

I have created this list of selected items from Chick-fil-A for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 650 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
Classics					
Chick-n-Strips: 1-count in Kids Meal	120	6	0	410	0
Salads					
Chargrilled & Fruit Salad	230	6	0	650	4
Chargrilled Chicken Garden Salad	180	6	0	650	4
Harvest Nut Granola	60	2	0	10	2
Dressings & Sauces					
Barbecue Sauce	45	0	0	180	0
Fat Free Honey Mustard Dressing	60	0	0	210	1
Honey Mustard Sauce	45	0	0	150	0
Side Items					
Fruit Cup - Large	100	0	0	0	3
Fruit Cup - Medium	70	0	0	0	2
Fruit Cup - Small	50	0	0	0	1
Side Salad	70	4.5	0	110	2

Nutrition information for Chick-fil-A is © 2010 CFA Properties, Inc.. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://www.chick-fil-a.com/?#nutritiondata>