

Wraps: Light Lunch Option or Devil in Disguise?

Wraps Nutrition Comparison

As with all *EN* comparisons, this is only a sampling of what's available. Products are listed alphabetically. ✓ = *EN's* Picks. Picks contain between 200 and 425 calories (10-21% DV), and no more than 14 g of fat (21% DV), 4 g of saturated fat (18% DV), 3 g of fiber (12% DV), and 850 mg of sodium (35% DV).

Wraps (based on 1 wrap, unless indicated)	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Fiber (g)	Sodium (mg)	Protein (g)
RESTAURANT WRAPS							
Au Bon Pain Angus Steak Teriyaki Hot Wrap	383	630	16	4	5	1450	24
Au Bon Pain Chicken BLT Wrap	361	690	33	10	5	1710	40
Au Bon Pain Southwest Tuna Wrap	395	780	41	14	6	1620	39
Au Bon Pain Thai Peanut Chicken Wrap	361	530	15	2	6	1340	30
D'Angelo Chicken Honey Dijon Wrap	355	620	22	8	4	1410	44
D'Angelo Greek Wrap	489	910	64	14	6	2000	21
D'Angelo Salami & Cheese Wrap	197	640	38	12	3	1790	27
✓ D'Angelo Turkey Wrap	188	410	10	2	3	640	31
Dunkin Donuts Bacon Jack Chicken Wrap	n/a	260	13	4	1	670	14
Dunkin Donuts Original Chicken Wrap	n/a	240	11	3	1	560	12
Einstein Bros California Chicken Wrap	371	630	28	8	8	1170	33
Einstein Bros Chipotle Turkey Wrap	369	730	37	12	9	1990	34
Friendly's Buffalo Chicken Wrap	n/a	1510	94	19	9	2640	42
Friendly's Crispy Chicken Wrap	n/a	1140	54	8	10	1610	31
Jason's Deli Club Lite Wrap	313	514	16	6	6	1607	43
✓ Jason's Deli Mediterranean Wrap	231	306	10	2	6	828	14
Jason's Deli Spinach Veggie Wrap	224	359	17	8	6	896	16
McDonald's Crispy Ranch Snack Wrap	117	340	17	4.5	1	810	14
McDonald's Grilled Ranch Snack Wrap	122	270	10	4	1	830	18
McDonald's Mac Snack Wrap	126	330	19	7	1	690	15
Mimi's Café Hand Carved Turkey Cobb Wrap	404	751	38	8	6	953	29
Red Robin Caesar's Chicken Wrap	n/a	852	43	n/a	4	1862	40
Red Robin Whiskey River BBQ Chicken Wrap	n/a	1112	62	n/a	6	2532	51
Ruby Tuesday Turkey Burger Wrap	n/a	658	33	n/a	3	2514	n/a
Ruby Tuesday Grilled Chicken Wrap	n/a	465	16	n/a	4	1396	n/a
Schlotzsky's Deli Asian Chicken Wrap	n/a	537	12	3	5	2143	56
Schlotzsky's Deli Feta & Portobello Wrap	n/a	618	39	10	4	1295	14
Schlotzsky's Deli Parmesan Chicken Caesar Salad Wrap	n/a	556	21	6	5	1728	61
Sonic Drive In Chicken Wrap	250	394	14	4	1	1416	27
Sonic Drive In Crispy Chicken Wrap	234	486	23	5	2	1277	20
Tropical Smoothie Café Sesame Chicken Toasted Wrap	n/a	803	23	3	6	2040	36
Tropical Smoothie Café Southwest Chicken Toasted Wrap	n/a	563	20	3	6	1816	27
Tropical Smoothie Café Veggie Toasted Wrap	n/a	508	17	4	6	1275	16
SUPERMARKET WRAPS							
Trader Giotto's Italian Style Wrap	142 (1/2)	330	16	4	3	990	13
Trader Joe's Chicken & Portobello Mushroom Wrap	156 (1/2)	245	4.5	2	<1	415	15
✓ Trader Joe's Grilled Pesto Chicken Wrap	142 (1/2)	270	10	3	3	430	17
Trader Joe's Pastrami Reuben Wrap	167 (1/2)	310	12	5	3	990	16
✓ Trader Joe's Tuna Salad Wrap	142 (1/2)	260	8	2	3	480	14
✓ Trader Joe's Wild Pacific Salmon Wrap	142 (1/2)	200	6	3	4	210	13
Wegmans Buffalo Chicken Wheat Wrap	242	510	30	8	4	1350	31
Wegmans Chicken Caesar Wheat Wrap	228	450	23	5	4	1340	33
Wegmans Roast Beef & Provolone Wheat Wrap	241	460	22	8	6	1230	25
Wegmans Roasted Vegetable Wheat Wrap	244	430	25	9	6	870	18
Wegmans Turkey w/Pepperjack Wheat Wrap	242	410	13	6	5	1430	31

Note: g=gram, mg=milligram, Sat Fat=saturated fat, n/a=not available, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: food manufacturer labels and company websites.

I don't know about you, but when I think of wraps the image that pops into my head is that of a little light sandwich. With a simple tortilla or piece of lavash instead of a bulky roll or thick slices of bread, a wrap is bound to be a lower calorie choice than a big deli sandwich, right? Unfortunately, that's not necessarily—or even usually—the case. Restaurateurs really know how to pack a lot into those tight, rolled-up sandwich wannabes. You don't have to search hard to find a few wraps that contain more than a day's worth of fat and sodium. And there's at least one wrap out there that will give you almost an entire day's worth of calories! When you're in the mood for a wrap, keep in mind that this is only one of your three meals for the day; you don't need a half pound of meat or cheese, or fat-laden sauces applied so thickly that they drip out by the spoonful.

Helpful Hints

With so many varieties out there, a wrap can be an interesting and delicious addition to a healthy lunch, if you know how to go about fitting it in.

- **Consider halving it.** Sharing with a friend or saving half for the next day is a great way to get the wrap you desire without going overboard on your calorie, fat and sodium intake for the meal. You can see in *EN's* Nutrition Comparison that the sizes of wraps vary greatly. A few are a fine size for one person, but most are big enough for at least two, if not more.
- **Sauce on the side.** Creamy sauces and dressings can contribute a good amount of calories and fat. Ask to have yours on the side so you can use it sparingly as a dip before each bite. You'll still get the flavor and moisture it adds, but will end up eating much less.
- **Be a detective.** Decipher the words in the wraps' names or descriptions. Terms like "crispy" are a dead give away for a deep-fried filling. And prepared tuna and chicken salads usually contain far more artery-clogging mayonnaise than you would add at home.

—Heidi McIndoo, M.S., R.D.