LIBERATE

FAST FOOD NAVIGATOR USING CARB COUNTING

Need a break from home cooking? Have a special occasion? Want to enjoy a meal out with friends and family?

Fast food is tasty, quick, and relatively inexpensive. These foods often have more salt, sugar and fat than home-cooked foods. There are some new options to manage your diabetes AND enjoy some fast food in moderation.

* Add up carb values and subtract fibre to estimate Net Carb when building your meal

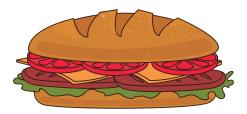
General tips for using this guide:

- · Starches, sugars and fibre make up carbohydrates (Carbs for short) in foods. Carb counting is one way to estimate the effects on your blood glucose.
- Fibre is subtracted from Carb content to estimate Net Carb.
- · Carb, Fibre and Net Carb content is shown in grams per serving from specific chains.
- Try out places where you can choose what goes into your meal (refer to pg. 3-6).
- · Not all major fast food chains could be included check out company websites for more detailed information.

Developed for the LIBERATE study by Nutrition & Dietetics students, Sophia Martella and Rosella Le. Contact Dr. Paula Brauer (pbrauer@uoguelph.ca) with questions, comments or feedback.

SUBWAY:

Net Carb =52 g



Tuna mayo sandwich 6 inch

Carb = 37g Fibre = 1g



Cream of broccoli

Carb = 18g Fibre = 2g



=24 g

Net Carb

=35 g

Potato bites
Carb = 21g
Fibre = 2g



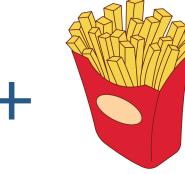
Carb = 10g Fibre = 5g

TACO BELL:

Net Carb =53 g



Steak soft taco
Carb = 17g
Fibre = 1g



Regular Fries Carb = 41g Fibre = 4g



Bean crunchy taco

Carb = 18g

Fibre = 5g



Chips & cheese Carb = 24g Fibre = 2g

KFC:

Net Carb =28 g



1 chicken thigh or rib Carb =6g

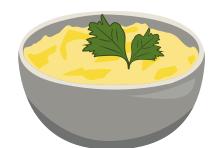
Fibre = 0g



Coleslaw salad

Carb = 13g

Fibre = 0g



Mashed potatoes

Carb = 10g

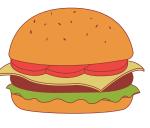
Fibre = 1g



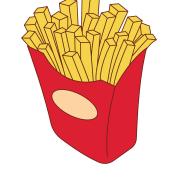
Diet Pepsi Carb = 0 g Fibre = 0g

MCDONALDS:

Net Carb =135g



McChicken Carb = 45g Fibre = 3g



Fries- small Carb = 31g Fibre = 3g



Yogurt tube Carb= 4g Fibre= 0g



Iced coffee- sugar free syrup Carb = 7g

Fibre = 0g



Fruit/fibre muffin Carb= 60g Fibre= 6g

PAPA JOHN'S:

Net Carb =55 g

Pepperoni pizza slicelarge

> Carb = 38gFibre = 2g



Net Carb =20 g

Net Carb

=48 g

Papa's garden salad

Carb = 10gFibre = 2g

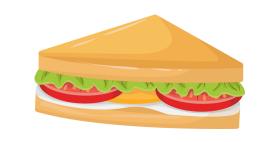


bowl Carb = 15gFibre = 3g

STARBUCKS:

Net Carb

=60 g



Tomato & mozarella on focaccia Carb = 48g

Fibre = 2g



Vanilla sweet cream cold brew Carb = 14gFibre = 0g



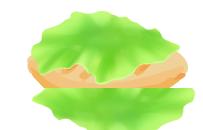
Beyond meat, cheddar, egg sandwich Carb = 31gFibre = 2g



Caffe latte Carb = 19gFibre = 0g

WENDYS:

Net Carb =72 g

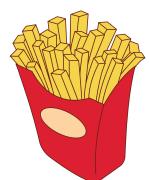


Grilled chicken sandwich w/lettuce bun

Carb = 6g Fibre = 1g



Side caesar salad Carb = 12g Fibre = 1g



Fries- medium Carb = 47gFibre = 4g



White milk Carb = 12gFibre = 0g

QUIZNOS:

Net Carb =63 g



Carbonara wrap

Carb = 62gFibre = 7g



Chicken noodle soup

Carb = 8g Fibre = 0g





Mediterranean chicken salad Carb = 15gFibre = 4g



Broccoli cheese soup Carb = 10gFibre = 1g

THAI EXPRESS:

Net Carb =99g



Imperial roll Carb = 13gFibre = 0g



Plum sauce Carb = 12g Fibre = 0g



Tom yum- mini soup Carb = 23gFibre = 1g



General thai chicken (n/a tomato, pineapple) Carb = 57gFibre = 5g

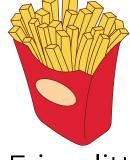
FIVE GUYS:

Net Carb =101 g



Bacon burger (bacon & cheese) Carb = 39g

Fibre = 2g



Fries -little Carb = 72gFibre = 8g



Net Carb Grilled cheese Carb = 39g=101 gFibre = 2g



Fries -little Carb = 72gFibre = 8g

TIM HORTONS:

Net Carb =89 g



Tomato parmesan soup Carb = 17g

Fibre= 3g



Southwest chicken wrap Carb = 40gFibre= 3g



Iced tea quencher small Carb = 13gFibre= 0g



Old-fashioned donut Carb = 26gFibre= 1g



BURRITO BOWL/ BURRITO WRAP (CARBS= 50G, FIBRE= 3G)/ SUPERGREENS MIX SALAD (CARBS= 3G, FIBRE= 2G) CUSTOMIZABLE OPTIONS

Rice

- Brown rice (113g), **carbs** = 36g, **fibre** = 3g
- White rice (113g), **carbs** = 40g, **fibre** = 1g

Beans

Black beans or pinto beans
 (113g), carbs = 21-22g, fibre = 7-8g



Toppings

- Fresh tomato salsa, tomatillo- red chili salsa, tomatillo- green chili salsa (113g), carbs = 4g, fibre = 0-2g
- Romaine lettuce, cheese (28g),carbs = 1g, fibre = 0-1g
- Sour cream, Queso Blanco (57g),
 carbs = 3-4g, fibre: Og
- Roasted chili-corn salsa (113g),
 carbs = 16g, fibre = 3g

Protein or Veggies

- Chicken, carnitas (pulled pork), steak, barbacoa (beef) (113g), carbs: 0-2g, fibre: 0-1g
- Fajita veggies (113g), carbs: 5g, fibre: 1g
- Sofritas (tofu) (113g), carbs: 9g, fibre: 4g



