



# Nutrition Information

## Sandwiches

Made when you order it using  
s standard  
toppings

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut Tree Nut
Jr. Hamburger	250	10	4	0.5	35	620	25	1	5	15						
Jr. Cheeseburger	290	13	6	0.5	45	820	26	1	5	17						
Jr. Bacon Cheeseburger (JBC)	400	24	9	1	65	930	25	2	5	21						
Jr. Cheeseburger Deluxe	350	19	7	1	55	850	27	2	6	17						
Cheesy Cheddarburger	300	15	7	1	55	760	24	1	4	18						
Double Stack <sup>®</sup>	400	21	9	1.5	85	1080	26	1	5	27						
	250	10	4	0.5	35	540	25	1	5	15						
	290	13	6	0.5	45	750	25	1	5	17						
	580	33	14	1.5	105	1480	40	3	9	32						
1/4 lb.* Single	580	33	14	1.5	105	1240	42	3	10	31						
1/2 lb.* Double	800	48	21	2.5	175	1530	42	3	10	50						
3/4 lb.* Triple	1060	67	30	4	255	2020	42	3	10	72						
Baconator <sup>®</sup> Single	660	40	17	1.5	120	1440	40	2	9	36						
Baconator Double	970	63	27	3	210	2020	40	2	10	60						
Son of Baconator	700	43	18	1.5	130	1760	40	2	9	39						
Bacon Deluxe Single	670	40	17	1.5	120	1540	42	3	10	36						
Bacon Deluxe Double	890	56	24	3	195	1830	42	3	10	55						
Ultimate Chicken Grill Sandwich	390	10	3.5	0	100	880	43	3	10	34						
Spicy Chicken Fillet Sandwich <sup>®</sup>	530	22	6	0	75	1140	55	3	8	31						
Homestyle Chicken Fillet Sandwich <sup>®</sup>	560	23	6	0	70	1290	57	4	8	30						
Asiago Ranch Club w/Homestyle Chicken <sup>®</sup>	730	38	12	0	105	1780	59	4	9	39						
Asiago Ranch Club w/Ultimate Chicken Grill	570	27	10	0	125	1530	41	3	9	42						
Asiago Ranch Club w/SpicyChicken <sup>®</sup>	710	37	12	0	110	1630	57	3	9	40						
Monterey Ranch Crispy Chicken Sandwich <sup>®</sup>	400	20	6	0	45	930	37	2	4	18						
Crispy Chicken Sandwich <sup>®</sup>	380	20	4	0	35	720	37	2	4	15						
<sup>®</sup>	330	14	3	0	30	690	36	2	4	15						
Crispy Chicken Caesar Wrap <sup>®</sup>	430	25	7	0	45	950	35	2	1	17						
Grilled Chicken Go Wrap	260	10	3.5	0	55	630	25	1	3	19						
Homestyle Chicken Go Wrap <sup>®</sup>	350	17	5	0	40	850	32	1	1	17						
Spicy Chicken Go Wrap <sup>®</sup>	340	16	4.5	0	45	770	31	1	1	17						

<sup>®</sup> Includes menu item cooked in soy, corn, cottonseed, and hydrogenated soy oil that has 0 grams trans fat. \* Approximate weight before cooking.

# Wendys Nutritonal Guide

**Hope Warshaw**



## Wendys Nutritional Guide:

**L.E.A.N. Guide for the Business Traveler** Veronica Tomor,2011-04-30 There is no available information at this time

*The Navy Seal Nutrition Guide* Patricia A. Deuster,1996-06 One factor they may contribute to a person s success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices

**Study Guide for Clinical Procedures for Medical Assistants - E-Book** Kathy Bonewit-West,2022-10-12 Learn how to think critically and perform competently in the clinical setting Correlating to chapters in Clinical Procedures for Medical Assistants 11th Edition this study guide provides additional activities review questions and exercises designed to prepare you to work in a modern medical office Content aligns to the new 2022 medical assisting educational competencies and provides procedure checklists and video evaluations to help you track your mastery of clinical skills This essential companion provides the practice you need to prepare for a successful career in the fast paced world of medical assisting Critical thinking activities with realistic situations help students analyze and apply what they ve learned with games role playing situations crossword puzzles and independent study questions Focus on competency mastery includes worksheets to practice key skills and evaluation forms to assess proficiency Assignment sheets at the beginning of chapters help students stay organized and document their progress NEW 2022 CAAHEP medical assisting competencies throughout represent the latest educational standards NEW Updated content addresses changes in the medical record nutritional guidelines OSHA standards for infection control and prevention emergency preparedness and more REVISED Self assessment opportunities allow students to perform quick comprehension checks including pre tests post tests and key term assessments

