodium

Charley's Subs

S. Kids French Fries

226 calories, 12.5g fat, 2.5g sat fat, 0mg cholesterol,
161mg sodium

Chick-Fil-A

S. Fruit Cup

50 calories, 0g fat, 0g sat fat, 0mg cholesterol,
0mg sodium

S. Side Salad (w/o dressing)

80 calories, 4.5g fat, 3g sat fat, 15mg cholesterol,
110mg sodium

A. Multigrain Oatmeal w/Fruit

140 calories, 3g fat, 0g sat fat, 0mg cholesterol,
45mg sodium

A. Multigrain Oatmeal w/Toppings

290 calories, 11g fat, 1g sat fat, 0mg cholesterol,
70mg sodium

E. Grilled Chicken Salad

198 calories, 7g fat, 2g sat fat, 65mg cholesterol,
533mg sodium

A. Yogurt Parfait

280 calories, 3.5g fat, 2g sat fat, 20mg cholesterol,
115mg sodium

E. Grilled Chicken Sandwich

320 calories, 5g fat, 1.5g sat fat, 65mg cholesterol,
800mg sodium

E. Grilled Nuggets (8 count)

140 calories, 3g fat, 1g sat fat, 70mg cholesterol,
530mg sodium

E. Chick-N-Minis (3 count)

280 calories, 11g fat, 3g sat fat, 40mg cholesterol,
670mg sodium

E. Grilled Market Salad (w/o dressing)

200 calories, 5g fat, 2g sat fat, 65mg cholesterol,
570mg sodium

Chili's Grill

A. House Salad (w/o dressing)

150 calories, 6g fat, 2.5g sat fat, 15mg cholesterol,
220mg sodium

E. Terlingua Chili (cup)

200 calories, 14g fat, 4g sat fat, 30mg cholesterol,
530mg sodium

E. 6oz. Classic Sirloin (no side)

300 calories, 18g fat, 6g sat fat, 65mg cholesterol,
730mg sodium

E. Lighter Choice Margarita Chicken (no side)

190 calories, 4g fat, 1g sat fat, 90mg cholesterol,
890mg sodium

E. Lighter Choice Salmon (no side)

340 calories, 19g fat, 3g sat fat, 100mg cholesterol,
880mg sodium

E. Kids Burger

340 calories, 18g fat, 8g sat fat, 0.5g trans fat,
65mg cholesterol, 570mg sodium

E. Kids Corn Dog

230 calories, 11g fat, 3g sat fat, 20mg cholesterol,
400mg sodium

E. Kids Grilled Chicken Platter

160 calories, 4g fat, 1g sat fat, 90mg cholesterol, 690mg
sodium

E. Kids Grilled Chicken Sandwich

250 calories, 6g fat, 2.5g sat fat, 65mg cholesterol,
610mg sodium

China Wok Express (Lawton, OK)

E. Sautéed Beef w/Scallions and Rice (1/2 portion)

480 calories, 14g fat, 85mg cholesterol, 460mg sodium

E. Sautéed Beef w/Scallions w/out Rice (1/2 portion)

360 calories, 14g fat, 85mg cholesterol, 460mg sodium

E. Chicken Fried Rice (1/2 portion)

540 calories, 7g fat, 1.5g sat fat, 95mg cholesterol,
240mg sodium

S. White Rice (1/2 cup)

120 calories, 0g fat, 0g sat fat, 0mg cholesterol,
0mg sodium

Chuck E. Cheese's

A. Cheesy Breadstick (1 breadstick)

110 calories, 6g fat, 2g sat fat, 7mg cholesterol,
246mg sodium

E. Cheese Pizza (1 slice)

Medium – 151 calories, 4g fat, 2g sat fat,
9mg cholesterol, 347mg sodium
Large – 169 calories, 5g fat, 2 g sat fat,
10mg cholesterol, 389mg sodium

E. Pepperoni Pizza (1 slice)

Medium – 178 calories, 7g fat, 3g sat fat,
15mg cholesterol, 445mg sodium
Large – 195 calories, 7g fat, 3g sat fat,
16mg cholesterol, 481mg sodium

E. Canadian Bacon & Pineapple Pizza (1 slice)

Medium – 159 calories, 4g fat, 2g sat fat, 11mg
cholesterol, 394mg sodium
Large – 179 calories, 5g fat, 2g sat fat,
12mg cholesterol, 441mg sodium

E. Super Combo Pizza (1 slice)

Medium – 179 calories, 7g fat, 3g sat fat,
15mg cholesterol, 462mg sodium
Large – 201 calories, 8g fat, 4g sat fat,
18mg cholesterol, 519mg sodium

E. Veggie Combo Pizza (1 slice)

Medium – 160 calories, 5g fat, 2g sat fat,
9mg cholesterol, 375mg sodium
Large – 179 calories, 5g fat, 2g sat fat,
10mg cholesterol, 418mg sodium

E. All Meat Combo Pizza (1 slice)

Medium – 187 calories, 8g fat, 4g sat fat,
19mg cholesterol, 505mg sodium
Large – 216 calories, 9g fat, 4g sat fat,
22mg cholesterol, 594mg sodium

E. BBQ Chicken Pizza (1 slice)

Medium – 146 calories, 4g fat, 2g sat fat,
13mg cholesterol, 391mg sodium
Large – 196 calories, 5g fat, 2g sat fat,
17mg cholesterol, 525mg sodium

Church's Chicken

E. Boneless Wings w/o sauce (4)

320 calories, 20g fat, 4g sat fat, 40mg cholesterol,
640mg sodium

E. Spicy Chicken Breast (no side)

320 calories, 20g fat, 5g sat fat, 75mg cholesterol,
760mg sodium

Cici's Pizza Buffet

A. Signature Salad (1/2 cup)

35 calories, 3.5g fat, 0.5g sat fat, 2mg cholesterol,
299mg sodium

E. Chicken Noodle Soup (1/2 cup)

48 calories, 1.5g fat, 0.4g sat fat, 6mg cholesterol,
532mg sodium

E. 2 slices any 12" Pizza Buffet Varieties

E. 1 slice any 15" To-Go Pizza Varieties

Cinnabon

E. Minibon Roll

350 calories, 14g fat, 7g sat fat, 5mg cholesterol,
330mg sodium

E. Churro (1)

290 calories, 12g fat, 1.5g sat fat, 0mg cholesterol,
500mg sodium

E. Cinnabon Classic Bites (4)

420 calories, 17g fat, 7g sat fat, 5mg cholesterol,
550mg sodium

Cracker Barrel

A. Tossed Salad (w/o dressing)

20 calories, 0g fat, 0g sat fat, 0mg cholesterol,
10mg sodium

E. Grilled Chicken Tenderloins (no side)

170 calories, 4.5g fat, 1g sat fat, 70mg cholesterol,
640mg sodium

E. Spicy Grilled Catfish (no side)

120 calories, 5g fat, 1.5g sat fat, 45mg cholesterol,
300mg sodium

E. Chicken Noodle Soup (cup)

90 calories, 1g fat, 0g sat fat, 35mg cholesterol,
650mg sodium

E. Vegetable Soup (cup)

70 calories, 0g fat, 0g sat fat, 0mg cholesterol,
640mg sodium

Crockett Smoke House (Lawton, OK)

Options for 1/2 smoked chicken and turkey breast but buffet-style/create-your-own meal so cannot estimate nutrition info of combos.

Domino's Pizza

A. Garden Fresh Salad (w/o dressing)

140 calories, 7g fat, 4.5g sat fat, 20mg cholesterol,
160mg sodium

E. Grilled Chicken Caesar Salad (w/o dressing)

170 calories, 7g fat, 3.5g sat fat, 45mg cholesterol,
590mg sodium

E. Veggie Pizza (1 slice)

12" Hand-Tossed – 180 calories, 2g sat fat,
380mg sodium
12" Thin Crust – 135 calories, 2g sat fat, 250mg sodium

E. Veggie and Chicken Pizza (1 slice)

12" Hand-Tossed – 185 calories, 2g sat fat,
420mg sodium
12" Thin Crust – 143 calories, 2g sat fat, 290mg sodium

E. Chicken, Green Pepper, Onion Pizza (1 slice)

12" Hand-Tossed – 185 calories, 2g sat fat,
405mg sodium
12" Thin Crust – 145 calories, 2g sat fat, 270mg sodium

E. Chicken and Ham Pizza (1 slice)

12" Hand-Tossed – 195 calories, 2g sat fat,
505mg sodium
12" Thin Crust – 153 calories, 2g sat fat, 370mg sodium

E. Ham and Pineapple Pizza (1 slice)

12" Hand-Tossed – 190 calories, 2g sat fat,
440mg sodium
12" Thin Crust – 145 calories, 2g sat fat, 305mg sodium

El Charro's Restaurant (Fletcher, OK)

E. Beef Taco (1)

(beef, cheese, lettuce, tomato, corn tortilla)
239 calories, 12g fat, 5g sat fat, 60mg cholesterol,
506mg sodium

E. Chicken Taco (1)

(chicken, cheese, lettuce, tomato, corn tortilla)
190 calories, 6g fat, 3g sat fat, 57mg cholesterol,
504mg sodium

E. Shrimp Cocktail

(7 large shrimp, 1/4 cup cocktail sauce)
113 calories, 1g fat, 0g sat fat, 83mg cholesterol,
838mg sodium

E. Chicken Taco Salad (w/o shell)

(chicken, cheese, lettuce, tomato, onion, sour cream,
guacamole)
341 calories, 18g fat, 7g sat fat, 99mg cholesterol,
806mg sodium

El Chico*

E. Sizzling Chicken Salad (w/o dressing)

(chicken, zucchini, mixed greens, avocado, jack cheese,
tomato, corn tortilla strips)
426 calories, 21g fat, 6g sat fat, 85mg cholesterol,
504mg sodium

E. Chicken Fajita Salad (w/o dressing)

(grilled chicken breast, cheddar cheese, tomatoes,
mixed greens, guacamole)
376 calories, 21g fat, 6g sat fat, 95mg cholesterol,
723mg sodium

E. Chicken Monterrey Dinner

(chicken, onions, mushrooms, peppers, melted jack
cheese, rice, sautéed vgs)
440 calories, 13g fat, 7g sat fat, 98mg cholesterol,
847mg sodium

E. Mushroom Pepper Chicken

(chicken, jack cheese, mushrooms, red peppers, black
beans, rice)
471 calories, 13g fat, 7g sat fat, 98mg cholesterol,
509mg sodium

El Greco (Lawton, OK)

E. Falafels

(8 falafel, tzatziki sauce)
498 calories, 26g fat, 4g sat fat, 6mg cholesterol,
892mg sodium

E. Falafel Sandwich (green salad side)

(pita, falafel (5), lettuce, tomato, tzatziki sauce)
503 calories, 14g fat, 2g sat fat, 3 mg cholesterol,
909 mg sodium

E. Chicken Souvlaki Sandwich (green salad side)

(pita, marinated chicken breast, tomato, lettuce, tzatziki sauce)
409 calories, 5g fat, 2g sat fat, 75 mg cholesterol,
932 mg sodium

