

# Fast Food Carbohydrates

## Burger King

Hamburger = 2 (28 g)  
Cheeseburger = 2 (28 g)  
Med. French Fries = 3 (43 g)  
French Toast Sticks = 4 (60 g)  
Hash Browns = (25 g)  
Biscuit w/Sausage = (41 g)  
Chick Tend 4 Piece = (10 g)

## Dairy Queen

Hamburger = 2  
Cheeseburger = 2  
Hot Dog = 1 1/3  
Small Fries = 2  
Child's Vanilla cone = (22 g)  
Small Vanilla cone = 2 1/2  
Yogurt = Ice Cream  
Chick Strip Basket = (88 g)

## Hardee's

Hamburger = 2  
Cheeseburger 2 1/4  
Mashed Potatoes = 1  
Small Fries = 2  
Vanilla Cone = 2

## Kentucky Fried Chicken

Original Recipe breast = 1  
Original Recipe drumstick = (4 g)  
All Tender Roast/Honey Roast = 0  
Extra Crispy breast = (25 g)  
Extra Crispy drumstick = 1/2  
3 Crispy Strips = (10 g)  
Potato Wedges = 2  
Mashed Potatoes w/gravy = 1  
Macaroni & Cheese = (21 g)  
BBQ Baked Beans = 2  
1 Biscuit = 1 1/3 (20 g)  
Cole Slaw = (21 g)

## Long John Silvers

Batter Dipped Fish = (12 g)  
Batter Dip Chick = (11 g)  
Fries = 2  
Cole Slaw = (20 g)  
Baked Potato = 3 1/3 (50 g)  
Hush Puppy = (9 g)

## Domino's

1 of 8 = 25 g.  
1 of 10 = 24 g.  
1 of 12 = 22 g.

## McDonald's

Hamburg = 2 1/4 (34 g)  
Cheeseburg = 2 1/4 (35 g)  
Small Fries = 1 3/4 (26 g)  
Hash Browns = 1  
English Muffin = (25 g)  
Cheerios = 1  
Biscuit = 2  
Vanilla Cone = (23 g)  
Cookies = 2  
4 Chicken Nug = (10 g)

## Pizza Hut

Thin slice = 1 1/2 (22 g)  
Hand Tossed slice = 2  
Pan slice = 2  
1 Garlic bread slice = 1  
1 Breadstick = 1 1/3 (20 g)  
Dipping Sauce = 1/3 (5 g)

## Taco Bell

Burr Supr = 3 1/3 (50 g)  
Mex Pizza = (41 g)  
Taco = 3/4 (11 g)  
Nachos = 2 1/4 (34 g)  
Mild Sauce = 0

## Wendy's

Jr. Hamb/Cheesb = (34 g)  
1/4 Jr. Hamb. = 1/2  
Small Fries = 2 1/3 (35 g)  
Broc. & Che Pot = 5 (80 g)  
Small Frosty = 3 3/4 (56 g)  
4 Chicken Nug = 1/3 (5 g)

