
Healthiest Fast Food Options

Even if you're not a gym rat, you're probably being a bit more mindful of the food you eat right now. After all, it's time for the shirtless holiday season, which means Gay Pride events, days at the beach, pool parties, barbecues and other outings where skin starts showing.

But what happens when you mix low-carb, lean-protean diets with alcohol? Or what about road trips where snacks run out or you forgot to pack a healthy alternative?

We often turn to fast food. It's easy to find, cheap, and definitely a yummy break—especially if you're craving something special. But don't fret about what to get, because many fast food establishments have some healthy and satisfying options on the menu.

To help summer travelers stay healthy, nutritional supplement company [SurgeX](#) has put together some helpful Fast Food Tips with their Chief Science Officer Carl Germano (RD, CNS, CDN) on the healthiest meals at some popular fast foods joints so that no matter where you are, you will always have options.

McDonald's for breakfast

Instead of: Sausage Egg McMuffin (450 calories)
Try: Fresh Fruit and Nut Oatmeal (290 calories) or Yogurt Parfait (160 calories)

Dunkin' Doughnuts for breakfast

Instead of: Sausage Egg and Cheese on a Croissant (690 calories)
Try: Egg White Veggie Wake-up Wrap (150 calories)

Wendy's for lunch

Instead of: Premium Fish Fillet Sandwich (500 calories)

Try: Ultimate Chicken Grill Sandwich (370 calories) or a Grill Chicken Go Wrap (260 calories)

Burger King for lunch

Instead of: Whopper Hamburger with Cheese (710 calories)
Try: Tender Grill Chicken Sandwich (470 calories) or Veggie Burger (410 calories)

Convenience Store for snacks

Instead of: Potato Chips (avg. 140 – 250 calories)
Try: Smartfood Popcorn (100 calories)

Don't forget, packing snacks like string cheese, nuts or beef jerky can help curb those cravings until you're able to hit your next healthy meal and skip that drive-thru altogether.

[Visit SurgeX](#) for info on workout supplements and more.

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