

Jeanne Cullen's Tips for Diabetes-Friendly Fast Food

Cheeseburger and French Fries

Let's make the All-American Cheeseburger. Use extra lean ground beef or ground turkey, add a slice of Kraft 2% milk reduced-fat cheddar cheese, top it off with lettuce, tomato, roasted pepper, onion and serve it on a whole grain bun.

Ever try a veggie burger? These are very good, so don't knock them until you have tried one. The brands that I like best are Boca® burger and Gardenburger®. You can put the same toppings on these.



Average fast food Quarter Pounder® with cheese	Homemade extra lean quarter pound burger with low fat cheese on whole grain bun**	Gardenburger® with low fat cheese on whole grain bun**
Calories: 530	Calories: 430	Calories: 340
Fat: 30 grams	Fat: 15 grams	Fat: 7 grams
Saturated fat: 13 grams	Saturated fat: 6 grams	Saturated fat: 4 grams
Carbohydrate: 38 grams	Carbohydrate: 40 grams	Carbohydrate: 47 grams
Fiber: 0	Fiber: 4 grams	Fiber: 8 grams
Sodium: 1,310 mg	Sodium: 730 mg	Sodium: 900 mg

**Food composition will vary depending on ingredients and recipe used.

You can make delicious baked fries in 30 minutes. Start with a 450° oven. You can use any type of potato. Cut it in half lengthwise, and then cut each half into 6 even size wedges. Put them in a bowl and drizzle with olive oil. Add salt and pepper to taste. Now you can get creative and add spices that you like, such as paprika, garlic powder, rosemary or cumin. Toss the wedges in the bowl, using tongs, so they are evenly coated with oil and spices, and then put them on a cookie tray that has been sprayed with Pam®.

Average fast food fries, medium size serving (about 4 oz.)	Oven baked fries using a 4 ounce potato, 1 tsp. olive oil, pinch of salt**
Calories: 365 - 450	Calories: 130
Fat: 18 - 22 grams	Fat: 4.5 grams
Saturated fat: 4 grams	Saturated fat: 0
Carbohydrate: 46 - 57 grams	Carbohydrate: 20 grams
Sodium: 290 mg	Sodium: 72 mg

**Food composition will vary depending on ingredients and recipe used.