

How healthy are fast food salads?

We get it. Fast food is fast, easy and convenient when all you need is a quick meal between your busy schedule. Even though fast food is not the healthiest option, you may think you are making the best decision when you order a salad - but odds are you aren't.



Let's take a look at the nutrition information for salads from the five most popular fast food chains in the USA to figure out **how healthy they really are** (especially when compared to the McDonald's notorious Big Mac).



All nutrition facts come from
FastFoodNutrition.org

Variables include: Restaurant, Food Item, Calories,
Total Fat, Sodium, Fiber, Sugar and Protein.

Think all salads are healthy?

Choosing healthy options
at fast food restaurants
without being fooled



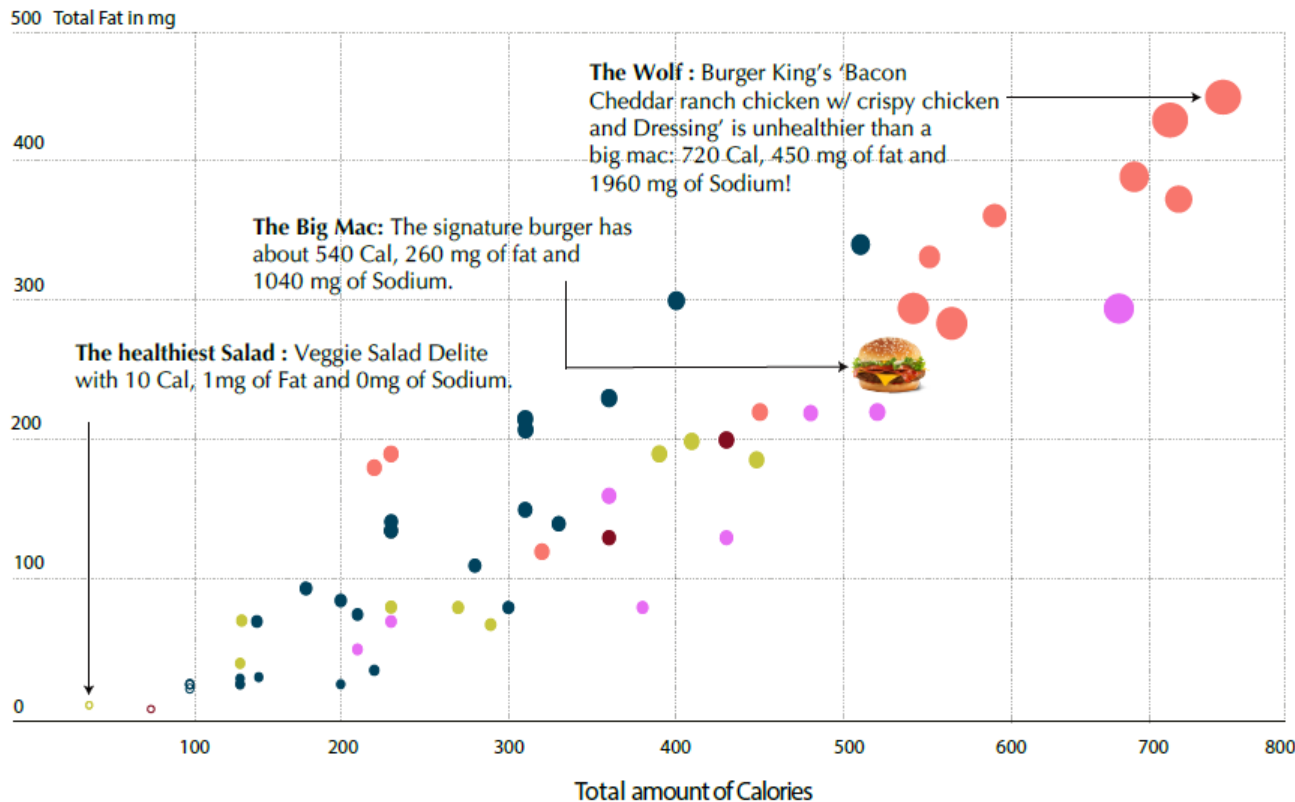
Wolf in Sheep's Clothing?

Don't be deceived by fast-food salads

Each dot represents **one serving** of a salad offered by McDonald's, Wendy's, Burger King, Subway and Starbucks.

The salads are mapped according to their total calories, fat, and sodium.

As a reference point, the **Big Mac** is used to draw contrast.



The "Wolves"

Top 5 Unhealthiest Salads

- Bacon Cheddar Ranch Chicken Salad (Burger King)
- Chicken BLT Salad w/ Crispy Chicken (Burger King)
- Chicken Caesar Salad w/ Crispy Chicken (Burger King)
- Taco Salad Full Size (Wendy's)
- Chicken BLT Salad w/ Grilled

The Winners

Top 5 Healthiest Salads

- Veggie Delite Salad (Subway)
- Black Forest Ham Salad (Subway)
- Turkey Breast Salad (Subway)
- Premium Southwest Salad w/o Chicken (McDonald's)
- Oven Roasted Chicken Salad (Subway)