Golden Corral

A. Beef Quesadilla (1)

130 calories, 8g fat, 3g sat fat, 15mg cholesterol,
210mg sodium

E. Bacon Wrapped Steak (3oz.)(no side)

240 calories, 11g fat, 5g sat fat, 0.5 trans fat,
80mg cholesterol, 620mg sodium

E. BBQ Pork (3oz.)(no side)

170 calories, 8g fat, 2g sat fat, 75mg cholesterol,
100mg sodium

E. BBQ Pork Ribs (3oz.)(no side)

220 calories, 12g fat, 4g sat fat, 75mg cholesterol,
440mg sodium

E. Beef Enchiladas (1)

210 calories, 11g fat, 3.5g sat fat, 40mg cholesterol,
560mg sodium

E. Beef Tips (3oz.)(no side)

140 calories, 5g fat, 1.5g sat fat, 65mg cholesterol,
260mg sodium

E. Bone-In Catfish (3oz.)(no side)

210 calories, 14g fat, 2.5g sat fat, 50mg cholesterol,
430mg sodium

E. Bourbon Street Chicken (3oz.)(no side)

170 calories, 9g fat, 2.5g sat fat, 95mg cholesterol,
350mg sodium

E. Bourbon Street Wings (3)

220 calories, 15g fat, 4g sat fat, 70mg cholesterol,
320mg sodium

E. Buffalo Shrimp (6)

220 calories, 9g fat, 1.5g sat fat, 55mg cholesterol,
630mg sodium

E. Chicken Breast (no side)

100 calories, 2.5g fat, 0g sat fat, 50mg cholesterol,
390mg sodium

E. Chicken Fried Steak (3oz.)(no side)

220 calories, 11g fat, 3g sat fat, 35mg cholesterol,
340mg sodium

E. Golden Delicious Shrimp (6)

210 calories, 9g fat, 1.5g sat fat, 55mg cholesterol,
330mg sodium

E. Machacha Beef (3oz.)(no side)

140 calories, 8g fat, 3g sat fat, 55mg cholesterol,
230mg sodium

E. Machacha Chicken (3oz.)(no side)

120 calories, 6g fat, 1.5g sat fat, 60mg cholesterol,
470mg sodium

E. North Carolina BBQ Pork (3oz.)(no side)

150 calories, 10g fat, 3.5g sat fat, 50mg cholesterol,
115mg sodium

E. Pepperoni Pizza (1 slice)

210 calories, 10g fat, 4.5g sat fat, 25mg cholesterol,
500mg sodium

E. Popcorn Shrimp (15)

130 calories, 6g fat, 1g sat fat, 30mg cholesterol,
490mg sodium

E. Salisbury Steak (no side)

130 calories, 4.5g fat, 1.5g sat fat, 25mg cholesterol,
660mg sodium

E. Sirloin (3oz.)(no side)

150 calories, 6g fat, 3g sat fat, 55mg cholesterol,
400mg sodium

E. Southern Style Boneless Pork Chops (3oz.)(no side)

240 calories, 16g fat, 4.5g sat fat, 70mg cholesterol,
410mg sodium

E. Carved Turkey (Dark Meat w/Skin)(3oz.)(no side)

190 calories, 10g fat, 3g sat fat, 75mg cholesterol,
130mg sodium

E. Carved Turkey (White Meat w/Skin)(3oz.)(no side)

170 calories, 7g fat, 2g sat fat, 65mg cholesterol,
120mg sodium

Grassland Coffee (Elgin, OK)

E. Turkey Sandwich

(farmhouse bread, roasted turkey, onion, lettuce,
tomato, American cheese, mayo, mustard)
510 calories, 22g fat, 6g sat fat, 63mg cholesterol,
844mg sodium

Other menu items change daily.

E. Chicken Sandwich

(farmhouse bread, roasted chicken, onion, lettuce,
tomato, American cheese, mayo, mustard)
514 calories, 22g fat, 6g sat fat, 71mg cholesterol,
939mg sodium

Hog Pin Bowl & Sports Grill

No healthier options available that fit within these guidelines.

Hong Kong Buffet (Lawton, OK)

A. Spring Roll (1)

161 calories, 8g fat, 2g sat fat, 0 mg cholesterol,
339 mg sodium

S. Brown Rice (1/2 cup)

110 calories, 1g fat, 0g sat fat, 0mg cholesterol,
0mg sodium

IHOP

A. Simple & Fit Mixed Greens Salad w/Reduced Fat Italian

40 calories, 1.5g fat, 0g sat fat, 0mg cholesterol,
120mg sodium

E. Mixed Greens Salad w/Creamy Italian Dressing

240 calories, 18g fat, 2.5g sat fat, 0mg cholesterol,
500mg sodium

E. Simple & Fit 2-Egg Breakfast

360 calories, 10g fat, 2g sat fat, 0.5mg trans fat,
35mg cholesterol, 780mg sodium

E. Mixed Greens Salad w/Fat-Free Raspberry Vinaigrette Dressing

80 calories, 0g fat, 0g sat fat, 0mg cholesterol,
520mg sodium

E. Bagel (plain)

210 calories, 0.5g fat, 0g sat fat, 0mg cholesterol,
380mg sodium

E. Mixed Greens Salad w/Honey Balsamic Dressing

210 calories, 15g fat, 2g sat fat, 0mg cholesterol,
280mg sodium

E. Cottage Cheese

140 calories, 6g fat, 4g sat fat, 0mg cholesterol,
610mg sodium

E. Mixed Greens Salad w/Honey-Lime Vinaigrette Dressing

240 calories, 18g fat, 2.5g sat fat, 0mg cholesterol,
200mg sodium

E. Plain Omlette w/Egg Substitute

140 calories, 4g fat, 0.5g sat fat, 10mg cholesterol,
320mg sodium

E. Mixed Greens Salad w/Honey Mustard Dressing

240 calories, 19g fat, 3g sat fat, 15mg cholesterol,
460mg sodium

E. Simple & Fit Vegetable Omlette

320 calories, 14g fat, 5g sat fat, 25mg cholesterol,
690mg sodium

E. Mixed Greens Salad w/Orange Vinaigrette Dressing

190 calories, 15g fat, 2g sat fat, 0mg cholesterol,
310mg sodium

E. Kids Crispy Chicken Strips

270 calories, 9g fat, 1.5g sat fat, 35mg cholesterol,
400mg sodium

E. Mixed Greens Salad w/Raspberry Vinaigrette Dressing

140 calories, 11g fat, 1.5g sat fat, 0mg cholesterol,
740mg sodium

E. Mixed Greens Salad w/Creamy Caesar Dressing

240 calories, 21g fat, 4g sat fat, 20mg cholesterol,
620mg sodium

E. Mixed Greens Salad w/Thousand Island Dressing

290 calories, 26g fat, 4g sat fat, 10mg cholesterol,
470mg sodium

Jack-in-the-Box

A. Chiquita Apple Bites w/Caramel

70 calories, 0g fat, 0g sat fat, 0mg cholesterol, 55mg sodium

E. Jr. Jack

320 calories, 15g fat, 5g sat fat, 0.5g trans fat, 30mg cholesterol, 720mg sodium

E. Hamburger

280 calories, 11g fat, 4g sat fat, 0.5g trans fat, 25mg cholesterol, 680mg sodium

E. Chicken Nuggets (5 piece)

240 calories, 17g fat, 2g sat fat, 25mg cholesterol, 600mg sodium

E. Grilled Chicken Salad (w/o dressing)

250 calories, 9g fat, 4g sat fat, 70mg cholesterol, 660mg sodium

E. Mozzarella Cheese Sticks (3)

280 calories, 16g fat, 6g sat fat, 25mg cholesterol, 590mg sodium

E. Taco (1)

190 calories, 11g fat, 3g sat fat, 15mg cholesterol, 320mg sodium

E. Mini Pancakes

140 calories, 15g fat, 0g sat fat, 0mg cholesterol, 350mg sodium

Jersey Mike's Subs

E. Roast Beef & Provolone Wheat Mini Sub

535 calories, 14.5g fat, 6g sat fat, 75mg cholesterol, 715mg sodium

E. Tossed Salad (w/o dressing)

50 calories, 0.5g fat, 0g sat fat, 0mg cholesterol, 20mg sodium

E. Mike's Salad (w/o dressing)

65 calories, 0g fat, 0g sat fat, 0mg cholesterol, 45mg sodium

E. Gorgonzola Salad (w/o dressing)

380 calories, 21g fat, 6.5g sat fat, 20mg cholesterol, 380mg sodium

E. Feta Salad (w/o dressing)

140 calories, 4.5g fat, 2.5g sat fat, 10mg cholesterol, 445mg sodium

E. Chef Salad (w/o dressing)

255 calories, 10g fat, 6g sat fat, 60mg cholesterol, 635mg sodium

E. Kid's Meal American Classic Wheat Sub

215 calories, 5.5g fat, 2g sat fat, 25mg cholesterol, 705mg sodium

E. Kid's Meal Turkey Breast & Provolone Wheat Sub

220 calories, 5g fat, 2g sat fat, 20mg cholesterol, 680mg sodium

E. Kid's Meal Turkey Breast & Provolone White Sub

245 calories, 4.5g fat, 2g sat fat, 20mg cholesterol, 760mg sodium

E. Kid's Meal Salami & Provolone Wheat Sub

230 calories, 6g fat, 3g sat fat, 20mg cholesterol, 770mg sodium

Jimmy's Eggs

S. Yogurt & Strawberries

160 calories, 2.5g fat, 1.5g sat fat, 10mg cholesterol, 105mg sodium

S. Oatmeal

90 calories, 2g fat, 0g sat fat, 0mg cholesterol, 5mg sodium

E. Skinny Jimmy

600 calories, 12g fat, 3.5g sat fat, 15mg cholesterol, 510mg sodium

E. Bowl of Oatmeal

Plain - 380 calories, 3.5g fat, 0.5g sat fat, 0mg cholesterol, 25mg sodium
Blueberries – 415 calories, 3.5g fat, 0.5g sat fat, 0mg cholesterol, 25mg sodium
Bananas – 440 calories, 3.5g fat, 0.5g sat fat, 0mg cholesterol, 25mg sodium

E. Sweet Potato Short Stack

420 calories, 5g fat, 0g sat fat, 0mg cholesterol, 820mg sodium

John & Cook's Real Pit Bar-B-Que (Lawton, OK)

No healthy options that fit or come close to above goals.

