

How Nutritionists Eat Fast Food

Their favorite on-the-go meals (that are still healthy!)

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Blimpie: Turkey and Provolone Sandwich

"This sandwich on wheat bread is a great lower-calorie lunch option any day of the week," says Nola Krieg, research and development chef for Kahala Corp., which runs Blimpie and other national chains (more on those later). "The turkey meat is sliced in front of you so you know it's quality, fresh meat—a good source of protein. The sandwich also comes with lettuce, tomatoes, and onions, and I always think it's a good idea to pile your favorite veggies on any sandwich."

Her favorite trick for kicking up flavor: Extra pickles, which add taste without a bunch of fat or calories.

Nutrition info: 380 cal, 27 g pro, 45 g carbs, 6 g fiber, 10 g fat, 4.5 g sat fat, 45 mg chol, 1,950 mg sodium