

L.A. Parent™

411

2009 • FREE

A Family Guide to L.A.

Where to go...

Destinations

What to do...

Activities

How to do it...

Information

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kids' menu includes nachos, "Mariachi-roni & cheese," quesadillas, chicken tenders, pizzas and make-your-own fajitas. Get one free kid's meal for ages 12 and under with every adult meal purchased.

Coco's: www.cocosbakery.com

Marie Calendar's: www.mcpies.com

Sharky's Woodfired Mexican Grill:
www.sharkys.com

Thursdays

Carrow's: www.carrows.com

Marie Calendar's: www.mcpies.com

Sharky's Woodfired Mexican Grill:
www.sharkys.com

Fridays

Sharky's Woodfired Mexican Grill:
www.sharkys.com

Saturdays

Sharky's Woodfired Mexican Grill:
www.sharkys.com

Fast Food – Good, Bad and Not-So-Awful

BY JACKIE KELLER

Many fast food chains post nutritional information on their Web sites. If you frequent a favorite chain and often choose certain menu items, you may be amazed by the calories, saturated fats and sodium you are consuming.

According to The Center for Science in the Public Interest, soft drinks are the single biggest source of calories in the American diet. One 32-oz big gulp with non-diet cola packs about 425 calories, so one Big Gulp can quickly gulp up a big portion of your daily calorie intake.

McDonald's

Best Breakfast: Egg McMuffin (300 calories, 12g fat)

Worst Breakfast: Big breakfast with large-size biscuit (740 calories, 48g fat)

Best Entrée: Hamburger (250 calories, 9g fat) or Asian Salad w/Grilled Chicken & Newman's Own low-fat sesame ginger dressing (180 calories, 12.5g fat)

Worst Entrée: Double quarter pounder w/cheese (740 calories, 42g fat)

Burger King

Best Breakfast: Croissan'wich Egg & Cheese (300 calories, 17g fat)

Worst Breakfast: Sausage, Egg & Cheese Biscuit (530 calories, 37g fat)

Best Entrée: Original Whopper Jr., w/o mayo, w/Garden Salad (365 calories, 12g fat)

Worst Entrée: Triple Whopper w/cheese and mayo (1,230 calories, 82g fat)

Taco Bell

Best Entrée: Ranchero Chicken Soft Taco (170 calories, 4g fat)

Worst Entrée: Zesty Chicken Border Bowl (640 calories, 35g fat)

Jack in the Box

Best Breakfast: Breakfast Jack (290 calories, 12g fat)

Worst Breakfast: Sausage, Egg & Cheese Biscuit (740 calories, 55g fat)

Best Entrée: Chicken Fajita Pita w/side salad & Fire Roasted Salsa (335 calories, 12g fat)

Worst Entrée: Chipotle Chicken Ciabatta w/Grilled Chicken & Medium Natural Cut Fries (1,140 calories, 51g fat)

Wendy's

Best Entrée: Wendy's Jr. Hamburger (220 calories, 8g fat)

Worst Entrée: Baconator (830 calories, 51g fat)

KFC

Best Entrée: Roasted Chicken Caesar Salad (190 calories, 6g fat) or Honey BBQ

KFC Snacker (210 calories, 3g fat)

Worst Entrée: KFC Famous Bowl with Mashed Potato w/Gravy (740 calories, 35g fat)

Carl's Jr.

Best Breakfast: French Toast Dips (430 calories, 18g fat)

Worst Breakfast: Breakfast Burger (830 calories, 47g fat)

Best Entrée: Charbroiled BBQ Chicken Sandwich (360 calories, 4.5g fat)

Worst Entrée: Charbroiled Santa Fe Chicken Sandwich (600 calories, 32g fat)

Subway

Best Breakfast: Cheese Breakfast Sandwich (420 calories, 18g fat)

Worst Breakfast: Chiptole Steak & Cheese Breakfast Sandwich (600 calories, 32g fat)

Best Entrée: Roast Turkey Sub on Wheat, no mayo (280 calories, 4.5g fat)

Worst Entrée: Double meat Meatball Marinara Sub (860 calories, 42g fat)

Quiznos

Best Entree: Small Honey Bourbon Chicken on Wheat Bread (310 calories, 4g fat)

Worst Entree: Prime Rib Cheesesteak (1090 calories, 64g fat)

Baja Fresh

Best Entree: Mahi Mahi Tacos (230 calories, 9g fat)

Worst Entree: Chicken Tostada (1140 calories, 55g fat) or Carnitas Fajitas w/flour tortillas (1190 calories, 43g fat)

Jackie Keller is a nutrition expert, wellness coach, and author of the Amazon Top 100 Body After Baby. She is also founder of NutriFit (www.nutrifitonline.com), home meal delivery service.

Farmers' Markets

BY KAT KITTREDGE

We love our fruits and veggies here in the Southland. And no matter where you live, you can find a farmers' market not far away, most days of the week.

San Fernando Valley

Saturdays

Burbank: East Olive Ave. and North

Glenoaks, 8 a.m.-12:30 p.m.

Chatsworth: Metrolink Station Parking Lot, Devonshire St., 8 a.m.-1 p.m.

Sundays

Encino: Victory Blvd. and White Oak, 8 a.m.-1 p.m.

Studio City: Ventura Place and Ventura Blvd., 8 a.m.-1 p.m.

Toluca Lake: 4500 N. Sancola Ave., 9:30 a.m.-2:30 p.m.

Wednesdays

Northridge: Northridge Fashion Mall, 5-9 p.m. April-October

San Gabriel Valley

Saturdays

• Duarte: Parking Lot at Huntington Dr. and Buena Vista, 9 a.m.-1 p.m.

• La Canada: Beulah Drive and Foothill Ave., 8 a.m.-Noon

• Monterey Park: Parking Lot at the Corner of Lincoln and Garvey avenues, 8 a.m.-1 p.m.

• Pasadena Villa Park: North Sierra Madre Blvd. and Paloma St., 8:30 a.m.-1 p.m.

• Silver Lake: West Sunset and Edgecliff Dr., 8 a.m.-1 p.m.

Sundays

• Alhambra: Parking Lot Monterey and E. Bay State St., 8:30 a.m.-1 p.m.

Tuesdays

• Highland Park: Marmion Way between 57th & 58th Avenues, 3-7 p.m.

• Pasadena Villa Park: East Villa St. and