

# Wendy's NUTRITION GUIDE

@cheatdaydesign

## Burgers, Chicken, Salad, and Sides



**Jr. Hamburger**  
240 Calories  
10g Fat  
25g Carbs  
13g Protein



**Jr. Cheeseburger**  
280 Calories  
13g Fat  
26g Carbs  
15g Protein



**Double Stack**  
390 Calories  
21g Fat  
26g Carbs  
24g Protein



**Jr. Bacon Cheeseburger**  
380 Calories  
23g Fat  
26g Carbs  
19g Protein



**Bacon Double Stack**  
440 Calories  
25g Fat  
26g Carbs  
27g Protein



**Son of Baconator**  
630 Calories  
40g Fat  
35g Carbs  
34g Protein



**Baconator**  
920 Calories  
60g Fat  
38g Carbs  
57g Protein



**Barbecue Cheeseburger**  
630 Calories  
34g Fat  
51g Carbs  
30g Protein



**Bacon Jalapeño Cheeseburger**  
740 Calories  
47g Fat  
44g Carbs  
35g Protein



**Dave's Single**  
570 Calories  
34g Fat  
38g Carbs  
29g Protein



**Dave's Double**  
810 Calories  
51g Fat  
39g Carbs  
49g Protein



**Dave's Triple**  
1,100 Calories  
73g Fat  
41g Carbs  
70g Protein



**6 PC. Nuggets**  
250 Calories  
16g Fat  
14g Carbs  
13g Protein



**6 PC. Spicy Nuggets**  
280 Calories  
18g Fat  
13g Carbs  
15g Protein



**Spicy Crispy Sandwich**  
350 Calories  
18g Fat  
34g Carbs  
14g Protein



**Crispy Chicken**  
330 Calories  
16g Fat  
33g Carbs  
14g Protein



**Grilled Chicken**  
370 Calories  
10g Fat  
36g Carbs  
34g Protein



**Homestyle & Spicy Chicken**  
500 Calories  
22g Fat  
49g Carbs  
27g Protein



**Avocado BLT Sandwich**  
720 Calories  
38g Fat  
55g Carbs  
38g Protein



**Avocado BLT Grilled**  
590 Calories  
30g Fat  
37g Carbs  
44g Protein



**BBQ Sandwich**  
650 Calories  
28g Fat  
66g Carbs  
33g Protein



**Grilled BBQ Sandwich**  
520 Calories  
18g Fat  
49g Carbs  
39g Protein



**Bacon Jalapeño Sandwich**  
720 Calories  
36g Fat  
61g Carbs  
36g Protein



**Bacon Jalapeño Grilled**  
590 Calories  
28g Fat  
42g Carbs  
42g Protein



**Caesar (Full)**  
400 Calories  
21g Fat  
8g Carbs  
49g Protein



**Caesar (Half)**  
240 Calories  
13g Fat  
4g Carbs  
28g Protein



**Southwest Salad (Full)**  
450 Calories  
26g Fat  
13g Carbs  
42g Protein



**Southwest Salad (Half)**  
220 Calories  
13g Fat  
7g Carbs  
21g Protein



**Taco Salad (Full)**  
690 Calories  
34g Fat  
68g Carbs  
30g Protein



**Taco Salad (Half)**  
450 Calories  
20g Fat  
51g Carbs  
17g Protein



**Apple Pecan (Full)**  
460 Calories  
24g Fat  
31g Carbs  
39g Protein



**Apple Pecan (Half)**  
340 Calories  
20g Fat  
20g Carbs  
24g Protein



**Caesar Dressing**  
80 Calories  
8g Fat  
1g Carbs  
1g Protein



**Ranch Dressing**  
80 Calories  
8g Fat  
2g Carbs  
1g Protein



**Pomegranate Vinaigrette**  
60 Calories  
2g Fat  
10g Carbs  
0g Protein

• All salads listed without dressing  
• Full salads come with 2 packets of dressing on the side, half with 1 packet



