

Low carb fast food hacks

Generally speaking, the Low Carb Program focuses on whole unprocessed foods, but sometimes when you're in a pinch or want a treat, it can be useful to know what low carb options are available for you out and about. We've pulled together some hacks to help you eat low carb at popular fast food chains.

MCDONALD'S (Nutritional values per serving)



SAUSAGE & EGG MCMUFFIN
(ask for no muffin)

292 kcal | **Carbs 3g**

Total Fat 23g | Protein 20g



GRILLED CHICKEN SALAD
(no dressing)

133 kcal | **Carbs 4g**

Total Fat 4g | Protein 20g



BIG MAC BURGER
(ask for no bun)

295 kcal | **Carbs 5g**

Total Fat 22g | Protein 19g



BIG TASTY BURGER
(ask for no bun)

570 kcal | **Carbs 9g**

Total Fat 42g | Protein 37g



CHICKEN LEGEND
(ask for no roll)

309 kcal | **Carbs 14g**

Total Fat 19g | Protein 20g



VEGETABLE DELUXE
(ask for no bun)

216 kcal | **Carbs 23g**

Total Fat 11g | Protein 4g

TOP TIPS

1. Choose any burger without the bun to reduce the carbs in your meal
2. Avoid carb heavy breakfasts such as pancakes, porridge and hash browns
3. Double up on burger and muffin fillings or pair with a salad to make a more filling meal

KFC (Nutritional values per serving)



HOT WINGS (1 wing)

85 kcal | **Carbs 3g**
Total Fat 6g | Protein 5g



MINI FILLET (ask for no bun)

130 kcal | **Carbs 6g**
Total Fat 6g | Protein 14g



SMALL POPCORN CHICKEN

135 kcal | **Carbs 8g**
Total Fat 8g | Protein 8g



REGULAR COLESLAW

160 kcal | **Carbs 8g**
Total Fat 13g | Protein 1g



ZINGER SALAD

380 kcal | **Carbs 25g**
Total Fat 20g | Protein 23g



FILLET SALAD

405 kcal | **Carbs 26g**
Total Fat 21g | Protein 27g

TOP TIPS

1. Build your own salad by ordering a side of Hot Wings and a plain salad
2. High carb sides such as fries, onion rings and corn on the cob are best avoided
3. Be aware that KFC's chicken is cooked in a coating which means it is higher in carbs than uncoated plain chicken
4. If you are struggling to find any chicken that is low enough in carbs, one option is to pick off the coating and enjoy the chicken plain

BURGER KING (Nutritional values per serving)



BACON CROISSAN'WICH
(ask for no Croissan'wich bun)

190 kcal | **Carbs 3g**
Total Fat 14g | Protein 14g



DOUBLE CHEESEBURGER
(ask for no bun)

290 kcal | **Carbs 4g**
Total Fat 20g | Protein 23g



ANGUS CLASSIC BURGER
(ask for no bun)

410 kcal | **Carbs 10g**
Total Fat 27g | Protein 33g



MOZZARELLA STICKS
(3 pack)

210 kcal | **Carbs 13g**
Total Fat 13g | Protein 9g



CHICKEN ROYALE
(ask for no bun)

240 kcal | **Carbs 15g**
Total Fat 13g | Protein 15g



KING FISH BURGER
(ask for no bun)

280 kcal | **Carbs 18g**
Total Fat 18g | Protein 12g

TOP TIPS

1. Avoid the carb heavy pancakes and porridge for breakfast
2. Watch out for higher carb Veggie Bean Burger filling



SPICY ITALIAN SALAD

314 kcal | **Carbs 8g**
Total Fat 25g | Protein 14g



TUNA SALAD

187 kcal | **Carbs 9g**
Total Fat 10g | Protein 14g



CHICKEN BREAST SALAD

137 kcal | **Carbs 9g**
Total Fat 2g | Protein 19g



VEGGIE PATTY SALAD

212 kcal | **Carbs 14g**
Total Fat 9g | Protein 14g

TOP TIPS

1. Avoid Subway's sandwiches and wraps which are loaded with carbs
2. Sauces can be a sneaky source of carbs. For example, Subway's Sweet Chilli Sauce contains 11.2g carbs per serving, and their Barbecue sauce contains 9.3g carbs per serving
3. All of the salads on their menu contain less than 15g of carbs per portion, except the Meatball Marinara salad which contains the most carbs at 19.1g carbs per portion