KFC

A. House Salad (w/o dressing)

15 calories, 0g fat, 0g sat fat, 0mg cholesterol,
10mg sodium

E. Extra Crispy Tenders (2)

250 calories, 13g fat, 1.5g sat fat, 60mg cholesterol,
630mg sodium

E. Original Recipe Chicken Breast w/o Skin or Breading

130 calories, 2g fat, 0.5g sat fat, 90mg cholesterol,
520mg sodium

E. Original Recipe Bites (6)

200 calories, 9g fat, 1.5g sat fat, 60mg cholesterol,
660mg sodium

E. Hot Wings (4)

280 calories, 16g fat, 4g sat fat, 80mg cholesterol,
640mg sodium

E. Chicken Little Sandwich

310 calories, 18g fat, 2.5g sat fat, 40mg cholesterol,
590mg sodium

E. Honey BBQ Sandwich

320 calories, 3.5g fat, 1g sat fat, 70mg cholesterol,
770mg sodium

Kimono Japanese Steakhouse*

A. Edamame (1 cup, unsalted)

189 calories, 8g fat, 1g sat fat, 0mg cholesterol,
9mg sodium

A. Seaweed Salad

118 calories, 6g fat, 1g sat fat, 52mg cholesterol, 107mg
sodium

E. California Roll

220 calories, 6g fat, 1g sat fat, 55mg cholesterol, 246mg
sodium

E. Tuna Roll

234 calories, 6g fat, 1g sat fat, 26mg cholesterol, 43mg
sodium

E. Salmon Roll

256 calories, 9g fat, 2g sat fat, 26mg cholesterol, 48mg
sodium

Kobe Japanese Steakhouse*

A. Sashimi

(3 pieces each of tuna, salmon, white fish)
205 calories, 4g fat, 1g sat fat, **77mg cholesterol**,
68mg sodium

A. Sushi for Experts

(3 pieces tuna roll, 1 piece each salmon/tuna/white fish,
white rice)
250 calories, 3g fat, 1g sat fat, 51mg cholesterol,
81mg sodium

A. Edamame (1 cup, unsalted)

189 calories, 8g fat, 1g sat fat, 0mg cholesterol,
9mg sodium

A. Seaweed Salad

(seaweed, masago, sesame seeds, shredded carrots,
cucumber)
118 calories, 6g fat, 1g sat fat, 52mg cholesterol,
107mg sodium

E. Gyoza Chicken Dumplings (4)

164 calories, 4g fat, 1g sat fat, 71mg cholesterol,
644mg sodium

E. Cucumber Salad

(2 pieces each crab/octopus/shrimp, shredded
cucumber, seaweed)
116 calories, 1g fat, 0g sat fat, 78mg cholesterol,
533mg sodium

E. Lettuce Wraps

(chicken, peanuts, water chestnuts, mushrooms, garlic,
green onion, lettuce cups)
368 calories, 21g fat, 3g sat fat, 71mg cholesterol,
338mg sodium

E. Rainbow Roll

(rice, crab, cucumber, avocado, 1 piece each
tuna/salmon/whitefish/avocado, seaweed)
368 calories, 13g fat, 2g sat fat, 93mg cholesterol,
282mg sodium

E. California Roll

(imitation crab, cucumber, avocado, masago, rice,
seaweed)
230 calories, 7g fat, 1g sat fat, **107mg cholesterol**,
258mg sodium

Las Margaritas (Elgin, OK)

E. Guacamole Salad

(guacamole, lettuce)

276 calories, 23g fat, 3g sat fat, 0mg cholesterol,
474mg sodium

E. Chicken Fajita Taco Salad

(chicken, peppers, onions, tomatoes, lettuce, cheese,
sour cream, pico de gallo, guacamole)

358 calories, 18g fat, 7g sat fat, 99mg cholesterol,
593mg sodium

E. Grilled Chicken Salad (no dressing)

(lettuce, tomatoes, avocado, grilled chicken)

217 calories, 9g fat, 2g sat fat, 72mg cholesterol,
351mg sodium

E. House Salad w/Chicken (no dressing)

(romaine, chicken, tomatoes, carrots, onions,
cucumbers, peppers, croutons, cheese)

331 calories, 12g fat, 5g sat fat, 92mg cholesterol,
632mg sodium

E. Chicken Ramos Special

(grilled onions, peppers, broccoli, cauliflower,
mushrooms, tomatoes, potatoes, chicken)

267 calories, 4g fat, 1g sat fat, 72mg cholesterol,
427mg sodium

E. Special Lunch 5

(grilled chicken, zucchini, broccoli, mushrooms,
carrots, Mexican rice)

276 calories, 4g fat, 1g sat fat, 72mg cholesterol,
742mg sodium

E. Grilled Chicken Breast

(seasoned chicken breast, Mexican rice, steamed
vegetables)

251 calories, 4g fat, 1g sat fat, 72mg cholesterol,
718mg sodium

Leo & Ken's Truck Stop Restaurant (Lawton, OK)

E. Hamburger (1/4 lb.) (no side)

(burger, mustard, onions, pickles, lettuce, tomato, bun)

310 calories, 14g fat, 5g sat fat, 69 mg cholesterol, **780 mg sodium**

Leo's Country Café (Lawton, OK)

E. Oatmeal w/cinnamon & brown sugar

1 cup = 183 calories, 2g fat, 0g sat fat, 0 mg cholesterol,
12mg sodium

E. Roast Beef Sandwich (no side)

(roast beef (3oz), lettuce, tomato, mayo, white bread)

470 calories, **27g fat**, 8g sat fat, 70mg cholesterol,
619 mg sodium

Little Caesar's Pizza

A. Crazy Bread (1 breadstick)

100 calories, 3g fat, 0.5g sat fat, 0mg cholesterol,
150mg sodium

E. 14" Hot N' Ready Pepperoni Pizza (1 slice)

280 calories, 11g fat, 5g sat fat, 25mg cholesterol,
560mg sodium

A. Pepperoni Cheese Bread (1 piece)

150 calories, 8g fat, 3g sat fat, 15mg cholesterol,
280mg sodium

E. Ultimate Supreme Pizza (1 slice)

310 calories, 13g fat, 6g sat fat, 25mg cholesterol,
640mg sodium

A. Italian Cheese Bread (1 piece)

130 calories, 6g fat, 2.5g sat fat, 10mg cholesterol,
240mg sodium

E. Deep Dish Pizza (1 slice)

Cheese – 360 calories, 15g fat, 6g sat fat,
20mg cholesterol, 550mg sodium
Pepperoni – 390 calories, 18g fat, 7g sat fat,
25mg cholesterol, 670mg sodium

E. 14" Hot N' Ready Cheese Pizza (1 slice)

250 calories, 9g fat, 4g sat fat, 20mg cholesterol,
440mg sodium

E. Hula Hawaiian Pizza (1 slice)

280 calories, 9g fat, 4.5g sat fat, 25mg cholesterol,
660mg sodium

E. Baby Pan Pizza

Cheese – 320 calories, 15g fat, 6g sat fat, 25mg cholesterol, 520mg sodium
Pepperoni – 360 calories, 18g fat, 7g sat fat, 30mg cholesterol, 650mg sodium

E. Three Meat Treat Pizza (1 slice)

340 calories, 17g fat, 7g sat fat, 35mg cholesterol, 730mg sodium

E. Veggie Pizza (1 slice)

270 calories, 10g fat, 4.5g sat fat, 20mg cholesterol, 560mg sodium

Long John Silver's

A. Side Salad

35 calories, 2g fat, 1g sat fat, 5mg cholesterol, 75mg sodium

E. Cranberry Walnut Chicken Salad

390 calories, 18g fat, 6g sat fat, 35mg cholesterol, 630mg sodium

E. Popcorn Shrimp (snack box)

330 calories, 12g fat, 5g sat fat, 70mg cholesterol, 510mg sodium

E. Seafood Salad Salad

310 calories, 23g fat, 5g sat fat, 50mg cholesterol, **760mg sodium**

E. Battered Shrimp

3 pieces - 130 calories, 7g fat, 3g sat fat, 45mg cholesterol, 350mg sodium
6 pieces - 260 calories, 14g fat, 6g sat fat, 90mg cholesterol, 700mg sodium

Los Tres Amigos (Lawton, OK)

E. Taco Salad (no shell bowl)

(taco chicken meat, beans, lettuce, tomatoes, cheese, sour cream, guacamole)
433 calories, 18g fat, 7g sat fat, 99mg cholesterol, 607mg sodium

Luigi's Italian (Lawton, OK)

E. Minestrone Soup

1 cup = 233 calories, 13g fat, 4g sat fat, 9mg cholesterol, 698mg sodium

A. Tossed Salad

(mixed greens, tomatoes, 1 tbsp dressing)
83 calories, 7g fat, 1g sat fat, 0mg cholesterol, 10mg sodium

E. Spicy Shrimp (or 1/2 portion for appetizer)

(Jumbo shrimp (5), diavolo sauce, garlic, basil)
72 calories, 1g fat, 0g sat fat, 99mg cholesterol, 295mg sodium

E. Chicken Pomodoro

(sautéed chicken breast, tomatoes, basil, garlic, light marinara, penne)
489 calories, 8g fat, 2g sat fat, 75mg cholesterol, **859mg sodium**

Marco's Pizza

A. Cheezy Bread (2 pieces)

160 calories, 4g fat, 2g sat fat, 5mg cholesterol, 200mg sodium

E. Cheese Pizza (1 slice)

Small – 200 calories, 8g fat, 3.5g sat fat, 15mg cholesterol, 360mg sodium
Medium – 210 calories, 8g fat, 4g sat fat, 20mg cholesterol, 390mg sodium
Large – 280 calories, 11g fat, 5g sat fat, 25mg cholesterol, 510mg sodium
XL – 240 calories, 9g fat, 4g sat fat, 20mg cholesterol, 450mg sodium

E. Chicken Fresco Pizza (1 slice)

Small – 250 calories, 11g fat, 5g sat fat, 30mg cholesterol, 550mg sodium
Medium – 260 calories, 12g fat, 5g sat fat, 35mg cholesterol, 600mg sodium
XL – 310 calories, 13g fat, 6g sat fat, 40mg cholesterol, 690mg sodium

E. BBQ Chicken Pizza (1 slice)

Small – 240 calories, 9g fat, 3.5g sat fat, 25mg cholesterol, 590mg sodium
Medium – 260 calories, 10g fat, 4g sat fat, 30mg cholesterol, 640mg sodium
XL – 300 calories, 11g fat, 5g sat fat, 35mg cholesterol, 720mg sodium

E. Deluxe Uno Pizza (1 slice)

Small – 280 calories, 14g fat, 6g sat fat,
30mg cholesterol, 640mg sodium
Medium – 290 calories, 15g fat, 7g sat fat,
35mg cholesterol, 670mg sodium
XL – 330 calories, 17g fat, 7g sat fat,
40mg cholesterol, **760mg sodium**

E. Garden Pizza (1 slice)

Small – 210 calories, 9g fat, 4g sat fat, 15mg cholesterol,
490mg sodium
Medium – 230 calories, 10g fat, 4.5g sat fat,
20mg cholesterol, 550mg sodium
Large – 310 calories, 13g fat, 6g sat fat,
25mg cholesterol, **770mg sodium**
XL – 270 calories, 11g fat, 5g sat fat, 25mg cholesterol,
650mg sodium

E. Meat Supremo Pizza (1 slice)

Small – 300 calories, 16g fat, 7g sat fat,
40mg cholesterol, **770mg sodium**

E. Hawaiian Chicken Pizza (1 slice)

Small – 250 calories, 11g fat, 5g sat fat,
30mg cholesterol, 630mg sodium
Medium – 270 calories, 12g fat, 5g sat fat,
35mg cholesterol, 690mg sodium
XL – 310 calories, 13g fat, 6g sat fat, 40mg cholesterol,
790mg sodium

E. Pepperoni Magnifico Pizza (1 slice)

Small – 230 calories, 11g fat, 5g sat fat,
25mg cholesterol, 490mg sodium
Medium – 250 calories, 12g fat, 5g sat fat,
25mg cholesterol, 540mg sodium
Large – 340 calories, 16g fat, 7g sat fat,
35mg cholesterol, 730mg sodium
XL – 300 calories, 14g fat, 6g sat fat, 35mg cholesterol,
650mg sodium

