

Fast Food Facts

Quite often our patients tell us – I do okay on my food choices at home but I eat out every day at work, or – If I had more time I wouldn't have to go by the drive-thru to get dinner 3 days a week! We tend to scold these patients and they get frustrated. Since we at DIABETES IN CONTROL work with patients on a daily basis we know exactly how you feel. So we have decided to help. Each week we will bring you nutritional information on your patients favorite "fast foods". To see this weeks selections [click here](#).

This Week: KFC and Popeye's

KFC – please note the differences based on the type of coating:

KFC: original

Food	Portion	Calories	Carbs	Protein	Fat
Breast	1 piece	400	16	29	24
Leg	1 piece	140	4	13	9
Thigh	1 piece	250	6	16	18
Wing	1 piece	140	5	9	10

KFC: Extra Crispy

Food	Portion	Calories	Carbs	Protein	Fat
Breast	1 piece	470	17	39	28
Leg	1 piece	195	7	15	12
Thigh	1 piece	380	14	21	27
Wing	1 piece	220	10	10	15

Popeye's

Food	Portion	Calories	Carbs	Protein	Fat
Breast	1 piece	270	9	23	16
Leg	1 piece	120	4	10	7
Thigh	1 piece	300	9	15	23
Wing	1 piece	160	7	9	11

KFC-Side orders and others

Food	Portion	Calories	Carbs	Prot	Fat
Potatoes w/gravy	5 oz	120	17	1	6
Potato Wedges	5 oz	280	28	5	13
Cole Slaw	5 oz	232	26	2	14
Biscuit	1 piece	180	20	4	14
Baked Beans	5.5 oz	190	33	6	3
Popcorn Chicken	6 oz	620	36	30	40

Popeye's- Side orders and others

Food	Portion	Calories	Carbs	Prot	Fat
Potatoes w/gravy	4oz	100	11	5	6
Cajun Rice	4 oz	150	17	10	5
Cole Slaw	4 oz	149	14	1	11
Biscuit	1 piece	250	26	4	15
Red Bean And Rice	6 oz	270	30	8	17
Nuggets	4 oz	410	18	17	32
Shrimp	3 oz	250	13	16	16