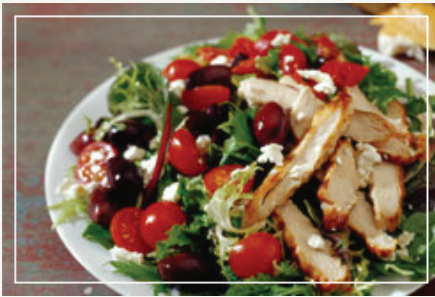


Zagat's 2009 list names top 5 fast food salads

June 10, 5:10 PM

By Liz Kelly, Examiner.com

Zagat, the well-known name in restaurant surveys, has just released the results of a comprehensive fast food survey. Luckily for those seeking healthier options, it's not all burgers and fries. The Zagat's 2009 fast food survey also had at least one category for diners seeking a lower fat option: Best Salads.



#4) Au Bon Pain

The cafe-style franchise gets points not just for its diverse salad choices, but also for the sheer number of healthy salad dressing options. Fat free raspberry vinaigrette, pomegranate vinaigrette, and sesame ginger are just a few. AuBon Pain has several choices especially for vegans, too.

Salad standouts that likely impressed the Zagat folks for 2009 include a Chickpea and Tomato Cucumber Salad, a Salmon Nicoise, and a Thai Peanut Chicken Salad. Be careful of the calorie count, though: some of these salads are huge!

The 2009 Zagat survey polled more than 6,000 people, all of whom eat an average of 6.3 times a month at fast food restaurants (well, well beyond what most nutritionists recommend, which ranges from never to once or twice a month). Zagat reported that the participants ate a total of 806,000 restaurant meals this past year.

Let's hope most of those were salads.