

By Christine H. Haas

FOOD COURT

Wendy's Chili vs. Grilled Chicken Sandwich

Which Quick-Grab Meal Wins the Low-Cal Case?

Nutritious options have become a trend in the fast food industry. Foods that appear to be healthy may have more calories and fat grams than expected, while the options deemed unhealthy may be better for us than we thought!

Salads and grilled chicken sandwiches are the most health-conscious items on menus, but only when we choose our toppings wisely. Meal-size salads can range from 170 calories and 2 grams of fat to 440 calories and 22 grams of fat, and this does not include the salad dressing, which can add anywhere from 40 calories and 3 grams of fat to 270 calories and 23 grams of fat. In addition, mayo, bacon and cheese on top of a grilled chicken sandwich can add a whopping 210 calories and 18 grams of fat to a plain grilled chicken sandwich.

When salads and grilled chicken sandwiches are not smothered with unhealthy ingredients, they may be our most obvious choices for low-calorie, low-fat and nutrient-dense fast foods. Yet, with the small chili and small hamburger in the low-calorie and low-fat rankings, it is possible to make other healthy fast food choices.



WENDY'S CHILI

VS.

WENDY'S
ULTIMATE CHICKEN GRILL



The Verdict is In

The chili wins the case with the plain hamburger close behind. A small chili holds 220 calories, 6 grams of fat and 5 grams of fiber. The hamburger takes a close second with 250-290 calories and 19-12 grams of fat. For a nutrient-dense, high-fiber, 300-calorie meal, choose salads with poultry and minimal cheese and a light or fat-free salad dressing. A grilled chicken sandwich without mayo, bacon or cheese will cost about 400 delicious calories and 10 grams of fat.

FITNESS

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Omron recently launched a more technologically advanced pedometer, model HJ-720ITC. Like the HJ-112, the device also measures walking steps, aerobic steps, calories and miles. In addition, this pedometer includes software that will help the user track days, weeks, months and years of exercise on a PC.

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OMRON
HJ-720ITC
PEDOMETER

COURTESY OF WENDY'S (CHILI AND GRILLED CHICKEN SANDWICH); OMRON (PEDOMETER)