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Title: Panera tops Top 10 Healthiest Fast Food List
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Panera tops Top 10 Healthiest Fast Food list; Chipotle, McDonald's also place

By Mark Fisher | Wednesday, March 11, 2009, 08:26 AM

The folks at [Health magazine](#) have come up with a different type of Top Ten list that at first blush, seems a bit of an oxymoron: "America's Top 10 Healthiest Fast Food Restaurants."

The magazine said its [criteria](#) included "such factors as the use of healthy fats and preparations, healthy sodium counts in entrees, availability of nutritional information, and the use of organic produce."

Panera Bread scored the top spot. The chain — which has several Dayton-area locations — won praise for whole-grain bread choices and half-size portion options and because "most of the chicken is antibiotic- and hormone-free."

ABOUT TASTE: DAYTON FOOD AND RESTAURANTS

Mark Fisher writes about restaurants, food and wine for the Dayton Daily News. If you have a news tip about a local restaurant, [email Mark](#) at or call (937) 225-2258.

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Coming in number 4 on the list was [Noodles and Company](#), which just opened its first Dayton-area restaurant at The Greene in Beavercreek. The chain was lauded for using only soybean oil for sauteing and for its varied selection of Asian, Mediterranean, or American noodle bowl options.

The [Chipotle](#) chain of Mexican restaurants placed sixth on the “healthiest” list, although the magazine cautioned diners to “go light on cheese and sour cream.” Chipotle earned kudos for “commitment to organics, hormone- and antibiotic-free meats, and produce sourced from local suppliers, which is revolutionary in a chain this big.”

And lo and behold, who should make the top-ten list in eighth place but [McDonald’s](#), which has certainly taken its lumps from nutritionists and dietitians (and documentary-makers) over the years. Health praised McDonald’s for “leading the way in overhauling its menu to offer more heart- and waist-friendly fare.”

[Einstein Bros. Bagels](#), whose web site lists two locations on Wright-Patterson Air Force Base, placed ninth.

Other top-ten chains cited by the magazine do not have southwest Ohio locations.

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