

# YOU

## When You Need a Fast Food Fix

From *YOU: On a Diet: The Owner's Manual for Waist Management*  
By Dr. Michael Roizen and Dr. Mehmet Oz



When life steers you out of the kitchen, these are your best bets at these places, which offer some decent alternatives.

	MAIN DISHES*	BEST SALAD DRESSING	BEST SIDES
Wendy's	Mandarin Chicken Salad with roasted almonds (but without the crispy noodles)	Reduced-fat creamy ranch	Plain baked potato (ask for marinara sauce to top it), mandarin orange cup, Caesar side salad without croutons, chili
McDonald's	Fruit and walnut salad Caesar salad with grilled chicken	Newman's Own Cobb dressing	Fruit and yogurt parfait
Burger King	BK Veggie Burger (without cheese) Tendergrill Chicken Sandwich (without sauce)	Ken's light Italian dressing	Side garden salad
Taco Bell	Spicy Chicken Soft Taco	Bring your own	None at this time
Arby's	Arby's Chicken Breast Fillet	Raspberry vinaigrette	None at this time
Domino's Pizza	Pizza with green pepper, onions, mushrooms with crunchy thin crust	Use your own	None at this time

\* And always ask for whole wheat buns. If not available, consider ditching the bun and eating the meat with a knife and fork.