

The Trucker's Guide to Fast-Food #2

Doing Lunch at Dunkin' Donuts

America runs on Dunkin's, but hopefully you have a better diet than that.

Here are some healthier options at America's (second) most popular donut shop.

Egg & Cheese on English Muffin

To be completely honest, this sandwich is probably the healthiest option no matter where you go. So even if you aren't at Dunkin' Donuts you can feel safe ordering this. This item has 240 calories, 7 grams of fat, 7 grams of fiber, and 12 grams of protein.

Egg White Veggie Flatbread

If you're looking for something more filling, try the Egg White Veggie Flatbread! This item has 280 calories, 10 grams of fat, 4 grams of fiber, and 15 grams of protein.

Oatmeal w/ Fruit Topping

Dried fruit isn't actually all that healthy for you, so ordering this without it is probably the best option you have. It's still the healthiest topping out of those offered though. This item has 270 calories, 4 grams of fat, 6 grams of fiber, and 7 grams of protein.

Whole Wheat Bagel (Plain)

This item has 320 calories, 2 grams of fat, 7 grams of fiber, and 13 grams of protein. Another good option would be the Multigrain Bagel, which has slightly more sodium/sugar content.



Egg White Delight McMuffin

The Egg McMuffin is a McDonald's classic, but egg yolks are filled with unwanted cholesterol. The Egg White Delight McMuffin is a much healthier alternative. This item has 250 calories, 7 grams of fat, 4 grams of fiber, and 18 grams of protein.

Snack Wrap

If you get a snack wrap, choose either chipotle or honey mustard to go with it, since ranch sauce is extremely unhealthy. Also, order it grilled since crispy chicken will just load on the calories. This item has 260 calories, 9 grams of fat, 2 grams of fiber, and 16 grams of protein.

Hamburger

It's kind of plain, but it gets the job done! If you're watching your weight, have a regular hamburger. This item has 240 calories, 8 grams of fat, 1 gram of fiber, and 12 grams of protein. For less sodium, order one without pickles.

Southwest Salad w/ Grilled Chicken

This item has 320 calories, 11 grams of fat, 7 grams of fiber, and 32 grams of protein. Sadly, this salad isn't actually available all the time. It is one of the more common premium options though. Be careful with the sauce, though.

Munching on McDonald's

McDonald's is probably the first thing you think of when you hear the words 'junk food', but some of its meal options are actually somewhat healthy! Take a look.



French Fry Hack

Ask for your fries without salt. Since McDonald's salted fries are default, your fries will have to be made fresh. Also, less salt's always better for you.