*The Low Cholesterol Cookbook and Action Plan* Karen L Swanson,2018-01-30 Eat smarter and boost your heart health with this low cholesterol cookbook and action plan Switching to a new heart healthy diet can seem like a daunting task That s why cardiac dietitian Jennifer Koslo and Go Low Cholesterol blogger Karen Swanson created The Low Cholesterol Cookbook and Action Plan With an easy to follow 4 week program this low cholesterol cookbook delivers comprehensive recipes and a proactive meal plan that can help you eliminate bad fats without missing out on the delectable flavors you crave From Slow Cooker Hawaiian Chicken to Veggie Chili this complete low cholesterol cookbook gives you everything you need to start cooking up a storm Get expert tips for shopping and creating food lists plus suggestions for exercising regularly and more The Low Cholesterol Cookbook and Action Plan goes beyond your basic low cholesterol cookbook with 120 Heart healthy recipes Discover dozens of low cholesterol takes on your favorite foods like Banana Oat Pancakes Honey Mustard Chicken and Flourless Chocolate Cookies A 4 week meal plan Get on the right path to lowering cholesterol in one month with this sensible action plan Fast and flavorful dishes Most meals take 30 minutes or less to prepare and use only 5 key ingredients Embrace a new health conscious way of eating with The Low

Cholesterol Cookbook and Action Plan      **Guide to Healthy Restaurant Eating** Hope S. Warshaw, 2002 If you have diabetes here is the information you need to make healthy food choices when you go out to eat Now you can dine at fast food chains and stay on your meal plan Inside this handy guide is complete at a glance nutrition information for more than 55 fast food chains including Burger King Wendy s McDonald s Baskin Robbins TCBY and other favorites      *ADA Pocket Guide to Lipid Disorders, Hypertension, Diabetes, and Weight Management* Marion J. Franz, Jackie Boucher, Raquel Franzini Pereira, 2011      **List Maker's Get-Healthy Guide** Editors Of Prevention Magazine, 2010-08-17 A healthy lifestyle is as easy as 1 2 3 with this ultra practical collection of lists from the editors of America s premier health magazine The beauty of a list is that it makes even daunting tasks seem downright doable Every item checked off is an accomplishment in itself as well as another step closer to success So what better format is there for delivering need to know information and advice to people who want to change their health for the better List Maker s Get Healthy Guide deftly distills the most relevant medical science and cogent expert opinion into a series of easy to understand easy to use lists covering all kinds of health topics including the best and worst organic foods the germiest public places the most effective belly flattening moves the must haves for any medicine chest There s something for everyone in List Maker s no matter if their goal is to lose weight get in shape reduce stress or otherwise create a healthier lifestyle There s even room for you to write and refine your own lists as you wish And because it s from Prevention the brand synonymous with healthy living List Maker s is guaranteed to inform entertain and inspire      **Dietitian's Pocket Guide to Nutrition** Nancie Harvey Herbold, Sari Edelstein, 2010 Portable and concise the Dietitian s Pocket Guide to Nutrition serves as an easy reference for dietitians and other health care professionals who quickly need to access the recommended nutrition care for various medical conditions and problems Serving as a key healthcare the dietitian will be able to answer patients questions concerning their specific nutritional needs and make informed decisions about foods a patient may or may not consume The Dietitian s Pocket Guide to Nutrition allows easy access to essential nutrition information that is critical to patient care      [The Powerfood Nutrition Plan](#) Susan Kleiner, Jeff O'Connell, 2006-05-30 Geared specifically to men s nutritional needs this comprehensive guide will show you how choosing the right foods can enhance every aspect of your life With chapters on everything from food s effect on mood sex and brainpower to the role food plays in weight loss muscle gain and athletic performance you ll have all the information you ll need to see remarkable results within weeks Always on the cutting edge nutritionist Susan Kleiner uses the latest nutritional research to provide innovative recipes and meal plans to ensure maximum results The Powerfood Nutrition Plan includes Vital tips for using food to increase longevity and improve physical appearance More than 20 detailed meal plans designed to address a variety of fitness and nutrition goals Quick easy and delicious recipes to keep you going The Powerfood Nutrition Plan is the guidebook to help you break out of your routine and become more powerful in every area of your life So pick up that fork It s time to get started on the body and life you ve always wanted      **The Complete Idiot's Guide to**