E. White Cheezy Pizza (1 slice)

Small – 220 calories, 11g fat, 5g sat fat,
25mg cholesterol, 470mg sodium
Medium – 250 calories, 13g fat, 6g sat fat,
25mg cholesterol, 530mg sodium
Large – 330 calories, 17g fat, 7g sat fat,
35mg cholesterol, 710mg sodium
XL – 290 calories, 15g fat, 6g sat fat, 30mg cholesterol,
610mg sodium

McAlister's Deli**S. Fruit Cup**

70 calories, 0g fat, 0g sat fat, 0mg cholesterol,
15mg sodium

E. Veggie Club (Choose 2 portion)

290 calories, 14g fat, 4g sat fat, 20mg cholesterol,
580mg sodium

E. BLT (Choose 2 portion)

300 calories, 14g fat, 3.5g sat fat, 20mg cholesterol,
750mg sodium

E. Tuna Salad Sandwich (Choose 2 portion)

270 calories, 14g fat, 7g sat fat, 0.5mg trans fat,
55mg cholesterol, 570mg sodium

E. Deli Ham (Choose 2 portion)

210 calories, 4.5g fat, 1g sat fat, 30mg cholesterol,
810mg sodium

E. Deli Roast Beef (Choose 2 portion)

210 calories, 4g fat, 1g sat fat, 30mg cholesterol,
670mg sodium

E. Pecanberry Salad (w/o dressing)

310 calories, 12g fat, 1g sat fat, 55mg cholesterol,
610mg sodium

E. Grilled Chicken Salad (Choose 2 portion) (w/o dressing)

230 calories, 12g fat, 6g sat fat, 60mg cholesterol,
540mg sodium

E. Southwest Cobb Salad (Choose 2 portion) (w/o dressing)

330 calories, 21g fat, 7g sat fat, 55mg cholesterol,
700mg sodium

E. Pot Roast Spud (Choose 2 portion)

410 calories, 7g fat, 2.5g sat fat, 35mg cholesterol,
660mg sodium

E. Grilled Chicken Spud (Choose 2 portion)

440 calories, 9g fat, 6g sat fat, 55mg cholesterol,
390mg sodium

E. Spud Max (Choose 2 portion)

500 calories, 16g fat, 8g sat fat, 50mg cholesterol,
720mg sodium

E. Spud Ole (Choose 2 portion)

470 calories, 14g fat, 8g sat fat, 0.5g trans fat,
45mg cholesterol, 510mg sodium

E. Veggie Spud (Choose 2 portion)

420 calories, 12g fat, 6g sat fat, 30mg cholesterol,
290mg sodium

McDonald's

- A. Fruit & Yogurt Parfait**
150 calories, 2g fat, 1g sat fat, 5mg cholesterol, 70mg sodium

- A. Side Salad (w/o dressing)**
20 calories, 0g fat, 0g sat fat, 0mg cholesterol, 10mg sodium

- A. Fruit & Maple Oatmeal**
290 calories, 4g fat, 1.5g sat fat, 5mg cholesterol, 160mg sodium

- E. Egg White Delight**
250 calories, 8g fat, 3g sat fat, 25mg cholesterol, **770mg sodium**

- E. Sausage McMuffin**
370 calories, 23g fat, 8g sat fat, 45mg cholesterol, **780mg sodium**

- E. Hotcakes**
350 calories, 9g fat, 2g sat fat, 20mg cholesterol, 590mg sodium

- E. Premium Bacon Ranch Salad w/Grilled Chicken (w/o dressing)**
220 calories, 8g fat, 4g sat fat, 85mg cholesterol, 690mg sodium

- E. Hamburger**
240 calories, 8g fat, 3g sat fat, 30mg cholesterol, 480mg sodium

- E. Cheeseburger**
290 calories, 11g fat, 5g sat fat, 0.5g trans fat, 45mg cholesterol, 680mg sodium

Meer's Store and Restaurant (Lawton, OK)

- E. Meers Dog**
(hot dog (lean beef), bun, mustard)
238 calories, 13g fat, 5g sat fat, 23mg cholesterol, **829mg sodium**

- E. Meers Burger (1/4 pound)**
(97% lean beef, lettuce, onions, pickles, tomatoes, mustard, bun)
249 calories, 7g fat, 3g sat fat, 59mg cholesterol, 404mg sodium

- E. Meers Cheeseburger (1/4 pound)**
(97% lean beef, lettuce, onions, pickles, tomatoes, mustard, bun, American cheese)
319 calories, 12g fat, 6g sat fat, 76mg cholesterol, 680mg sodium

- E. Fire Roasted Vegetable Soup (Cup)**
60 calories, 0g fat, 0g sat fat, 0mg cholesterol, 700mg sodium

- E. BBQ Ranch Burger**
340 calories, 15g fat, 6g sat fat, 0.5g trans fat, 50mg cholesterol, 670mg sodium

- E. Grilled Onion Cheddar Burger**
300 calories, 13g fat, 6g sat fat, 0.5g trans fat, 45mg cholesterol, 640mg sodium

- E. Filet-O-Fish**
390 calories, 19g fat, 4g sat fat, 40mg cholesterol, 590mg sodium

- E. Chipotle BBQ Snack Wrap**
Crispy – 340 calories, 15g fat, 4.5g sat fat, 30mg cholesterol, **780mg sodium**
Grilled – 260 calories, 8g fat, 3.5g sat fat, 40mg cholesterol, 700mg sodium

- E. Honey Mustard Snack Wrap**
Crispy – 330 calories, 15g fat, 4.5g sat fat, 35mg cholesterol, 730mg sodium
Grilled – 250 calories, 8g fat, 3.5g sat fat, 45mg cholesterol, 650mg sodium

- E. Ranch Snack Wrap**
Grilled – 280 calories, 13g fat, 4.5g sat fat, 45mg cholesterol, 720mg sodium

- E. Chicken Nuggets (4 piece)**
190 calories, 12g fat, 2g sat fat, 25mg cholesterol, 360mg sodium

- E. Premium Southwest Salad w/Grilled Chicken (w/o dressing)**
290 calories, 8g fat, 2.5g sat fat, 70mg cholesterol, 680mg sodium

Mike's Sports Grill (Lawton, OK)

E. Grilled Chicken Salad (w/low-cal Italian dressing or no dressing)

(grilled chicken breast, mixed greens, tomato, shredded cheddar, croutons, low-calorie Italian dressing)
262 calories, 11g fat, 5g sat fat, 93mg cholesterol, 718mg sodium

E. Grilled Mayan Chicken Salad (no dressing)

(wild grain rice, fire-roasted vegs, greens, tomatoes, feta, chicken breast, lime)
349 calories, 12g fat, 7g sat fat, **106mg cholesterol**, **796mg sodium**

E. Sirloin Steak Salad (no dressing)

(5oz sirloin steak, mixed greens, romaine, tomato, cucumbers, onions)
292 calories, 9g fat, 3g sat fat, 89mg cholesterol, 561mg sodium

E. Caribbean Salad (w/low-cal Italian dressing or no dressing)

(pineapple, mandarin oranges, bell peppers, green onions, sugared pecans, chicken breast, 2 tbsp (1oz) low-cal Italian dressing)
w/dressing: 346 calories, 11g fat, 2g sat fat, 74mg cholesterol, **795mg sodium**
w/o dressing: 324 calories, 9g fat, 1g sat fat, 72mg cholesterol, 386mg sodium

E. Blackened Tilapia

(blackened tilapia (6oz), steamed broccoli, green beans, house salad)
247 calories, 4g fat, 2g sat fat, **102mg cholesterol**, 663mg sodium

E. California Chicken Sandwich (no side)

(Chicken breast, toasted wheat bread, tomato, avocado, Monterey jack cheese, honey mustard)
472 calories, 19g fat, 7g sat fat, 97mg cholesterol, **850mg sodium**

Mooyah

A. Side Salad (w/balsamic vinaigrette)

85 calories, 5g fat, 0.5g sat fat, 0mg cholesterol, 215mg sodium

S. Kids French Fries

150 calories, 9g fat, 1g sat fat, 0mg cholesterol, 35mg sodium

E. Loaded House Salad w/Balsamic Vinaigrette

277 calories, 17.5g fat, 3.5g sat fat, 15mg cholesterol, 618mg sodium

E. Chicken Tenders (2)

210 calories, 10g fat, 2g sat fat, 35mg cholesterol, 490mg sodium

E. Hot Dog w/Bun

340 calories, 18g fat, 6.5g sat fat, 25mg cholesterol, 720mg sodium

E. Turkey Patty w/Lettuce Bun (no seasoning applied)

225 calories, 20g fat, 6g sat fat, 70mg cholesterol, 56mg sodium

E. Veggie Patty w/Lettuce Bun (no seasoning applied)

215 calories, 7g fat, 1g sat fat, 0mg cholesterol, 706mg sodium

Old Plantation Restaurant (Medicine Park, OK)

A. Fresh Garden Salad (no dressing)

(mixed greens, tomatoes, cucumbers, cheese)
56 calories, 3g fat, 2g sat fat, 10mg cholesterol, 65mg sodium

E. Steak Salad (no dressing)

(grilled beef, lettuce, shredded cheese)
297 calories, 13g fat, 7g sat fat, 91mg cholesterol, 555mg sodium

E. Grilled Chicken Salad (no dressing)

(marinated chicken breast, lettuce, shredded cheese)
231 calories, 9g fat, 5g sat fat, 92mg cholesterol, 466mg sodium

E. Grilled Chicken

(chicken breast, rice, side salad (no dressing), green beans)
438 calories, 7g fat, 3g sat fat, 82mg cholesterol, 407mg sodium

E. Grilled Catfish

(catfish, rice, side salad (no dressing), green beans)
400 calories, 10g fat, 3g sat fat, 45mg cholesterol, 301mg sodium

E. Grilled Chicken Sandwich (no side)

(chicken breast, bun, lettuce, tomato)
267 calories, 5g fat, 1g sat fat, 72mg cholesterol, 549mg sodium

Olive Garden

A. Roasted Parmesan Asparagus

80 calories, 5g fat, 1g sat fat, 200mg sodium

A. Garden-Fresh Salad (w/o dressing)

60 calories, 2g fat, 0g sat fat, 270mg sodium

E. Calamari

340 calories, 22g fat, 2g sat fat, 650mg sodium

E. Fried Zucchini

370 calories, 21g fat, 2g sat fat, 620mg sodium

E. Chicken Fingers

220 calories, 11g fat, 1g sat fat, 430mg sodium

E. Fried Mozzarella

330 calories, 20g fat, 8g sat fat, 590mg sodium

E. Toasted Beef & Pork Ravioli (no sauce)

340 calories, 15g fat, 2.5g sat fat, 750mg sodium

E. Pasta e Fagioli Soup

180 calories, 6g fat, 2.5g sat fat, 620mg sodium

E. Spaghetti with Meat Sauce Mini Bowl

270 calories, 8g fat, 3g sat fat, 410mg sodium

E. Spaghetti with Meat Sauce

460 calories, 16g fat, 6g sat fat, 810mg sodium

E. Kids Cheese Ravioli

290 calories, 8g fat, 3.5 sat fat, 470mg sodium

Outback Steakhouse

A. House Salad (w/o dressing)

116 calories, 6.7g fat, 3.7g sat fat, 11mg cholesterol, 145mg sodium

E. Chicken Tortilla Soup (cup)

184 calories, 9.7g fat, 4.9g sat fat, 764mg sodium

E. Aussie Cob Salad w/Grilled Chicken (w/o dressing) (lunch portion)

313 calories, 12.4g fat, 5.1g sat fat, 95mg cholesterol, 617mg sodium

E. Asian Sesame Salad w/Seared Ahi & Sesame Vinaigrette (lunch portion)

246 calories, 15.9g fat, 2.2g sat fat, 11mg cholesterol, 622mg sodium

E. Outback Special 6oz. Sirloin (no side)

254 calories, 12.7g fat, 4.9g sat fat, 0.7g trans fat, 85mg cholesterol, 226mg sodium

