

I have created this list of selected items from Jack in the Box for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
Burgers					
Hamburger	290	12	1	570	1
Salads					
Grilled Chicken Salad	240	8	0	650	5
Side Salad	20	0	0	10	2
Snacks and Sides					
Beef Taco	180	10	0	270	2
Egg Roll (1 pc.)	150	7	0	320	2
French Fries (small)	290	13	0	530	3
Fruit Cup	50	0	0	10	1
Pita Snack, Steak	350	16	0	640	3

Nutrition information for Jack in the Box is © 2010 Jack in the Box, Inc.. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View the complete nutrition information at <http://www.jackinthebox.com/>