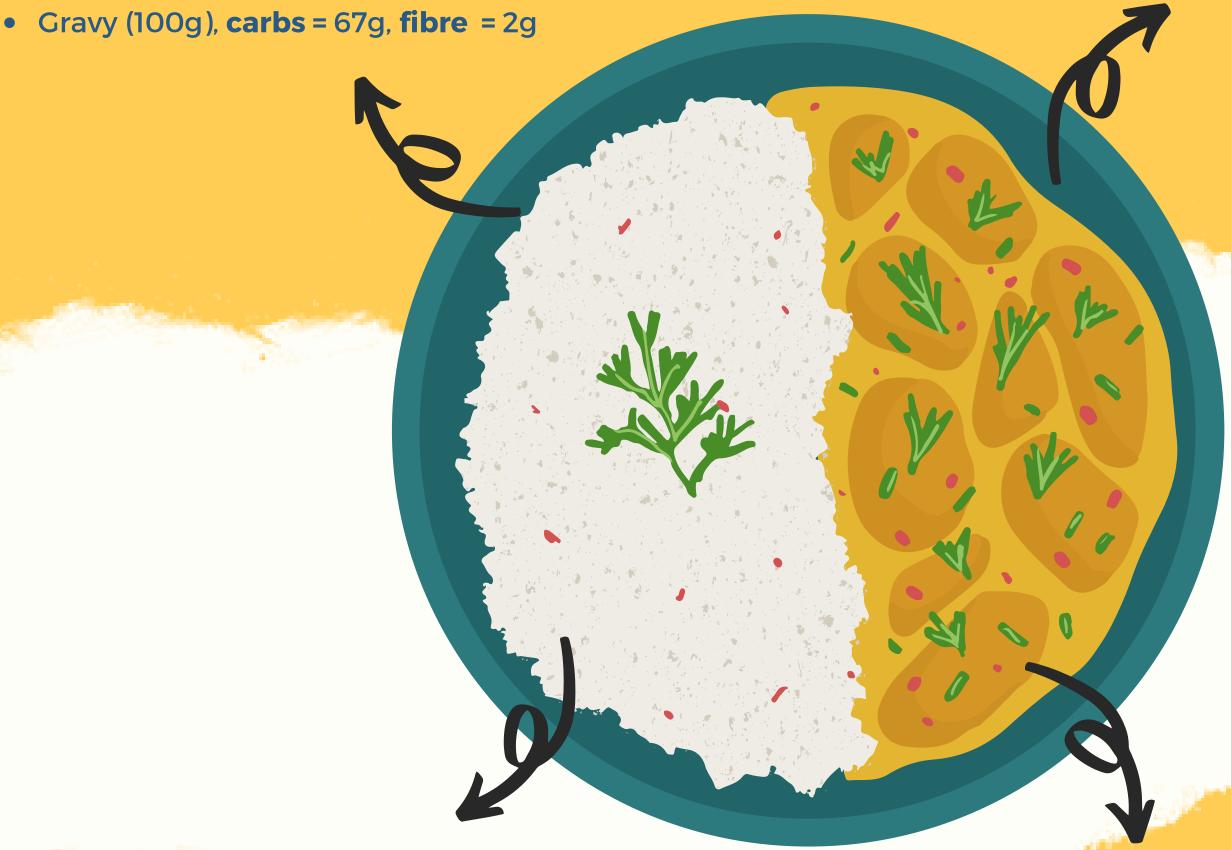
WRAPS/ PLATTERS/ SALAD/ ON THE ROCKS-STIX-VEGGIES CUSTOMIZABLE OPTIONS

Sauces

- Garlic, philly (42g), carbs = 0g, fibre = 0g
- Tzatziki (28g), carbs = 1g, fibre = 0g
- Tahini (21g), carbs = 5g, fibre = 1g
- Salad dressing (40g), carbs = 7g, fibre = 0g

Protein

- Chicken, beef * (200g), carbs = 0g, fibre = 0g *small size
- Chicken, beef or lamb shawarma* (226g), carbs = 0g, fibre = 0-4g
 *platter
- Shish taouk, chicken kebab* (200g), carbs = 0g, fibre = 0g *platter
- Beef kofta* (200g), carbs = 9g, fibre = 1g *platter
- Falafel* (113g), carbs = 8g, fibre = 4g *5 pieces



Grains and Starches

- Regular sized pita (80g), carbs = 15g,
 fibre = 1g
- Regular sized bun (85g), carbs = 21g,fibre = 1g
- Saj Wrap (75g), **carbs** = 45g, **fibre** = 2g
- Rice* (405g), carbs = 47g, fibre = 0g
 *platter
- Small fries (200g) carbs = 16g, fibre = 4g

Veggies

- Veggies in regular-size wraps do not count
- Veggies in medium on the rocks-stix-veggies (227g), carbs = 7g,
 fibre = 0g
- Side of Veggies (300g), carbs = 8g, fibre = 0g
- Medium garden salad w/ feta and dressing (188g), carbs = 14g,
 fibre = 3g
- Medium Greek salad w/ dressing (160g), carbs = 12g, fibre = 3g
- Medium caesar salad w/ pita croutons and dressing (186g),
 carbs = 12g, fibre = 1g

AEN and Harveys

BURGERS ON BURGER BUN (CARBS= 29G/ FIBRE= 1G)
OR LETTUCE BUN (CARBS= <5G/ FIBRE= <5G)

