

# FAST FOOD HALL OF SHAME

*Some fast food choices serve up more than a day's worth of fat, sodium, and in some cases, close to an entire day's worth of calories.*

	Calories	Fat (grams)	Sodium (milligrams)
Burger King BK Quad Stacker	1000	68	1800
Burger King Double Beef Whopper with Cheese	990	64	1520
Burger King Double Beef Whopper	900	57	1090
Burger King Whopper with Cheese	760	47	1450
Burger King Whopper	670	39	1020
Burger King Enormous Omelet Sandwich	730	45	1940
Dairy Queen Chicken Strip Basket, 4 piece	1090	48	2680
Dairy Queen Ultimate Burger	780	48	1390
Dairy Queen Large Chocolate Malt	1300	31	670
DQ Medium Choc. Chip Cookie Dough Blizzard	1030	40	530
Hardee's 2/3 lb. Double Bacon Cheeseburger	1300	97	2200
Hardee's Big Chicken Filet	800	37	1890
Hardee's 2/3 lb. Monster Thickburger	1420	108	2770
KFC Hot BBQ Wings (5)	390	24	830
KFC Chicken Pot Pie	770	40	1680
Long John Silver's Ultimate Fish Sandwich	530	28	1400
McDonald's Big Mac	540	29	1040
McDonald's Hotcakes & Sausage	740	29	1005
McDonald's Cinnamon Melt	460	19	370
Taco Bell Taco Salad	840	45	1780
Wendy's Baconator	840	51	1880



**Known as America's Personal Health Humorist<sup>SM</sup>, Nutritionist David Mainz speaks** to state and national associations and corporations on the topic of health and longevity. His formal education includes a Master's Degree (MS) in Human Nutrition and status as a Registered Dietitian (RD) and Fellow in the American Dietetic Association (FADA). He is also a Certified Speaking Professional (CSP) in the National Speaker's Association. If you would like to have him to speak to your business, association, or group, contact us at:

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