**Gluten-Free Eating** Eve Adamson, Tricia Thompson, 2007 Gluten intolerance celiac disease is a genetic disorder that affects almost 3 million Americans with symptoms that run the gamut from diarrhoea weight loss and malnutrition to isolated nutrient deficiencies that don't produce gastrointestinal symptoms And although popular wisdom holds that celiac disease is strictly a problem tolerating wheat sufferers also have difficulties with rye and barley Testing for celiac disease is a fairly simple process but it can be extremely difficult to diagnose and today the only truly successful treatment for it is a strict gluten free diet for life The Complete Idiot's Guide to Gluten Free Eating takes post diagnosis readers on to the next stage of the rest of their lives dealing with the day to day challenge of eating gluten free It's a practical guide that offers tips advice and information

*Fast Food Nation* Eric Schlosser, 2001 An exploration of the fast food industry in the United States from its roots to its long term consequences

*ABSolutely Lean Fast Food* Tanner Gers,

**Nutrition For Dummies** Carol Ann Rinzler, 2016-04-25 Get the straight facts on nutrition slim down and feel great You've been hearing it since you were a kid You are what you eat And this wise saying is true Good nutrition is the key to achieving and maintaining healthy weight and lifelong good health no matter how you slice it Nutrition For Dummies 6th Edition is a one size fits all guide to nutrition that shows you how to manage your diet so you get the most bang for your buck This book gives you the know how to put together a shopping list prepare healthy foods and easily cut calories The latest edition of The Dietary Guidelines for Americans encourages individuals to eat a healthful diet one that focuses on foods and beverages that help achieve and maintain a healthy weight promote health and prevent chronic disease This updated edition of Nutrition For Dummies reflects the latest suggested guidelines and details in plain English so you can incorporate these recommendations for living a nutritionally sound life You'll get updated RDAs on vitamins and nutritional supplements find out why you should eat more fruits vegetables nuts whole grains and other plant based foods understand the importance of cholesterol for brain health get the latest information on obesity and more Decipher the latest nutrition facts labels and guidelines Understand why sugar is the most controversial subject in diet today Grasp the truth about vitamin supplements and energy drinks Make informed decisions about your own nutrition choices An apple a day may not necessarily keep the doctor away but with the simple guidance of Nutrition For Dummies 6th Edition you can be on your way to living a happier healthier and longer life

**Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976

**The Greatest Guide to Slimming & Healthy Living** Wendy Green, 2011-06 Slimming healthy living tips and advice to help you Discover why you overeat and harness the power of your subconscious mind to help you lose weight Eat less by changing your relationship with food Learn which everyday foods drinks herbs and

**Nutrition Education Materials and Audiovisuals for Grades Preschool - 6** Shirley King Evans, 1993

[Guide to Healthy Fast-Food Eating](#) Hope S. Warshaw, 2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies

you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and more Exchange and serving sizes for every menu item Common pitfalls of fast food eating and how to avoid them Tips for making healthier fast food choices Realistic ways to deal with diabetes related dining dilemma      **Guide to Healthy Fast-Food Eating** Hope Warshaw, 2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America      *Healthy Eating* ,      **The Get with the Program! Guide to Good Eating** Bob Greene, 2003-02-01 Bob Greene s bestselling Get with the Program showed hundreds of thousands of people how to make a habit of healthy living and fitness Now in The Get with the Program Guide to Good Eating Greene presents a blueprint for a lifetime of healthful eating with detailed easy to follow guidelines and 85 delicious recipes Greene knows that you re not going to stick to an eating plan if you re bored or feeling deprived so he s developed a program based on balance moderation flexibility and variety After you make the commitment to Get with the Program you ll discover the keys to boosting your metabolism Next you ll take the four steps to healthy eating making one change at a time eating a nutritious breakfast setting an eating cut off time redistributing your calories and making healthful food choices Greene shows you how to determine the perfect way to eat for your unique needs how to stock a healthy kitchen how to dine out enjoyably and how to cheat without guilt Finally there are eighty five easy to prepare recipes that are as full of flavor as they are good for you Try a Peaches and Cream Fresh Fruit Smoothie or some Buttermilk Blueberry Pancakes for breakfast Salmon Burgers or Tomatoes Stuffed with Couscous Cucumber and Mint make a satisfying lunch and how about Spinach Penne with Spicy Roasted Pepper Sauce or Baked Lemon Herb Halibut for dinner Hungry for more Satisfying soups tasty side dishes including luscious Mashed Potatoes and tempting desserts like airy Pavlova with Raspberry Sauce or Chocolate Almond Angel Food Cake make healthful eating a pleasure The Get with the Program Guide to Good Eating is an effective and enjoyable approach to good health good eating and weight loss that you can trust

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