E. Victoria's 6oz. Filet (no side)

218 calories, 9g fat, 3.9g sat fat, 77mg cholesterol, 206mg sodium

E. Perfectly Grilled Salmon (no side)

387 calories, 25.3g fat, 4.1g sat fat, 63mg cholesterol, 295mg sodium

E. Kids Sirloin Medallions (no side)

212 calories, 10.6g fat, 4.1g sat fat, 0.6g trans fat, 71mg cholesterol, 188mg sodium

E. Kids Grilled Chicken on the Barbie (no side)

147 calories, 1.7g fat, 0g sat fat, 79mg cholesterol, 188mg sodium

Papa John's

E. Spicy Pulled Pork Pizza (1 slice)

Pizza for One – 230 calories, 8g fat, 3.5g sat fat, 25mg cholesterol, 710mg sodium

Small – 220 calories, 7g fat, 3g sat fat, 25mg cholesterol, 620mg sodium

Medium – 240 calories, 8g fat, 3.5g sat fat, 25mg cholesterol, 720mg sodium

E. Double Bacon 6-Cheese Pizza (1 slice)

Small – 240 calories, 10g fat, 4g sat fat, 25mg cholesterol, 650mg sodium

Medium – 250 calories, 10g fat, 4.5g sat fat, 25mg cholesterol, 670mg sodium

Thin – 290 calories, 16g fat, 7g sat fat, 35mg cholesterol, 630mg sodium

E. Cheese Pizza (1 slice)

Pizza for One – 180 calories, 6g fat, 2.5g sat fat, 15mg cholesterol, 450mg sodium

Small – 180 calories, 6g fat, 2.5g sat fat, 15mg cholesterol, 440mg sodium

Medium – 210 calories, 8g fat, 3.5g sat fat, 20mg cholesterol, 530mg sodium

Large – 290 calories, 10g fat, 4.5g sat fat, 25mg cholesterol, 720mg sodium

XL – 300 calories, 10g fat, 4.5g sat fat, 25mg cholesterol, 740mg sodium

Thin – 230 calories, 12g fat, 5g sat fat, 25mg cholesterol, 380mg sodium

E. Pepperoni Pizza (1 slice)

Pizza for One – 210 calories, 9g fat, 3.5 g sat fat, 15mg cholesterol, 560mg sodium
Small – 220 calories, 9g fat, 4g sat fat, 20mg cholesterol, 580mg sodium
Medium – 230 calories, 10g fat, 4g sat fat, 20mg cholesterol, 610mg sodium
Thin – 270 calories, 16g fat, 6g sat fat, 30mg cholesterol, 530mg sodium

E. John's Favorite Pizza (1 slice)

Pizza for One – 270 calories, 14g fat, 6g sat fat, 25mg cholesterol, 710mg sodium
Small – 270 calories, 14g fat, 6g sat fat, 25mg cholesterol, 720mg sodium
Medium – 290 calories, 15g fat, 6g sat fat, 26mg cholesterol, 750mg sodium

E. The Works Pizza (1 slice)

Pizza for One – 210 calories, 9g fat, 3.5g sat fat, 20mg cholesterol, 600mg sodium
Small – 220 calories, 9g fat, 3.5g sat fat, 20mg cholesterol, 620mg sodium
Medium – 230 calories, 9g fat, 4g sat fat, 20mg cholesterol, 650mg sodium
Thin – 270 calories, 15g fat, 6g sat fat, 30mg cholesterol, 590mg sodium

E. The Meats Pizza (1 slice)

Pizza for One – 240 calories, 11g fat, 4.5g sat fat, 25mg cholesterol, 690mg sodium
Small – 250 calories, 12g fat, 4.5g sat fat, 25mg cholesterol, 700mg sodium
Medium – 250 calories, 12g fat, 5g sat fat, 25mg cholesterol, 710mg sodium
Thin – 310 calories, 14g fat, 7g sat fat, 40mg cholesterol, 710mg sodium

E. Garden Fresh Pizza (1 slice)

Pizza for One – 180 calories, 5g fat, 2g sat fat, 10mg cholesterol, 440mg sodium
Small – 140 calories, 4.5g fat, 2g sat fat, 10mg cholesterol, 350mg sodium
Medium – 200 calories, 7g fat, 3g sat fat, 15mg cholesterol, 500mg sodium
Large – 280 calories, 9g fat, 4g sat fat, 20mg cholesterol, 700mg sodium
XL – 300 calories, 10g fat, 4g sat fat, 20mg cholesterol, 740mg sodium
Thin – 220 calories, 11g fat, 4g sat fat, 20mg cholesterol, 360mg sodium

E. Spicy Italian Pizza (1 slice)

Pizza for One – 240 calories, 12g fat, 4.5g sat fat, 20mg cholesterol, 630mg sodium
Small – 240 calories, 11g fat, 4.5g sat fat, 20mg cholesterol, 610mg sodium
Medium – 270 calories, 13g fat, 5g sat fat, 25mg cholesterol, 690mg sodium
Thin – 320 calories, 20g fat, 8g sat fat, 22mg cholesterol, 640mg sodium

E. Spinach Alfredo Pizza (1 slice)

Pizza for One – 190 calories, 7g fat, 2.5g sat fat, 15mg cholesterol, 460mg sodium
Small – 190 calories, 7g fat, 3g sat fat, 15mg cholesterol, 460mg sodium
Medium – 200 calories, 8g fat, 3.5g sat fat, 20mg cholesterol, 500mg sodium
Large – 280 calories, 10g fat, 4.5g sat fat, 25mg cholesterol, 690mg sodium
XL – 300 calories, 11g fat, 4.5g sat fat, 25mg cholesterol, 740mg sodium
Thin – 220 calories, 12g fat, 4.5g sat fat, 25mg cholesterol, 350mg sodium

E. BBQ Chicken Bacon Pizza (1 slice)

Pizza for One – 230 calories, 7g fat, 3g sat fat, 20mg cholesterol, 680mg sodium
Small – 230 calories, 8g fat, 3g sat fat, 25mg cholesterol, 690mg sodium
Medium – 250 calories, 8g fat, 3.5g sat fat, 25mg cholesterol, 740mg sodium
Thin – 290 calories, 13g fat, 5g sat fat, 35mg cholesterol, 690mg sodium

E. Hawaiian BBQ Chicken Pizza (1 slice)

Small – 240 calories, 8g fat, 3g sat fat, 25mg cholesterol, 690mg sodium
Medium – 250 calories, 8g fat, 3.5g sat fat, 25mg cholesterol, 740mg sodium
Thin – 290 calories, 13g fat, 5g sat fat, 35mg cholesterol, 690mg sodium

E. Tuscan Six Cheese Pizza (1 slice)

Pizza for One – 210 calories, 8g fat, 3.5g sat fat, 20mg cholesterol, 520mg sodium
Small – 220 calories, 9g fat, 4.5g sat fat, 20mg cholesterol, 540mg sodium
Medium – 230 calories, 9g fat, 4.5g sat fat, 25mg cholesterol, 580mg sodium
Thin – 260 calories, 14g fat, 6g sat fat, 30mg cholesterol, 460mg sodium

E. Leonardo Cheesy Bites 14" Large Pizza (1 slice)

300 calories, 11g fat, 6g sat fat, 30mg cholesterol, 700mg sodium

Pizza Hut

E. Tomato Cheesy Bites 14" Large Pizza (1 slice)

290 calories, 11g fat, 6g sat fat, 30mg cholesterol, 660mg sodium

E. Blake's Smokehouse BBQ (1 slice)

12" – 270 calories, 12g fat, 5g sat fat, 30mg cholesterol, 560mg sodium

14" – 370 calories, 16g fat, 7g sat fat, 45mg cholesterol, 790 sodium

E. Hawaiian BBQ (1 slice)

12" – 220 calories, 7g fat, 3.5g sat fat, 20mg cholesterol, 420mg sodium

14" – 290 calories, 9g fat, 4.5g sat fat, 25mg cholesterol, 600mg sodium

E. Honey BBQ Chicken (1 slice)

12" – 240 calories, 9g fat, 4g sat fat, 30mg cholesterol, 470mg sodium

14" – 330 calories, 12g fat, 6g sat fat, 40mg cholesterol, 660mg sodium

E. Chicken/Bacon/Tomato Garlic Parmesan Crust (1 slice)

12" – 220 calories, 9g fat, 3.5g sat fat, 25mg cholesterol, 420mg sodium

14" – 290 calories, 12g fat, 4.5g sat fat, 30mg cholesterol, 570mg sodium

E. 5 Cheese Please Garlic Parmesan Crust (1 slice)

12" – 230 calories, 9g fat, 4.5g sat fat, 20mg cholesterol, 450mg sodium

14" – 300 calories, 12g fat, 6g sat fat, 30mg cholesterol, 580mg sodium

E. Cheese Only Pizza (1 slice)

12" Pan – 240 calories, 10g fat, 4.5g sat fat, 20mg cholesterol, 540mg sodium

12" Thin – 190 calories, 8g fat, 4g sat fat, 20mg cholesterol, 580mg sodium

12" Hand-Tossed – 210 cals, 8g fat, 4g sat fat, 20mg cholesterol, 460mg sodium

14" Pan – 350 calories, 17g fat, 7g sat fat, 30mg cholesterol, 750mg sodium

14" Hand-Tossed – 300 cals, 12g fat, 6g sat fat, 30mg cholesterol, 660mg sodium

14" Stuffed Crust – 310 cals, 13g fat, 7g sat fat, 35mg cholesterol, 710mg sodium

Rectangle Box – 250 cals, 10g fat, 4.5g sat fat, 20mg cholesterol, 550mg sodium

E. Pepperoni Pizza (1 slice)

12" Pan – 260 calories, 13g fat, 5g sat fat, 25mg cholesterol, 660mg sodium

12" Thin – 210 calories, 10g fat, 4.5g sat fat, 25mg cholesterol, 700mg sodium

12" Hand-Tossed – 230 cals, 10g fat, 4g sat fat, 25mg cholesterol, 540mg sodium

Rectangle Box – 260 cals, 12g fat, 4.5g sat fat, 20mg cholesterol, 630mg sodium

E. Donatello Cheesy Bites 14" Large Pizza (1 slice)

300 calories, 11g fat, 6g sat fat, 35mg cholesterol, 690mg sodium

E. Roasted Veggie Garlic Parmesan Crust (1 slice)

12" – 200 calories, 8g fat, 2.5g sat fat, 10mg cholesterol, 300mg sodium

14" – 270 calories, 10g fat, 3.5g sat fat, 15mg cholesterol, 400mg sodium

E. Diced Tomato 3 Cheese Stuffed Crust (1 slice)

14" – 300 calories, 12g fat, 7g sat fat, 35mg cholesterol, 710mg sodium

E. Supreme Pizza (1 slice)

12" Pan – 280 calories, 14g fat, 5g sat fat, 25mg cholesterol, 650mg sodium

12" Thin – 230 calories, 12g fat, 5g sat fat, 25mg cholesterol, 700mg sodium

12" Hand-Tossed – 260 cals, 12g fat, 5g sat fat, 30mg cholesterol, 570mg sodium

Rectangle Box – 290 cals, 14g fat, 5g sat fat, 25mg cholesterol, 660mg sodium

E. Chicken Supreme Pizza (1 slice)

12" Pan – 230 calories, 9g fat, 3.5g sat fat, 20mg cholesterol, 530mg sodium

12" Thin – 190 calories, 6g fat, 3g sat fat, 20mg cholesterol, 570mg sodium

12" Hand-Tossed – 210 cals, 7g fat, 3g sat fat, 20mg cholesterol, 440mg sodium

14" Pan – 340 calories, 15g fat, 5g sat fat, 30mg cholesterol, 730mg sodium

14" Hand-Tossed – 290 cals, 9g fat, 4.5g sat fat, 30mg cholesterol, 640mg sodium

14" Stuffed Crust – 310 cals, 11g fat, 6g sat fat, 45mg cholesterol, 720mg sodium

