

No Guilt! The 5 Healthiest Fast Foods

If you have a weakness for fast food, you don't have to give it ALL up. You just have to know what to choose, since most of the menu items are packed with sodium, fat and calories.

Why does fast food make us fat? It's not just the calories!

According to nutrition expert Gloria Tsang, founder of HealthCastle.com, here are the top best five fast food menu items, all of which are reasonably healthy and have 400 calories or less:

1. Subway

Check out the "6 Grams of Fat or Less Menu" for tasty options like Sweet Onion Chicken Teriyaki. But stick to the "6 grams of fat" formula. Adding sauces, mayonnaise, oil or cheese will ratchet up the calories and fat. If you're looking for extras, load your sandwich with fresh veggie toppings.

2. Wendy's

With a number of salad options, Wendy's can help you load up on greens. But use as little of the dressing packet as you can, and pass up the extras, such as the crispy noodles and almonds on the Mandarin Chicken Salad.

3. McDonald's

For a snack, choose the Fruit and Yogurt Parfait or the Caesar salad with balsamic vinaigrette instead of Caesar dressing. For a meal, go for the Premium Grilled Chicken Classic Sandwich with no mayonnaise to slide in under 400 calories. Or, you can satisfy your burger craving with a plain hamburger matched with a side salad instead of fries.

Find out how far you have to walk to shake off the 1,411 calories after eating a Big Mac, french fries, and a milkshake.

4. KFC

The Tender Roast Sandwich comes in at 400 calories, and you can save 100 calories more by opting for no sauce. For a better-rounded meal, go for a grilled chicken breast with a serving of three-bean salad and a small ear of corn on the cob.

5. Pizza Hut

If only pizza will do, make sure you order a thin crust, skip the extra meats and cheese, and load up on veggies. Pizza Hut's Thin 'N Crispy Veggie Lover's Pizza fits the bill. Just make sure to stop at two slices.

Find out the top 10 fast food restaurants worldwide from Alaska to Argentina.

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- McDonald's
- Burger King
- Wendy's
- KFC
- Subway
- Pizza Hut
- Our local pizzeria
- In-N-Out Burger
- Jack in the Box
- White Castle
- Taco Bell
- Dairy Queen
- I really don't like fast food!

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