

I have created this list of selected items from Jack in the Box 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)
Salads					
Grilled Chicken Salad	250	9	0	660	4
Snacks and Sides					
Taco (1 Taco)	190	11	0	320	2
Egg Roll (1 pc.)	150	7	0	320	2
French Fries (small)	330	15	0	610	3

Nutrition information for Jack in the Box is © 2013 Jack in the Box, Inc.. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://www.jackinthebox.com/>