

## A COMPARISON OF SELECTED FAST FOODS

(Based on Approximate calorie/fat content)

**Fewer Calories/Less Fat**

**More Calories/More Fat**

Arby's Garden Salad w/ Low Calorie Dressing (138/8g)	Arby's Baked Potato, Plain (240/2g)	Arby's Light Roast Chicken Deluxe (253/5g)	Burger King Whopper Jr. (322/17g)	Arby's Beef & Cheddar (453/23.4g)	Burger King Whopper (621/36g)
Chick-Fil-A Hearty Breast of Chicken Soup (152/2.7g)	Hardee's Chef Salad (240/15g)	Burger King Chicken Tenders (236/13g)	Dairy Queen Hot Dog w/Chili (320/19g)	Burger King Ham & Cheese Specialty Sandwich (471/23g)	Dairy Queen Super Hot Dog (555/32.5g)
Long John Silver's Chicken Plank (120/6g)	Jack-In-The-Box Taco (191/11g)	Burger King Side Salad w/House Dressing (280/26g)	Domino's Cheese Pizza 2 Slices, 12" (340/6g)	Chick-Fil-A Chicken Sandwich (426/8.8)	Hardee's Mushroom + Swiss Burger (490/27g)
McDonald's Chunky Chicken Salad (150-4g)	Long John Silver's Ocean Chef Salad (250/9g)	Dairy Queen Hot Dog (280/16g)	Hardee's Cheeseburger (320/14g)	Hardee's Turkey Club Sandwich (390/16g)	Jack-In-The-Box Jumbo Jack (584/26g)
McDonald's Scrambled Eggs (140/10g)	Long John Silver's Seafood Salad (220/9g)	Jack-In-The-Box Chicken Fajita Pita (292/8g)	Hardee's Regular Roast Beef (310/12g)	Long John Silver's Fish Sandwich w/Tartar Sauce (450/19g)	Kentucky Fried Chicken Original Recipe 2 Piece Dinner (838/45g)
Shakey's Thin Cheese Pizza, 1 Slice (133/8g)	McDonald's Chicken Salad Oriental (164/3g)	Kentucky Fried Chicken Nuggets (276/17g)	Kentucky Fried Chicken Extra Tasty Crispy Center Breast (342/20g)	McDonald's Fillet of Fish (370/18g)	Long John Silver's Fish & Fries, 2 Pieces (660/30g)
Taco Bell Chicken Salad (125/8g)	Subway Small Turkey Salad (167/9g)	Kentucky Fried Chicken Original Recipe Side Breast (267/16g)	McDonald's McLean Deluxe (320/10g)	McDonald's Quarter Pounder (410/20g)	McDonald's Big Mac (500/26g)
	Taco Bell Taco (183/10.8g)	McDonald's Egg McMuffin (280/11g)	Taco Bell Taco Bellgrande (335/23g)	Pizza Hut Thin & Crispy Cheese Pizza, 2 Slices, Med. (398/17g)	Pizza Hut Super Supreme Pan Pizza 2 Slices, Med. (563/26g)
	Taco Bell Tostada (243/11g)	McDonald's Hamburger (255/9g)	Wendy's Grilled Chicken Sandwich (320/9g)	Taco Bell Bean Burrito (447/14g)	Taco Bell Burrito Supreme (503/22g)
		Taco Bell Beef Tostado (243/11g)		Taco Bell Combination Burrito (407/19g)	Wendy's Big Classic Double (750/45g)
		Wendy's Plain Baked Potato (270/0g)		Wendy's Chicken Sandwich, Fried (430/19g)	Wendy's Chili and Cheese Potato (500/18g)
		Wendy's Regular Chili (260/8g)			Wendy's Taco Salad (660/37g)