



Counting Carbs?

If you are on a carb-conscious diet, you can HAVE IT YOUR WAY® and order your favorite WHOPPER® sandwich without the bun. You'll really be able to experience the great fire-grilled taste of our burgers.

Low Carb Options (each under 10g* of carbs):

- Low Carb WHOPPER® Sandwich* • (3g)
- Low Carb WHOPPER® Sandwich w/ cheese* • (5g)
- Low Carb DOUBLE WHOPPER® Sandwich* • (3g)
- Low Carb DOUBLE WHOPPER® Sandwich w/ cheese* • (5g)
- Low Carb WHOPPER JR.® Sandwich* • (1g)
- Low Carb WHOPPER JR.® Sandwich w/ cheese* • (2g)
- Low Carb BK™ Double Stacker Sandwich* (5g)
- Low Carb BK™ Triple Stacker Sandwich* (6g)
- Low Carb BK™ Quad Stacker Sandwich* (6g)



Carb-Conscious Chicken, Fish, & Veggie Choices:

- TENDERGRILL™ Chicken Garden Salad, KEN'S® Light Italian Dressing w/o Garlic Parmesan Croutons (13g)
- CHICKEN TENDERS® - 5 piece w/ Ranch dipping sauce (12g)
- CHICKEN TENDERS® - 8 piece w/o dipping sauce (18g)
- Low Carb TENDERGRILL® Chicken Sandwich • *(3g)
- Low Carb BK VEGGIE® Burger* • (19g)
- Low Carb New BK BIG FISH® * (served with lettuce and tartar sauce) (20g)

**w/o mayo, ketchup, and bun*

• served w/ lettuce, and tomato

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Carb-Conscious Tips:

- **HOLD THE BUN** - order any BURGER KING® sandwich without the bun
- **SKIP THE KETCHUP** - you'll save three grams of carbs per packet
- **AVOID SUGAR** - drink diet soft drinks or water instead of regular sodas. Use a low calorie sweetener in your coffee or tea, or drink it plain
- **GO GREEN** - order a side salad instead of fries
- **EMPHASIZE FIBER** - Keep foods made with refined flour and sugar to a minimum in your diet. Emphasize complex carbs made from whole grains, also include at least 5 servings a day of fruit and vegetables. *(Our BK VEGGIE® Burger patty is made with whole grains and veggies!)*
- **Eat the whole fruit**, instead of juice. The whole fruit has less carbs and more fiber!

For more information visit www.bk.com or call (305) 378-3535