

# Fast Food on a Bun: How Do They Stack Up?

## Fast Food on a Bun Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed as prepared and alphabetically.

✓ = EN's Picks. For all sandwiches, serving size is one. Sandwich picks contain no more than 400 calories (20% DV), 18 g fat (27% DV), 5 g saturated fat (15% DV), and 830 mg sodium (35% DV).

Sandwiches	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)
<b>BEEF</b>						
Burger King BK Quad Stacker	920	63	28	31	56	1730
Burger King Whopper Jr.	340	19	5	29	14	530
Carl's Jr. Big Hamburger	460	17	8	54	24	1090
Carl's Jr. The Western Bacon Six Dollar Burger	1020	53	22	81	53	2520
In-n-Out Burger Cheeseburger with onion	480	27	10	22	39	1000
In-n-Out Burger Double-Double with onion	670	41	18	39	37	1440
In-n-Out Burger Hamburger Protein Style	240	17	4	11	13	370
✓ In-n-Out Burger Hamburger with mustard & ketchup instead of spread	310	10	4	41	16	730
Jack in the Box Big Cheeseburger	610	38	15	44	22	1110
✓ Jack in the Box Hamburger Deluxe	362	18	5	33	14	579
McDonald's Angus Bacon & Cheese	790	39	17	63	45	2070
McDonald's Cheeseburger	300	12	6	33	15	750
Sonic Drive In Sonic Burger with ketchup	560	26	9	57	26	820
Sonic Drive In Super Sonic Cheeseburger with ketchup	900	53	22	60	46	1540
Wendy's 1/4 pound Single with Cheese	530	27	11	43	30	1200
Wendy's Baconator Triple	1360	91	40	49	84	2490
✓ White Castle Bacon Jalapeno Cheeseburger	190	12	5	14	9	560
White Castle Double Garlic Cheeseburger	290	16	7	21	15	910
✓ White Castle Single	140	6	3	13	7	360
<b>CHICKEN</b>						
Arby's Chicken Cordon Bleu Sandwich—Crispy	610	29	6	51	37	1860
Arby's Chicken Sandwich—Roast	400	16	3	40	24	950
Burger King Spicy Chick-n-Crisp Sandwich	460	30	5	35	13	810
Burger King Tendergrill Chicken Sandwich	470	18	7	40	55	1100
Carl's Jr. Spicy Chicken Sandwich	420	27	5	33	12	930
Carl's Jr. Teriyaki Chicken Sandwich	510	17	5	58	37	1330
Chick fil A Chargrilled Chicken Sandwich	300	4	1	38	29	1120
Chick fil A Chicken Sandwich	430	17	4	39	31	1370
Chick fil A Spicy Chicken Sandwich Deluxe	580	27	8	48	36	1880
Jack in the Box Jack's Spicy Chicken	575	25	4	61	27	954
✓ McDonald's McChicken	360	16	3	40	14	830
McDonald's Premium Grilled Chicken Club Sandwich	530	17	6	52	39	1410
Sonic Drive In Crispy Chicken Sandwich	550	32	5	46	22	1070
Sonic Drive In Grilled Chicken Bacon Ranch	470	22	7	35	35	1620
Wendy's Homestyle Chicken Fillet	470	18	4	52	26	1160
Wendy's Ultimate Chicken Grill	370	7	2	42	34	1150
White Castle Chicken Breast Sandwich	360	26	4	20	11	510
White Castle Chicken Ring Sandwich	350	28	5	16	8	320
<b>FISH</b>						
Burger King BK Big Fish	640	32	5	66	23	1370
Carl's Jr. Carl's Catch Fish Sandwich	710	37	6	74	20	1280
Jack in the Box Fish Sandwich	470	18	2	59	18	1030
✓ McDonald's Filet-O-Fish	380	18	4	38	15	640
Wendy's Premium Fish Fillet Sandwich	500	24	4	52	18	1010
White Castle Double Fish Sandwich with Cheese	550	43	6	24	17	420
White Castle Fish Sandwich	310	22	3	18	9	270

Note: g = gram, DV = Daily Value, daily requirement based on 2,000 calorie/day diet. Source: restaurant's websites.

Any of us would be hard pressed to find someone who NEVER eats fast food. Say you're travelling, and the only food for miles is at the highway rest stop. Your day doesn't go quite as scheduled and the hour you had planned to go home for a nice meal turns into 15 minutes on the road. Or maybe you just have one of those good, old-fashioned cravings. Whatever the reason, when you're pulling up to that drive-thru window or moseying up to that counter to place your order, knowing the pros and cons of the various sandwiches offered can help you choose more wisely and order an item that can fit into a healthy eating plan.

### Helpful Hints

Whether you prefer beef, chicken or fish, we have tips that can help your selection be the healthiest it can be.

- **Skip the value meals.** Sure, it may sound like a great deal—for only a dollar or two more you get an entire meal. But considering that those extra items are usually fries and soda, what you're really getting for those couple of extra bucks is about 600 calories, 20 grams of fat, and 500 milligrams of sodium.
- **Let the name be your guide.** This is especially useful for chicken sandwiches. A "crispy" chicken sandwich is almost always going to contain more fat and calories than a "grilled" or "roasted" one.
- **Keep it simple.** A fancy name or multiple toppings are just two clues that the calories, fat and sodium—or all three—are high. Mayo can add anywhere from 40-100 calories and up to 9 grams (g) of fat, while cheese can add an average of 60 calories. And don't be tempted by those colossal-sized "special" sandwiches to which they devote entire ad campaigns. Plain hamburgers or sandwiches are usually the best bet nutrition-wise.
- **Do your homework.** Use our handy nutrition comparison or the nutrition information available on restaurant websites to scope out the healthiest sandwich on the menu before you find yourself at the cash register.

— Heidi McIndoo, M.S., R.D.