


































HIGHWAY TO HEALTH

Fast Food Update Part II

	STAY AWAY: High fat <i>and</i> high sodium content
	ONCE IN AWHILE: High fat <i>or</i> high sodium content
	EAT ME: Lower fat <i>and</i> lower sodium content

		TOTAL FAT (g)	SAT FAT (g)	CHOLES (mg)	SODIUM (mg)	PROTEIN (g)	CAL
Wendy's							
¼ lb Single		30	12	95	1180	31	560
½ lb Double		46	19	165	1460	51	780
Jr. Cheeseburger Deluxe		19	4.5	40	640	15	300
Baconator ½ lb Double		56	23	195	1810	60	910
Ultimate Chicken Grill		7	1.5	85	840	32	360
Chicken Strips		18	3.5	60	1750	28	400
Apple Pecan Chicken Salad (full size)		12	7	115	830	34	340
Chili, Small		5	2	35	780	15	170
Harvey's							
Original Hamburger		16	1	45	980	20	380
Original Cheeseburger		35	1	70	1130	25	460
Grilled Chicken		5.0	1	80	810	28	290
Crispy Chicken		16	1	50	1320	29	470
Chicken Strips (3)		15	1	45	780	20	320
Grilled Chicken Salad		3	1	80	550	30	170
Onion rings (regular)		15	6	0	790	3	270
Arby's							
Roast Beef Classic		14	5	60	970	23	360
Roast Beef Mid		21	8	95	1420	34	460
Farmhouse Salad (Turkey)		7	0	60	780	23	230
Angus 3 Cheese & Bacon		30	11	120	2220	47	630
Grand Turkey Club		24	8	70	1610	31	480
Cravin' Chicken (Crispy)		22	3.5	50	1110	27	500
Chicken Tenders (3)		17	2.5	45	1430	36	600
Onion rings (5)		7	0	60	780	23	230
A & W							
Papa Burger		39	14	145	1350	40	690
Hamburger		19	6	55	860	21	380
Cheeseburger		21	7	70	1040	23	420
Original Bacon Cheeseburger		30	10	90	1160	26	530
Grilled Chicken Sandwich		15	3	90	820	35	400
Crispy Chicken Sandwich		25	4.5	65	1130	30	550
Chicken Strips (3)		29	5	55	1050	28	500

Arby's. (2013). Arby's nutrition and allergen information U.S. Retrieved from <http://cds.arbys.com>

A & W. (2010). Nutrition guide. Retrieved from <https://www.awrestaurants.com>

Harvey's. (2010). Harvey's nutrition guide. Retrieved from <http://harveys.ca/>

Wendy's. (2014). Nutrition information. Retrieve from <http://www.wendys.ca/>