

TO LIVE LONGER, CHOOSE WISELY

SALTY, FATTY, HIGH-CALORIE FOODS CAN RUIN YOUR HEALTH. TRY THESE SMART ALTERNATIVES AT POPULAR CHAINS. BY DIANA KELLY



STARBUCKS

Craving that venti pumpkin spice latte? That'll cost you 470 calories and 15 grams of fat. Next time, try a **skinny grande peppermint mocha**—just 130 calories and 1.5 grams of fat.

MCDONALD'S

The Southwest Crispy Chicken McWrap may sound healthy, but it contains **670 calories** and **33 grams of fat**. Do you really want fries with that?



HEALTHY SWAP:

You're better off ordering a regular **McDonald's Cheeseburger**, with a more reasonable **300 calories** and **12 grams of fat**.



CHIPOTLE

BETTER CHOICE

Steak burrito with black beans, rice, cheese, sour cream, chile-corn salsa

Calories **1,115**
Fat **41 g**
Saturated fat **15 g**
Sodium **2,695 mg**

Three soft corn tortilla tacos with steak, lettuce, tomato salsa

Calories **425**
Fat **7.5 g**
Saturated fat **2 g**
Sodium **840 mg**

Pass on the sour cream and cheese and choose toppings like tomato and fresh salsa verde, advises Mexican American dietitian Marina Chaparro.

TACO BELL

BETTER CHOICE

Fiesta Taco Salad with Beef

Calories **780**
Fat **42 g**
Saturated fat **10 g**
Sodium **1,590 mg**

Gordita Supreme Chicken

Calories **270**
Fat **9 g**
Saturated fat **3.5 g**
Sodium **530 mg**

As you can see, ordering a salad isn't always the healthier choice. This taco salad comes with a fried tortilla, rice and a load of extra toppings.

SUBWAY

BETTER CHOICE

Chili con Carne

Calories **350**
Fat **24 g**
Saturated fat **10 g**
Sodium **730 mg**

Minestrone

Calories **90**
Fat **1 g**
Saturated fat **0 g**
Sodium **740 mg**

"There's really nothing healthy about this cup of chili," Chaparro says. And beware of tempting hot sandwiches dripping with melted cheese!

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