Rectangle Box – 240 cals, 9g fat, 3.5g sat fat, 20mg cholesterol, 540mg sodium

E. Veggie Lover's Pizza (1 slice)

12" Pan – 220 calories, 9g fat, 3.5g sat fat, 15mg cholesterol, 510mg sodium

12" Thin – 180 calories, 6g fat, 3g sat fat, 15mg cholesterol, 560mg sodium

12" Hand-Tossed – 200 cals, 7g fat, 3g sat fat, 15mg cholesterol, 430mg sodium

14" Pan – 320 calories, 15g fat, 5g sat fat, 20mg cholesterol, 690mg sodium

14" Hand-Tossed – 270 cals, 9g fat, 4g sat fat, 20mg cholesterol, 610mg sodium

14" Stuffed Crust – 300 cals, 11g fat, 6g sat fat, 30mg cholesterol, 690mg sodium

Rectangle Box – 230 calories, 9g fat, 3.5g fat, 15mg cholesterol, 520mg sodium

E. Ultimate Cheese Lover's Pizza (1 slice)

12" Thin – 210 calories, 10g fat, 4g sat fat, 25mg cholesterol, 550mg sodium
12" Hand-Tossed – 230 cals, 9g fat, 4.5g sat fat, 20mg cholesterol, 440mg sodium
14" Pan – 370 calories, 20g fat, 7g sat fat, 30mg cholesterol, 730mg sodium

14" Thin – 280 calories, 14g fat, 6g sat fat, 30mg cholesterol, 750mg sodium
14" Hand-Tossed – 310 cals, 13g fat, 6g sat fat, 30mg cholesterol, 620mg sodium
14" Stuffed Crust – 340 cals, 15g fat, 8g sat fat, 40mg cholesterol, 690mg sodium
Rectangle Box – 260 cals, 12g fat, 5g sat fat, 20mg cholesterol, 540mg sodium

Pizza Time (Lawton, OK)

No healthy options that fit or come close to above goals.

Popeye's Louisiana Kitchen

A. Chicken Nuggets (4 piece)

150 calories, 9g fat, 4g sat fat, 0.5 trans fat, 25mg cholesterol, 230mg sodium

S. Cheddar Cheese Tortilla

140 calories, 4.5g fat, 2.5g sat fat, 0mg cholesterol, 210mg sodium

E. Chicken Nuggets (6 piece)

230 calories, 14g fat, 6g sat fat, 1g trans fat, 40mg cholesterol, 350mg sodium

E. Blackened Tenders (3 piece)

170 calories, 2g fat, 0g sat fat, 25mg cholesterol, 550mg sodium

E. Chicken & Sausage Jambalaya

220 calories, 11g fat, 3g sat fat, 32mg cholesterol, 760mg sodium

Qdoba Mexican

Every meal is customizable. No set nutrition facts.

www.qdoba.com/menu-nutrition (can check nutrition facts on customized meal)

Quizno's

E. Honey Bourbon Chicken Flatbread

290 calories, 5g fat, 5g sat fat, 0mg cholesterol, 780mg sodium

E. Small Harvest Chicken Salad

300 calories, 19g fat, 4.5g sat fat, 5mg cholesterol, 480mg sodium

E. Chili (small)

170 calories, 6g fat, 1.5g sat fat, 40mg sodium, 620mg sodium

E. Chicken Tortilla Soup (small)

120 calories, 6g fat, 2.5g sat fat, 15mg cholesterol, 550mg sodium

E. Tomato Bisque (small)

130 calories, 8g fat, 4g sat fat, 20mg cholesterol, 640mg sodium

E. Flatbread Foldable Marinara Melt

260 calories, 10g fat, 4.5g sat fat, 20mg cholesterol, 500mg sodium

E. Flatbread Foldable Triple Play Cheese Melt

260 calories, 11g fat, 4.5g sat fat, 20mg cholesterol, 400mg sodium

E. Kids Mac & Cheese

330 calories, 13g fat, 8g sat fat, 40mg cholesterol, 280mg sodium

E. Meatball Marinara

330 calories, 9g fat, 2.5g sat fat, 15mg cholesterol, 430mg sodium

Red Dirt Bar and Grill (Lawton, OK)

E. Grilled Chicken Sandwich (no side)

(chicken breast, lettuce, mayo, bun)
366 calories, 16g fat, 3g sat fat, 88mg cholesterol, 641mg sodium

E. Grilled Chicken Breast Entrée

(Chicken breast, lemon pepper spice, veggie, baked potato, side salad w/o dressing)
374 calories, 4g fat, 1g sat fat, 82mg cholesterol, 549mg sodium

Red Lobster

A. Garden Salad

70 calories, 1.5g fat, 0g sat fat, 150mg sodium

A. Bar Harbor Salad

200 calories, 8g fat, 0.5g sat fat, 160mg sodium

E. New England Clam Chowder (cup)

200 calories, 14g fat, 8g sat fat, 750mg sodium

E. Bar Harbor Salad with Chicken

330 calories, 11g fat, 1.5g sat fat, 420mg sodium

E. Bar Harbor Salad with Salmon

390 calories, 13g fat, 1.5g sat fat, 260mg sodium

E. Seafood-Stuffed Flounder/Sole (no side)

170 calories, 5g fat, 1.5g sat fat, 610mg sodium

E. Wood-Grilled Fresh Salmon (no side)

190 calories, 4g fat, 1g sat fat, 95mg sodium

E. Oven-Broiled Flounder/Sole (no side)

290 calories, 5g fat, 1g sat fat, 670mg sodium

E. 7oz. Peppercorn-Grilled Sirloin (no side)

240 calories, 9g fat, 4g sat fat, 0.5g trans fat, 710mg sodium

E. Rock Lobster Tail (no side)

170 calories, 1g fat, 0g sat fat, 540mg sodium

E. Fried Shrimp (no side)

220 calories, 11g fat, 1g sat fat, 590mg sodium

E. Scampi (no side)

100 calories, 4.5g fat, 1g sat fat, 700mg sodium

E. Blackened Walleye (no side)

300 calories, 7g fat, 1g sat fat, 410mg sodium

E. Broiled Walleye (no side)

400 calories, 11g fat, 2g sat fat, 700mg sodium

E. Any Item on Grilled, Broiled, or Blackened Fresh Fish Menu

Rib Crib*

A. Side Salad (w/o dressing)

(lettuce, tomato, cheddar cheese, pepperoncini, tortilla strips)

149 calories, 9g fat, 4g sat fat, 19mg cholesterol, 164mg sodium

E. Smoked Chicken Salad (w/o dressing)

(smoked chicken, greens, tomatoes, shredded cheese, crispy tortilla strips)

275 calories, 10g fat, 4g sat fat, 84mg cholesterol, 469mg sodium

E. Smoked Chicken Caesar Salad (w/o dressing)

(smoked chicken, romaine lettuce, parmesan cheese, tortilla strips)

255 calories, 9g fat, 3g sat fat, 79mg cholesterol, 548mg sodium

E. Smoked Chicken Breast w/half corn on cob & green beans

289 calories, 9g fat, 2g sat fat, 81mg cholesterol, 397mg sodium

Riverside Café (Medicine Park, OK)

E. Grilled Chicken Salad (no dressing)

(chicken breast, lettuce, tomato, mixed cheeses, sliced almonds, croutons)

361 calories, 18g fat, 5g sat fat, 86mg cholesterol, 631mg sodium

E. Large Dinner Salad (no dressing)

(greens, cheese, tomatoes, sliced almonds, croutons)

220 calories, 15g fat, 4g sat fat, 14mg cholesterol, 291mg sodium

E. Grilled Trout

(trout, 1/2 cup rice pilaf, steamed broccoli)

289 calories, 8g fat, 2g sat fat, 45mg cholesterol, 687mg sodium

E. Grilled Catfish

(catfish, 1/2 cup rice pilaf, steamed broccoli)

287 calories, 10g fat, 2g sat fat, 36mg cholesterol, 701mg sodium

E. Grilled Chicken

(8oz. chicken breast, rice pilaf, broccoli)

325 calories, 7g fat, 2g sat fat, 72mg cholesterol, **807mg sodium**

S&B's Burger Joint

A. House Salad (w/o dressing)

(lettuce, tomato, onion, peppers, bacon)
85 calories, 4g fat, 1g sat fat, 11mg cholesterol,
241mg sodium

E. Asian Warm Chicken Salad (w/o dressing)

(grilled chicken, mixed greens, rice noodles, cucumber)
270 calories, 4g fat, 1g sat fat, 72mg cholesterol,
392mg sodium

E. Chicken Chili Lime Taco (no side)

(chicken, corn tortilla, avocado cream, cilantro, onion,
cheddar, slaw)
290 calories, 14g fat, 8g sat fat, 81mg cholesterol,
371mg sodium

E. Bleu Colombian Taco (no side)

(braised beef, corn tortilla, onions, cilantro, bleu cheese,
guacamole)
372 calories, 20g fat, 8g sat fat, 74mg cholesterol,
743mg sodium

E. The King Burger (Slider portion) (no side)

(bun, burger, peanut butter, lettuce, tomato, onion,
bacon)
317 calories, 17g fat, 6g sat fat, 59mg cholesterol,
581mg sodium

E. The Fatty Burger (Slider portion) (no side)

(bun, burger, American cheese, grilled onions, pickles)
258 calories, 13g fat, 5g sat fat, 59mg cholesterol,
557mg sodium

E. The Skinny (no side)

(vegetarian patty, bun, lettuce, tomato, onion)
236 calories, 6g fat, 1g sat fat, 4mg cholesterol,
573mg sodium

E. Turkey Burger (no side)

(ground turkey, bun, lettuce, tomato, mayo)
379 calories, 22g fat, 5g sat fat, 85mg cholesterol,
586mg sodium

Salas Mexican (Lawton, OK)

E. Fajita Taco Salad

(mixed greens, cheese, grilled fajita chicken breast, radish, carrots, celery, guacamole, sour cream)
349 calories, 18g fat, 7g sat fat, 99mg cholesterol, 666mg sodium

