

# eWellness magazine

## Burgers Vs.Salads

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Burgers Vs. Salads | Wellness magazine

Have you ever have the burger vs. salad debate at your favorite fast-food joint? When it comes to your health, this seems like a simple decision. But a deeper look at the Nutrition Facts statements in each restaurant could change your mind.



• McDonald's: Big Mac, versus Premium Southwest Salad with Crispy Chicken

**Calories:**

**530 for the Big Mac**

**450 for the Salad**

**Cholesterol:**

**85mg for the Big Mac**

**50mg for the Salad**

**Sodium:**

**960mg for the Big Mac**

**850mg for the Salad**

**Carbohydrates:**

**47g for the Big Mac**

**42g for the Salad**

**Protein is fairly even: 24g and 23g respectively.**

**• Subway: 12" Turkey Breast Sandwich versus the Buffalo Chicken Salad with Ranch Dressing**

**Cholesterol:**

**The Salad has 20mg more Cholesterol than the sandwich.**

**Carbohydrates:**

**92g for the sandwich**

**13g for the salad**

**• Burger King: Whopper with Cheese versus the Garden Fresh Chicken Cesar Salad with Tendercrisp and Dressing**

**Calories:**

**760 for the Whopper**

**670 for the Salad**

**Sodium:**

**1410mg for the Whopper**

**1760mg for the salad**

**The Salad has one gram more of protein (33g versus 34g).**

• **Wendy's: Chicken Sandwich versus the Spicy Chicken Cesar Salad with Dressing**

**Calories:**

**510 for the sandwich**

**670 for the salad**

**The salad is higher in: Cholesterol, Sodium, and Protein.**

• **KFC: The Crispy Twister wrap versus the Crispy Chicken Caesar Salad with Croutons and Dressing**

**Calories:**

**610 for the wrap**

**560 for the salad**

**The salad had 30g of protein, while the wrap only had 4g.**

**Click here to see the infographic: <https://labdoor.com/article/burgers-vs-salads>**

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