CUSTOMIZABLE OPTIONS

Bun

- Lettuce bun* (100g), carbs = <5g, fibre = 5g
 *only available in some locations
- Burger bun (65g), **carbs** = 29g, **fibre** = 1g)

Toppings

- Lettuce
- Onions
- Tomato
- Dill pickles
- Cheese



Protein

- Junior beef patty (40g), carbs = 2g, fibre = 0g
- Grilled chicken or beef patty (82-104g), carbs = 1-3g, fibre = 0g
- Veggie patty (113g), carbs = 6g, fibre = 3g *high in plant protein
- Crispy chicken (133g), carbs = 18g, fibre = 1g

Condiments

- Mustard, light mayo, chipotle sauce (5g),
 carbs = 0g, fibre = 0g
- Relish (5g), carbs = 1g,
 fibre = 0g
- Ketchup (6g), carbs =
 2g, fibre = 0g



6" SANDWICHES- ALL INFORMATION IS BASED ON A 6" SUB

(CARBS= 34-51G, FIBRE= 0-3G)

CUSTOMIZABLE OPTIONS *DOUBLE NUTRITIONAL VALUES FOR 12" SUB

Breads

- Italian, multigrain, Italian herbs and cheese (65-76g), **carbs** = 34-36g, **fibre** = 0-3g
- Gluten-free (as packaged) (113g), **carbs** = 51g, **fibre** = 3g

Pickles Cheese Canadian cheddar

• Chipotle southwest, garlic aioli, green goddess, house dressing, yellow

Condiments

- mustard, peppercorn ranch (14g), carbs = 1g, fibre = 0g
- Mayo, smokey honey mustard (14g), **carbs** = 0-2g, **fibre** = 0g
- Sweet & smoky bbq, Sweet onion sauce, sweet onion teriyaki (14-18g), **carbs** = 7-9g, **fibre** = 0g

Protein

- Tuna w/ mayo (71g), carbs = 0g, fibre = 0g
- Chicken, grilled or plain strips (64-71g), carbs = 1g, fibre = 0-1g
- Cold cut combo meats, Italian BMT Meats, salami, black forest ham, turkey breast (53-64g), carbs = 2-4g, fibre = 0-1g

Veggies

Avocado

Cucumbers

Lettuce

Tomato

Black olives

Red onions

Baby spinach

Processed cheddar

Monterey cheddar

Parmesan, grated

Banana peppers

Green peppers

- Chicken strips, teriyaki glazed (85g), carbs = 4g, fibre = 0g
- Meatballs with marinara (139g), carbs = 12g, fibre = 2g
- Crispy chicken (120g), **carbs** = 23g, **fibre** = 1g

FAST FOOD

RESOURCES

For further nutrition information on the restaurants listed, please visit their websites:

A&W:

https://web.aw.ca/en/our-menu

Chipotle:

https://www.chipotle.com/nutrition-calculator

Five Guys:

https://www.fiveguys.ca/-/media/public-site/files/allergen-ingredients-and-nutrition-info/fiveguysnutrition_aug2014_can_e.ashx

Harvey's:

https://www.harveys.ca/en/nutrition.html

KFC:

https://www.kfc.ca/nutrition-and-allergy-info

McDonalds:

https://www.mcdonalds.com/ca/en-ca/about-our-food/nutrition-calculator.html

Osmow's Shawarma:

https://osmows.com/nutrition/

Papa Johns:

https://www.papajohns.com/company/nutritional-details/index.html

Quiznos:

https://www.quiznos.ca/en/wp-content/uploads/sites/3/2021/08/Nutritionals-CAN-ENG.pdf

Starbucks:

https://www.starbucks.ca/menu

Subway:

https://order.subway.com/en-CA/menunutrition/nutrition

Taco Bell:

https://www.tacobell.ca/en/nutrition/

Thai Express:

https://thaiexpress.ca/menu/

Tim Hortons:

https://www.timhortons.ca/nutrition-and-allergens

Wendys:

https://order.wendys.com/categories?site=menu