Santa Fe Cattle Company*

E. Fiesta Salad with Chicken (w/o dressing)

(mixed greens, black bean corn salsa, pico de gallo,
tortilla strips, chicken)
316 calories, 7g fat, 1g sat fat, 72mg cholesterol,
609mg sodium

E. Fiesta Salad with Shrimp (w/o dressing)

(mixed greens, black bean corn salsa, pico de gallo,
tortilla strips, 5 shrimp)
216 calories, 5g fat, 1g sat fat, 59mg cholesterol,
445mg sodium

E. Tender-Foot 6oz. Filet (no side)

311 calories, 11g fat, 4g sat fat, 107mg cholesterol,
645mg sodium

E. Southwestern Cobb Salad (w/o dressing)

(chicken, black bean corn salsa, pico de gallo, cheese,
bacon, mixed greens)
381 calories, 14g fat, 6g sat fat, 103mg cholesterol,
816mg sodium

E. Bubba's 6oz. Sirloin (no side)

311 calories, 11g fat, 4g sat fat, 107mg cholesterol,
645mg sodium

E. Lynchburg 6oz. Steak (no side)

311 calories, 11g fat, 4g sat fat, 107mg cholesterol,
645mg sodium

Silver Spoon Kitchen and Bakeshop (Lawton, OK)

A. Apricot Rollups (1/2 portion)

(dried apricots (4), bacon (1))
84 calories, 4g fat, 1.5g sat fat, 12mg cholesterol,
233mg sodium

E. Grilled Shrimp

(10 grilled seasoned medium shrimp, cocktail sauce)
93 calories, 1g fat, 0g sat fat, 94mg cholesterol,
547mg sodium

E. John's Favorite Salad

(romaine, chicken (2oz), shrimp (4), shredded cheese,
avocado, tomato, pico de gallo, lime)
328 calories, 19g fat, 6g sat fat, 102mg cholesterol,
469mg sodium

E. Stellar Shrimp Salad

(romaine, tomatoes, shredded cheese, avocado, shrimp, lime, cilantro, pico de gallo)
244 calories, 17g fat, 5g sat fat, 67mg cholesterol, 283mg sodium

E. Kim's Skinny Salad (w/out dressing)

(greens, chicken, apple, red pepper, onion, tomatoes, low-fat feta, almonds, cucumber, light balsamic vinaigrette)
436 calories, 21g fat, 5g sat fat, 89mg cholesterol, 577mg sodium

Simple Simon's Pizza (Elgin, OK)**E. Medium Cheese Pizza (1 slice)**

Thin – 143 cal, 5g fat, 2.4g sat fat, 0.2g trans, 14mg cholesterol, 386mg sodium
Thick – 195 cal, 5.4g fat, 2.5g sat fat, 0.2g trans, 14mg cholesterol, 457mg sodium
Deep – 195 cal, 5.4g fat, 2.5g sat fat, 0.2g trans, 14mg cholesterol, 457mg sodium

E. Medium Supreme Pizza (1 slice)

Thin – 212 cal, 10g fat, 4.4g sat fat, 0.2g trans, 26mg cholesterol, 666mg sodium
Thick – 264 cal, 10.4g fat, 4.5g sat fat, 0.2g trans, 26mg cholesterol, 736mg sodium
Deep – 264 cal, 10.4g fat, 4.5g sat fat, 0.2g trans, 26mg cholesterol, 736mg sodium

E. Medium Pepperoni Pizza (1 slice)

Thin – 176 cal, 8g fat, 3.6g sat fat, 0.2g trans, 21mg cholesterol, 508mg sodium
Thick – 228 cal, 8.5g fat, 3.7g sat fat, 0.2g trans, 21mg cholesterol, 579mg sodium
Deep – 228 cal, 8.5g fat, 3.7g sat fat, 0.2g trans, 21mg cholesterol, 579mg sodium

E. Medium Veggie Pizza (1 slice)

Thin – 150 cal, 5.1g fat, 2.4g sat fat, 0.2g trans, 14mg cholesterol, 417mg sodium
Thick – 202 cal, 5.5g fat, 2.5g sat fat, 0.2g trans, 14mg cholesterol, 488mg sodium
Deep – 202 cal, 5.5g fat, 2.5g sat fat, 0.2g trans, 14mg cholesterol, 488mg sodium

E. Stromboli (1/5th = 1 slice)

171 calories, 7.6g fat, 2.4g sat fat, 0.1g trans fat, 14mg cholesterol, 425mg sodium

Snickerdoodle's Bakery & Eatery (Elgin, OK)**E. California Turkey Club (Half Size) (no side)**

(homemade white bread, roast turkey, bacon, avocado, cheddar, lettuce, tomato, ranch)
422 calories, 23g fat, 7g sat fat, 64mg cholesterol, 734mg sodium

E. Spicy Chicken Club (Half Size) (no side)

(spicy chicken breast, bacon, pepper jack cheese, lettuce, tomato, jalapeno dressing, homemade bread)
371 calories, 20g fat, 6g sat fat, 60mg cholesterol, 769mg sodium

E. Chicken Club (Half Size) (no side)

(Kaiser roll, chicken breast, bacon, cheddar, lettuce, tomato, ranch dressing)
338 calories, 19g fat, 6g sat fat, 61mg cholesterol, 785mg sodium

E. Chicken Pecan Sandwich (no side)

(croissant, chicken breast, mayo, grapes, pecans, lettuce)
437 calories, 25g fat, 8g sat fat, 88mg cholesterol, 686mg sodium

E. CBR (Half Size) (no side)

(Kaiser roll, chicken breast, bacon, cheddar, ranch dressing)
332 calories, 19g fat, 6g sat fat, 61mg cholesterol, 783mg sodium

E. Hummus Flatbread

(homemade hummus, flatbread, tomato, basil)
430 calories, 21g fat, 8g sat fat, 26mg cholesterol, 398mg sodium

E. Veggie Sandwich (no side)

(cucumber, sprouts, tomato, avocado, red onion, bell pepper, lettuce, homemade white bread, cream cheese dressing)
443 calories, 21g fat, 4g sat fat, 8mg cholesterol, 654mg sodium

Sonic

S. Apple Slices w/Fat-Free Caramel Dipping Sauce

110 calories, 0g fat, 0g sat fat, 0mg cholesterol, 60mg sodium

E. Jr. Burger

330 calories, 17g fat, 6g sat fat, 0.5 trans fat, 35mg cholesterol, 480mg sodium

E. Jr. Deluxe Burger

360 calories, 20g fat, 6g sat fat, 0.5g trans fat, 40mg cholesterol, 500mg sodium

E. Corn Dog

230 calories, 15g fat, 4g sat fat, 25mg cholesterol, 570mg sodium

E. Chicken Strip Sandwich

440 calories, 20g fat, 3.5g sat fat, 40mg cholesterol, 790 sodium

E. Super Crunch Chicken Strips (3 piece)

330 calories, 16g fat, 3g sat fat, 55mg cholesterol, 670mg sodium

E. Seafood and Crab Sandwich

580 calories, 26g fat, 4g sat fat, 40mg cholesterol, 620mg sodium

E. Cheddar Bites (12)

280 calories, 15g fat, 6g sat fat, 30mg cholesterol, 740mg sodium

Starbucks

A. Hearty Blueberry Oatmeal

160 calories, 2.5g fat, 0g sat fat, 0mg cholesterol, 0mg sodium

E. Reduced-Fat Turkey, Bacon, White Cheddar Breakfast Sandwich

230 calories, 6g fat, 2.5g sat fat, 20mg cholesterol, 560mg sodium

E. Greek Yogurt w/Honey Parfait

260 calories, 4.5g fat, <600mg sodium

E. Greek Yogurt w/Berries Parfait

220 calories, 3g fat, <600mg sodium

E. Greek Yogurt Raspberry Lemon Parfait

310 calories, 7g fat, <600mg sodium

E. Multigrain Bagel

290 calories, 3g fat, 0g sat fat, 0mg cholesterol, 470mg sodium

E. Chicken Sausage Breakfast Wrap

300 calories, 10g fat, 3g sat fat, 30mg cholesterol, 700mg sodium

E. Hearty Vegetable & Brown Rice Salad Bowl

430 calories, 22g fat, 3g sat fat, 0mg cholesterol, 640mg sodium

E. Roasted Tomato & Mozzarella Panini

390 calories, 18g fat, 6g sat fat, 35mg cholesterol, 630mg sodium

E. Roasted Vegetable Panini

350 calories, 12g fat, 4.5g sat fat, 25mg cholesterol, 770mg sodium

Subway

E. 6" Oven Roasted Chicken Sandwich

320 calories, 5g fat, 1.5g sat fat, 40mg cholesterol, 610mg sodium

E. 6" Roast Beef Sandwich

320 calories, 5g fat, 1.5g sat fat, 40mg cholesterol, 660mg sodium

E. 6" Turkey Breast Sandwich

280 calories, 3.5g fat, 1g sat fat, 20mg cholesterol, 670mg sodium

E. 6" Turkey Breast & Ham Sandwich

280 calories, 4g fat, 1g sat fat, 20mg cholesterol, 730mg sodium

E. 6" Veggie Delite Sandwich

230 calories, 2.5g fat, 0.5g sat fat, 0mg cholesterol, 280mg sodium

E. Black Forest Ham Mini Sub

180 calories, 2.5g fat, 0.5g sat fat, 10mg cholesterol, 450mg sodium

E. Roast Beef Mini Sub

200 calories, 3g fat, 1g sat fat, 25mg cholesterol, 390mg sodium

E. Turkey Breast Mini Sub

180 calories, 2g fat, 0.5g sat fat, 10mg cholesterol, 380mg sodium

E. Veggie Delite Mini Sub

150 calories, 1.5g fat, 0g sat fat, 0mg cholesterol,
190mg sodium

E. 6" B.L.T. Sandwich

320 calories, 9g fat, 4g sat fat, 20mg cholesterol,
650mg sodium

E. 6" Tuna Sandwich

480 calories, 25g fat, 4g sat fat, 35mg cholesterol,
600mg sodium

E. Black Forest Ham Salad

110 calories, 3g fat, 1g sat fat, 20mg cholesterol,
600mg sodium

E. Chicken Teriyaki with Spinach Salad

220 calories, 3g fat, 1g sat fat, 70mg cholesterol,
610mg sodium

E. Turkey Breast Salad

110 calories, 2g fat, 0.5g sat fat, 20mg cholesterol,
460mg sodium

E. Veggie Delite Salad

60 calories, 1g fat, 0g sat fat, 0mg cholesterol,
75mg sodium

E. Applewood Pulled Pork Salad

230 calories, 8g fat, 2g sat fat, 45mg cholesterol,
640mg sodium

E. Oven Roasted Chicken Salad

140 calories, 2.5g fat, 0.5g sat fat, 50mg cholesterol,
280mg sodium

E. Roast Beef Salad

140 calories, 3.5g fat, 1g sat fat, 40mg cholesterol,
460mg sodium

E. Subway Club Salad

140 calories, 3.5g fat, 1g sat fat, 40mg cholesterol,
590mg sodium

E. Sweet Onion Chicken Teriyaki Salad

230 calories, 3g fat, 0.5g sat fat, 50mg cholesterol,
650mg sodium

E. Turkey Breast & Ham Salad

110 calories, 2.5g fat, 0.5g sat fat, 25mg cholesterol,
530mg sodium

E. Double Chicken Salad

220 calories, 4.5g fat, 1.5g sat fat, 100mg
cholesterol, 490mg sodium

E. Subway Club with Avocado Salad

250 calories, 14g fat, 2.5g sat fat, 40mg cholesterol,
540mg sodium

E. Turkey & Bacon with Avocado Salad

270 calories, 17g fat, 3.5g sat fat, 30mg cholesterol,
650mg sodium

Taco Bell

E. A.M. Grilled Taco – Egg & Cheese

170 calories, 9g fat, 3g sat fat, 90mg cholesterol,
330mg sodium

E. Cinnabon Delights (4 pack)

310 calories, 18g fat, 4.5g sat fat, 0.5g trans fat,
15mg cholesterol, 160mg sodium

