



Real answers and resources for life after diagnosis

The Diabetes Fast Food Cheat Sheet

Best low-carb, high-protein swaps at the chains you actually visit. Numbers are approximate — always check the chain's app.

THE 5 RULES THAT WORK AT ANY CHAIN

1. Skip the sugary drink (the #1 win) • 2. Grilled, never fried • 3. Ditch the bun / lettuce-wrap
4. Lead with protein + veggies • 5. Check the app for carb counts before ordering

McDonald's

Instead of...	Order this	Carb	Protein	Sugar	Fat
Big Mac	Quarter Pounder, no bun	~3g	~24g	~1g	~20g
Hotcakes	Egg McMuffin, no muffin	~3g	~12g	~1g	~12g
Large fries	Side salad + grilled chicken	~10g	~30g	~4g	~8g

Chick-fil-A

Instead of...	Order this	Carb	Protein	Sugar	Fat
Chicken sandwich	8-ct Grilled Nuggets	~1g	~25g	~0g	~3g
Waffle fries	Grilled sandwich, no bun	~5g	~28g	~2g	~4g

Subway

Instead of...	Order this	Carb	Protein	Sugar	Fat
Footlong on white	Steak & cheese Protein Bowl	~12g	~42g	low	~19g
Cookies add-on	Hard-boiled egg	~1g	~6g	0g	~5g

Panera Bread

Instead of...	Order this	Carb	Protein	Sugar	Fat
Bread bowl soup	Cup of soup, no bread bowl	11-24g	varies	low	varies
Mediterranean sandwich	Caesar + chicken, no croutons	~7g	~32g	low	~25g
Salad w/ baguette	Greek + chicken, dressing side	~12g	~28g	low	~35g

Chipotle

Instead of...	Order this	Carb	Protein	Sugar	Fat
Burrito	Bowl: protein + veggies + salsa, no rice	~15g	~30g+	low	varies
Chips & guac	Guac on the bowl (skip chips)	low	~2g	0g	~22g

Starbucks / Dunkin'

Instead of...	Order this	Carb	Protein	Sugar	Fat
Caramel Frappuccino	Iced coffee, unsweetened	~3-5g	—	low	—
Flavored latte	Latte, sugar-free syrup	~10-12g	~8g	low	varies
Muffin / pastry	Egg bites or protein box	~9g	~12g	low	varies

Wendy's / Shake Shack (burgers)

Instead of...	Order this	Carb	Protein	Sugar	Fat
Baconator combo	Single patty, lettuce-wrapped	~10g	~25g	~5g	~20g
Fries	Side salad or small chili	15-20g	~15g	low	varies

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Disclaimer: General educational information only — not medical or nutrition advice. Numbers are approximate and vary by location and customization; there is no single ideal carb target. Always check the chain's current nutrition data and work with your own care team. If you are experiencing a medical emergency, call 911.