



So, You Wanna Eat Fast Food...

My best friend (no names will be given to protect the guilty) likes his fast food. He once joked that the girls at the Wendy's® drive through window saw him more than his own family did, and that some of his best reading material comes from his take-out menus. Now, you are probably wondering, why does this good friend of mine know the make and model of every delivery driver's vehicle in town? Does he not know that eating this type of food is harmful to his health? Of course he does, but he eats it for the same reasons everyone else does - fast food is cheap, it tastes good and it's convenient.

To help encourage Deltans (and my buddy) be mindful of what they are eating, I have compiled a table of common dinner fast food items and their, umm, food values (I use the term "value" very loosely). Now, I must point out (so that he doesn't litter my yard with fast food menus after he reads this column) that my best bud has taken many positive steps towards changing his behavior. He recently hired a nutritionist and at her advice he has learned how to turn on the oven and read a recipe. He also now owns a snazzy new knife set to chop up all those fruits and veggies with. These are encouraging signs that he is turning over a new leaf. Now I'll just wait for his tearful good-byes to his second family at Wendy's®.

Food	Sodium (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sugar (g)	Calories	My 5-cents Worth
A&W®							
Cheeseburger	910	24	8	3.5	10	470	Almost half the day's recommended sat. fat.
Dlx Hamburger	840	26	7	3.5	9	460	Canadian's are supposed to be reducing their trans fat intake – hard to do with 3.5g of them in one hamburger.
Grilled Chicken Sandwich	1050	13	3	1.5	10	400	You think you are doing alright by ordering a grilled chicken sandwich, that is until you see the sodium count – recommended daily sodium 1500mg, sodium in one grilled chicken sandwich 1050mg.
Chili Dog	870	18	7	1	10	310	Who would have thought that one little dog could give you so much trouble?

Food	Sodium (mg)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sugar (g)	Calories	My 2-cents Worth
Cheese Fries	470	12	3	3.5	4	310	Ouch, 310 calories for a side dish!
Lg Fries	640	17	4	4.5	6	430	Too much sodium, too much fat, too much sugar.
Burger King®							
Whopper®	1020	39	11	1.5	11	670	Over half your day's intake of saturated fat, and your day's intake of total fat!
Whopper Jr. ® with cheese	780	24	8	1	6	410	Recommended saturated fat for a day 20g., and you'll get 8 of them here.
BK® Veggie Burger	1100	16	2.5	0	8	420	You have pretty much used up your entire sodium intake, and all in one veggie burger.
Chicken Tenders (8 pc)	960	20	5	3	1	340	Think twice before you order this for your kids.
Onion Rings (lg)	690	23	8	5	7	480	Think twice before you order for yourself!
French Fries (lg)	820	28	6	6	2	500	1/4 of your day's recommended calorie intake, in one side of fries.
Dairy Queen®							
DQ Homestyle® Cheeseburger	850	17	8	0	5	340	There's nothing "HomeStyle" about this – I'm sure Mom could do better on the BBQ.
1/4 lb. FlameThrower®	1590	64	19	3	6	850	One FlameThrower® and you have had over your recommended daily intake of sodium.
Hot dog	730	14	5	0	4	240	14 grams of fat in one hot dog – that's equivalent to 14 bananas!
Grilled Chicken Sandwich	1000	16	2.5	0	4	340	High blood pressure is just around the corner if you eat this on a regular basis.

Food	Sodium (mg)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sugar (g)	Calories	My 2-cents Worth
Crispy Chicken Salad	620	20	6	2.5	9	350	Over a quarter of your day's sat. fat in one salad.
Large Fries	1040	19	4	6	1	480	With 6 grams of trans fat be sure to have a defibrillator close by.
Regular Onion Rings	740	30	6	7	7	470	Trans Fat Rings is what they should have called this menu item.
McDonald's®							
10-pc Chicken McNuggets®	1090	30	6	1.5	1	510	Watch that sodium, do you really want to waste it on 10 little chicken strips?
Filet-o-Fish®	730	21	3.5	0.2	4	410	Take a fairly healthy dish, like fish, and ruin it by coating it and deep frying it.
Cheeseburger	750	12	5	0.4	7	300	7 grams of sugar, that's almost 1 and a half tsp.
McChicken® Sandwich	800	27	4.5	0.4	5	480	You could eat one little sandwich for 480 calories, or 5.5 cups of "Birds Eye Stir Fry Japanese Style Vegetables"
Large Fries	460	28	11	3.5	1	570	I agree, they taste good, but so does a baked potato- and that only has 91 calories and less than 1 gram of fat.
Chicken Caesar Salad w/Warm Crispy Chicken	1120	18	5	1	4	370	We all knew that a chicken Caesar can be high in fat, but also close to a day's worth of sodium and almost a tsp of sugar?
Quizno's®							
Small Turkey Lite	1909	6	1	0	Not listed	334	These were the only three items that were listed on the Quizno's® website. This leads
Small Honey Bourbon Chicken	1494	6	1	0	Not listed	359	you to wonder, "Did they post the best ones?", and leave the real bad ones hidden?

Food	Sodium (mg)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sugar (g)	Calories	My 2-cents Worth
Small Sierra Smoked Turkey	1140	6	0	0	Not listed	350	Close to your days' worth of sodium, all toasted up in one small sandwich.
Subway®							
6" Chicken	1020	5	1.5	0	9	330	Not bad Subway, but let's work on the sodium!
6" Turkey Breast	1020	4.5	1.5	0	7	280	Could they bake their own turkeys to reduce the sodium and nitrates?
6" Chicken & Bacon Ranch	1400	25	10	0.5	7	530	Half of your recommended daily intake of sat. fat.
6" Meatball Marinara	1610	24	11	1	13	560	This one takes the prize – over the recommended daily intake of sodium, over half the recommended limit for sat. fat and almost 3 tsp. of sugar.
Wendy's®							
Jr. Hamburger	600	9	3.5	0.5	7	280	What's Junior about this?
Jr. Cheeseburger Deluxe	880	16	6	0.5	8	360	Drop the Junior, but keep the Deluxe when looking at these food values.
Cheeseburger, Kids Meal	820	13	6	0.5	6	320	Do you really want your kids getting 820 mg of sodium – and all in one sitting?
Ultimate Chicken Grill Sandwich	1100	7	1.5	0	10	360	Make your own at home with Mrs. Dash and save yourself 1100 mg of sodium.
Caesar Chicken Salad	895	20.5	5	0	4	324	324 calories is equivalent to 36 cups of tossed salad.
Biggie® French Fries	480	24	4	6	0	490	Biggie® is right! Biggie butt and biggie belly.
Sour Cream & Chives Baked Potatoe	55	4	2.5	0	4	320	Not bad, but forget the toppings and you have an even healthier side dish!

All food values were taken from each individual company's website.

Find out more nutrition information, as well as the best exercises you should be doing for your body, under your own trainer. Join today and not only reach your fitness goals, but crush them out of the park!