E. Grilled Breakfast Burrito – Sausage

340 calories, 17g fat, 5g sat fat, 95mg cholesterol,
740mg sodium

E. Grilled Breakfast Burrito – Fiesta Potato

340 calories, 15g fat, 3.5g sat fat, 85mg cholesterol,
790mg sodium

E. Chalupa Supreme

Chicken - 350 calories, 18g fat, 4g sat fat,
40mg cholesterol, 530mg sodium
Steak – 350 calories, 19g fat, 4.5g sat fat,
35mg cholesterol, 530mg sodium
Beef – 370 calories, 21g fat, 5g sat fat, 30mg cholesterol,
580mg sodium

E. Fresco Soft Taco

160 calories, 7g fat, 2.5g sat fat, 20mg cholesterol,
490mg sodium

E. Fresco Chicken Soft Taco

140 calories, 3.5g fat, 1g sat fat, 15mg cholesterol,
470mg sodium

E. Fresco Crunchy Taco

150 calories, 8g fat, 2.5g sat fat, 20mg cholesterol,
310mg sodium

E. Fresco Grilled Steak Soft Taco

150 calories, 4.5g fat, 1.5g sat fat, 25mg cholesterol,
440mg sodium

E. MexiMelt

250 calories, 14g fat, 7g sat fat, 40mg cholesterol,
730mg sodium

E. Any ONE taco of any variety

E. Gordita Supreme

Chicken – 270 calories, 9g fat, 3.5g sat fat, 40mg cholesterol, 530mg sodium
Steak – 280 calories, 10g fat, 4g sat fat, 35mg cholesterol, 530mg sodium
Beef – 290 calories, 13g fat, 5g sat fat, 30mg cholesterol, 580mg sodium

E. Cheesy Nachos

280 calories, 15g fat, 1.5g sat fat, 0mg cholesterol, 360mg sodium

E. Nachos

310 calories, 17g fat, 1.5g sat fat, 0mg cholesterol, 470mg sodium

E. Cheese Roll-Up

180 calories, 9g fat, 5g sat fat, 20mg cholesterol, 430mg sodium

E. Chipotle Ranch Chicken Loaded Griller

280 calories, 8g fat, 3g sat fat, 30mg cholesterol, 690mg sodium

Taquería Guadalajara (Lawton, OK)

E. Guadalajara Taco Salad (w/out shell bowl)

(fajita chicken, greens, tomato, guacamole, sour cream, cheese)
361 calories, 21g fat, **9g sat fat, 107mg cholesterol,** 608mg sodium

E. Fajita de Pollo Taco on Corn Tortilla

(corn tortilla, chicken, cilantro, onion)
216 calories, 4g fat, 1g sat fat, 72mg cholesterol, 353mg sodium

E. Shrimp al Diablo

(shrimp, chipotle, peppers, onions, salad, 1/2 c. rice)
179 calories, 1g fat, 0g sat fat, 59mg cholesterol, 551mg sodium

Ted's Café Escondido*

A. Cantina Side Salad (w/o dressing)

(lettuce, cheddar cheese, jack cheese, tomatoes)
80 calories, 5g fat, 3g sat fat, 16mg cholesterol, 105mg sodium

E. Fajita Salad w/Chicken (w/o dressing)

(chicken, lettuce, onions, peppers, cheddar & jack cheeses, tortilla strips, guacamole)
453 calories, 22g fat, **9g sat fat, 105mg cholesterol,** 709mg sodium

E. Chicken Monterey

(chicken, caramelized onions, peppers, melted cheddar & jack cheeses, guacamole)
369 calories, 20g fat, 8g sat fat, **105mg cholesterol,** 655mg sodium

E. Chicken Black Bean Salsa Salad (w/o dressing)

(chicken breast, lettuce, cheddar & jack cheeses, black bean corn salsa, tortilla strips)
441 calories, 17g fat, 8g sat fat, **105mg cholesterol, 783mg sodium**

Texas Roadhouse*

E. Sirloin (6oz.) with Sautéed Onions and Fresh Vegetables

400 calories, 16g fat, 8g sat fat, 95mg cholesterol, 508mg sodium

E. Dallas Filet (6oz.) with Fresh Vegetables and Green Beans

420 calories, 16g fat, 8g sat fat, 95mg cholesterol, 508mg sodium

The Junction (Lawton, OK)

Unable to get information on ingredients.

Possibly -

E. Mixed Seafood w/Vegetables

E. Vegetable Chicken

The White Buffalo (Lawton, OK)

E. White Buffalo Burger (no side)

(5oz. bison patty, provolone, lettuce, tomato, onion, bun)

363 calories, 12g fat, 6g sat fat, **107mg cholesterol**, 484mg sodium

E. Diner Burger (no side)

(2 oz. patty, grilled onions, American cheese, bun)
329 calories, 17g fat, 8g sat fat, 68mg cholesterol, 673mg sodium

E. Chicken Breast Entrée

(Grilled chicken breast, sautéed peppers, onions, 1/2 cup rice)

320 calories, 6g fat, 2g sat fat, 87mg cholesterol, **818mg sodium**

Tiny Mae's Bar & Grill (Elgin, OK)

A. Dinner House Salad (no dressing)

(mixed greens, cherry tomatoes, cucumbers, mixed cheese, garlic croutons)

135 calories, 7g fat, 3g sat fat, 14mg cholesterol, 249mg sodium

E. The Brandi

(beer/bbq jumbo shrimp (5))

116 calories, 1g fat, 0g sat fat, 99mg cholesterol, 644mg sodium

E. Time Keepers Salad (no dressing)

(mixed greens, hot spicy chicken bites, bacon, cherry tomato, cheese blend, croutons)

324 calories, 14g fat, 6g sat fat, 82mg cholesterol, **923mg sodium**

E. Secretary's Caesar (no dressing)

(grilled chicken, romaine lettuce, parmesan cheese, garlic croutons)

213 calories, 7g fat, 3g sat fat, 64mg cholesterol, 586mg sodium

E. Two Chicken Road Trip Sliders

(chicken, cheese, bun)

368 calories, 11g fat, 5g sat fat, 89mg cholesterol, **884mg sodium**

Trivet's Family Restaurant (Elgin, OK)

E. Grilled Chicken Salad (no dressing)

(grilled chicken, lettuce, tomatoes, onions, cheddar cheese)

247 calories, 9g fat, 5g sat fat, 92mg cholesterol, 469mg sodium

E. Super Chef Salad (no dressing)

(lettuce, cheddar cheese, chopped ham, bell peppers, onions, bacon bits)

211 calories, 13g fat, 6g sat fat, 49mg cholesterol, **811mg sodium**

Wayne's Drive Inn (Lawton, OK)

E. Hamburger (no side)

(Burger (size 5:1), mustard, pickle, onion, tomato, bun)

283 calories, 12g fat, 4g sat fat, 60mg cholesterol, 618mg sodium

E. Cheeseburger

(Burger (size 5:1), mustard, pickle, onion, tomato, American cheese, bun)

354 calories, 18g fat, 8g sat fat, 77mg cholesterol, **894mg sodium**

Wendy's

A. Garden Side Salad w/Croutons (w/o dressing)

100 calories, 3g fat, 0g sat fat, 0mg cholesterol, 210mg sodium

A. Sour Cream & Chive Baked Potato

320 calories, 3.5g fat, 2g sat fat, 10mg cholesterol, 50mg sodium

A. Caesar Side Salad w/Croutons (w/o dressing)

140 calories, 7g fat, 2.5g sat fat, 10mg cholesterol, 260mg sodium

S. Apple Slices

40 calories, 0g fat, 0g sat fat, 0mg cholesterol, 0mg sodium

E. Chicken Nuggets (6 piece)

270 calories, 18g fat, 4g sat fat, 45mg cholesterol, 520mg sodium

E. Spicy Chicken Nuggets (6 piece)

260 calories, 17g fat, 3.5g sat fat, 45mg cholesterol, 750mg sodium

E. Jr. Hamburger

260 calories, 10g fat, 4g sat fat, 0.5 trans fat, 40mg cholesterol, 630mg sodium

E. Crispy Chicken Sandwich

350 calories, 19g fat, 3.5g sat fat, 35mg cholesterol, 620mg sodium

E. Grilled Chicken Go Wrap

260 calories, 10g fat, 3.5g sat fat, 55mg cholesterol, 740mg sodium

E. Apple Pecan Chicken Salad (Half Size) (w/o dressing)

290 calories, 15g fat, 4.5g sat fat, 55mg cholesterol, 550mg sodium

E. Asian Cashew Chicken Salad (w/o dressing)

290 calories, 9.5g fat, 1g sat fat, 90mg cholesterol, 585mg sodium

E. BBQ Ranch Chicken Salad (Half Size) (w/o dressing)

310 calories, 15g fat, 4.5g sat fat, 65mg cholesterol, 770mg sodium

E. Spicy Chicken Caesar Salad (Half Size) (w/o dressing) (w/o croutons)

360 calories, 25g fat, 8g sat fat, 55mg cholesterol, 700mg sodium

E. Strawberry Fields Chicken Salad (w/o dressing)

225 calories, 10.5g fat, 4g sat fat, 60mg cholesterol, 570mg sodium

E. Broccoli & Cheese Baked Potato

440 calories, 14g fat, 8g sat fat, 0.5g trans fat, 40mg cholesterol, 510mg sodium

E. Rich & Meaty Chili (Small)

180 calories, 5g fat, 2g sat fat, 30mg cholesterol, 790mg sodium

Whataburger

S. Apple Slices

30 calories, 0g fat, 0g sat fat, 0mg cholesterol, 0mg sodium

E. Apple Cranberry Salad (w/o dressing)

270 calories, 9g fat, 6g sat fat, 30mg cholesterol, 180mg sodium

E. Garden Salad (w/o dressing)

180 calories, 9g fat, 6g sat fat, 30mg cholesterol, 200mg sodium

E. Whataburger Jr.

330 calories, 14g fat, 4g sat fat, 40mg cholesterol, 690mg sodium

E. Justaburger

320 calories, 14g fat, 4g sat fat, 40mg cholesterol, 680mg sodium

E. Cinnamon Roll (1)

390 calories, 9g fat

Wise Guys Chicago Eatery*

E. Burger (no fries)

(burger, bun, lettuce, tomato, onion, pickles, mustard, mayo, ketchup)

428 calories, 25g fat, 7g sat fat, 82mg cholesterol, 866mg sodium

* Some chain restaurants did not have calculated nutrition information for their menu items. Nutrition estimates were calculated for these restaurants using USDA's Super Tracker nutrition analysis tool based on the list of ingredients and restaurant-reported portion sizes of ingredients. A large margin of error may be present in these calculations.