

I have created this list of selected items from Hardee's for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
<b>Sandwiches</b>					
Small Hamburger	310	15	n/a	500	10
<b>Sides</b>					
Natural-Cut French Fries - Kids	200	9	n/a	450	2
Side Salad (no dressing)	120	7	n/a	160	2
<b>Fried Chicken &amp; Sides</b>					
Fried Chicken Leg	170	7	n/a	570	0
Cole Slaw (small = 1 serving)	170	10	n/a	140	2
Mashed Potatoes (small = 1 serving)	90	2	n/a	410	0

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