

Eat This

Wendy's 1/4 lb Single

with Small Chili and Medium Iced Tea

620 calories
26 g fat
(10 g saturated)
1,700 mg sodium

Calorie for calorie, you won't find a fast food meal offering more healthy fare.

Save 1,998 calories!

You'll cut more calories with this one swap than many people should consume in an entire day.

Save 118g fat!

That's 10 glazed doughnuts worth of fat!



Not This

Carl's Jr. Double Six Dollar B

with Medium Natural Cut Fries and

2,618 calories
144 g fat
(51.5 g saturated)
2,892 mg sodium

You're better off dusting 29 Rice Krispies Treats than tussling with this combo meal.

Carl's seems to take a certain sadistic pleasure in dispensing the country's most consistently atrocious fast food. (Don't believe us? Just watch their commercials.) Unless you're a marathoner or Michael Phelps, stay away at all costs.



TOP SWAP!