

FAST FOOD HALL OF FAME

FAST FOOD RESTAURANTS	CALORIES	FAT (g)	SODIUM (mg)	FAST FOOD RESTAURANTS	CALORIES	FAT (g)	SODIUM (mg)
Arby's Junior Roast Beef	270	9	740	Long John Silver's Chicken Plank, 1 piece	140	8	480
Arby's Regular Roast Beef	320	13	950	McDonald's Regular Hamburger	260	9	530
Burger King Cheeseburger	350	17	770	McDonald's Vanilla Reduced Fat Ice Cream Cone	150	4	60
Burger King Chicken Tenders, 5 pieces, no sauce	210	12	530	McDonald's Scrambled Eggs (2)	180	11	180
Burger King Hamburger	310	13	550	McDonald's Egg McMuffin	290	11	850
BK Veggie Burger w/o Mayo	340	8	1020(!)	McDonald's Fish Filet	400	18	640
Dairy Queen Single Hamburger	290	12	630	McDonald's Small Fries	230	11	140
Dairy Queen Small Strawberry Sundae	240	7	110	McDonald's 1% Milk	100	2.5	125
Dairy Queen Fudge Bar- No Sugar Added	50	0	70	McDonald's Grilled Chicken Cobb Salad	270	11	1060(!)
Dairy Queen Vanilla Orange Bar-No Sugar Added	60	0	40	Newman's Own Low-fat Balsamic Vinaigrette	40	3	730
Domino's 12" Cheese Pizza, thin crust, 2 slices	274	14	585	McDonald's Chicken McGrill	400	16	1010(!)
Domino's 12" Hawaiian Feast, thin crust, 2 slices	348	19	908	McDonald's Apple Dippers w/Low-fat Caramel Dip	100	1	35
Hardee's Regular Roast Beef Sandwich	330	16	860	Subway 6" Veggie Delite	230	3	520
Kentucky Fried Chicken (KFC) Cole Slaw	190	11	300	Subway 6" Roast Beef	290	5	920
KFC Corn on the Cob, large	150	3	10	Taco Bell Tostada	250	10	710
KFC Mashed Potatoes with Gravy	120	1	380	Taco Bell Pintos and Cheese	180	7	700
KFC Original Recipe Drumstick	140	8	440	Taco Bell Regular Taco	170	10	350
KFC Honey BBQ Sandwich	300	6	920	Taco Bell Beef Soft Taco	210	10	620
KFC Tender Roast Sandwich w/o Sauce	260	5	690	Wendy's Mandarin Chicken Salad w/Low-fat Honey Mustard, No noodles or almonds	280	18	820
KFC BBQ Baked Beans	230	1	720	Wendy's Frosty, 16 oz.	430	11	200
Long John Silver's Baked Cod, 1 piece	120	5	240	Wendy's Chili, small	220	6	780
Long John Silver's Battered Fish, 1 piece	260	16	790				

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Arby's Beef and Cheddar	440	21	1270	Hardee's Big Chicken Filet	770	36	1998
Arby's Big Montana	590	29	2080	Hardee's Monster Burger	1418	107	2651
Burger King Double Beef Whopper with Cheese	1060	69	1540	KFC Hot BBQ Wings (6)	450	29	1120
Burger King Double Beef Whopper	970	61	1110	KFC Chicken Pot Pie	770	40	1680
Burger King Whopper with Cheese	800	49	1450	Long John Silver's Ultimate Fish Sandwich	530	28	1400
Burger King Whopper	700	42	1020	McDonald's Big Mac	560	30	1010
Burger King Enormous Omelet Sandwich	760	50	2080	McDonald's McChicken Sandwich	420	22	760
Dairy Queen Chicken Strip Basket, 4 piece	920	49	2090	McDonald's Crispy Chicken	500	23	1090
Dairy Queen Chicken Strip Basket, 6 piece	1120	60	2450	McDonald's Hotcakes & Sausage	770	33	930
Dairy Queen Super Chili Cheese Hot Dog	330	21	1090	McDonald's Warm Cinnamon Roll	590	24	400
Dairy Queen Ultimate Burger	670	43	1210	Taco Bell Taco Salad	870	47	1780
Dairy Queen Large Chocolate Malt	1320	35	670	Wendy's Big Bacon Classic	580	29	1390
DQ Medium Choc. Chip Cookie Dough Blizzard	1030	40	520	Wendy's Homestyle Chicken Filet Sandwich	540	22	1320
Hardee's 2/3 lb. Double Bacon Cheeseburger	1302	96	2111	Wendy's Homestyle Chicken Strips Salad w/Low-fat Creamy Ranch Dressing	540	30	1730
Hardee's Big Hot Ham and Cheese	516	24	2194				