**Small Fries**  
270 Calories  
13g Fat  
36g Carbs  
4g Protein



**Med Fries**  
360 Calories  
17g Fat  
47g Carbs  
5g Protein



**Large Fries**  
480 Calories  
23g Fat  
63g Carbs  
7g Protein



**Chili Cheese Fries**  
530 Calories  
28g Fat  
53g Carbs  
17g Protein



**Small Frosty**  
340 Calories  
9g Fat  
56g Carbs  
9g Protein



**Med Frosty**  
450 Calories  
12g Fat  
75g Carbs  
12g Protein



**Large Frosty**  
570 Calories  
15g Fat  
94g Carbs  
14g Protein



**Small Chili**  
240 Calories  
11g Fat  
21g Carbs  
16g Protein



**Plain Baked Potato**  
270 Calories  
0g Fat  
61g Carbs  
7g Protein



**Cheese Baked Potato**  
450 Calories  
14g Fat  
65g Carbs  
15g Protein



**Chili & Cheese Baked Potato**  
500 Calories  
14g Fat  
74g Carbs  
20g Protein



**Large Chili**  
330 Calories  
15g Fat  
30g Carbs  
22g Protein

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# Wendys Nutrician Guide

**Prevention**



## **Wendys Nutrician Guide:**

**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 [L.E.A.N. Guide for the Business Traveler](#) Veronica Tomor,2011-04-30 There is no available information at this time *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 **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      **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      *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      **ADA Pocket Guide to Lipid Disorders, Hypertension, Diabetes, and Weight Management** Marion J. Franz, Jackie Boucher, Raquel Franzini Pereira, 2011      **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      **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      The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide

that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access      **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      *List Maker's Get-Healthy Guide* Prevention,2010-08-17 A collection of accessible lists from the premier health magazine counsels readers on topics ranging from the best organic foods and the biggest source of germs in public places to effective fitness exercises and essential first aid supplies Original      **Healthy Eating ,**

**ABSolutely Lean Fast Food** Tanner Gers,      **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      *The Vegetarian Sports Nutrition Guide* Lisa Dorfman,2008-04-21 Exercise train and compete at your best on a vegetarian diet Few segments of the population are more mindful of their food intake than athletes and vegetarians This book combines the unique demands of sports with a healthy vegetarian diet that can help you build energy and endurance and reduce body fat Whether you are carbo loading before a marathon or fine tuning nutrition to get the most out of your workout registered dietitian and elite vegetarian athlete Lisa Dorfman provides step by step information on how to customize your own sport specific nutrition program and calculate a personal dietary plan for training The Vegetarian Sports

Nutrition Guide includes personal stories of athletes who have made the switch to vegetarian diets from football players and wrestlers to ice skaters and marathoners some of whom have beaten life threatening illnesses with the help of this lifestyle Lisa Dorfman provides a rich array of tasty and diverse vegetarian recipes menus easy to use charts and food guides for vegetarians of all types from the semi vegetarian to the fruitarian She also shares the training secrets of seventeen Olympic and world class athletes who have used their vegetarian diets to achieve peak performance in their careers and optimum health in their lives

**The A.G.E. Food Guide** Helen Vlassara,Sandra Woodruff,2021-11-03 All foods contain AGEs advanced glycation end products which are naturally occurring toxins Numerous studies have shown that a buildup of AGEs accelerates the body s aging process Over time by increasing oxidation and free radicals hardening tissue and creating chronic inflammation AGEs lead to a host of chronic diseases By knowing how to lower your AGE consumption you can lead a longer healthier life Here is an easy to use guide to understanding AGEs and identifying those foods that have the least AGEs and those that have the most so that you can make smart dietary decisions

[Nutrition for Dental Health: A Guide for the Dental Professional, Enhanced Edition](#) Rebecca Sroda,Tonia Reinhard,2020-04-21 Reflecting significant changes in the industry and the latest research in the field this fully updated Third Edition of Rebecca Sroda s Nutrition for Dental Health provides dental hygiene and dental assisting students up to date easy to understand coverage of basic nutrition and diet information with an emphasis on the relationship of nutrition and diet to oral health Now in vibrant full color this accessible and student friendly Third Edition features up to date evidence based content new practice focused features outstanding end of chapter and online learning tools and enhanced instructors resources

[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



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