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Powered by ESHA Nutrient Database WebMD Health Tool Reviewed by Brunilda Nazario, MD on January 16, 2015 SOURCES: ESHA Research, Inc., Salem, Oregon. This tool does not provide medical advice. You should always speak with your doctor or other qualified healthcare provider before you start or change any weight management or physical activity plan. This tool is intended for informational purposes only and does not provide medical advice and is not a substitute for professional medical advice from a qualified healthcare provider. Never stop or delay seeking treatment because of something you have read on the WebMD site. If you think you may have a medical emergency, call your doctor or 911 immediately. © 2015 WebMD, LLC. All rights reserved. Wendy's has been around since 1969, but only in the past several years has the fast-food restaurant started to focus more on providing healthier alternatives to people. The restaurant was established on quick and convenient service, as well as cheap, greasy, delicious burgers. And while none of those things are inherently bad (at not least in moderation), consumer culture has shifted towards a healthier lifestyle, and that includes nutrition. People want to know what they are eating – from ingredients to calories, fat, protein, and sodium. In fact, it's required by law for restaurants to provide transparent nutritional information to consumers – and rightfully so – which is why we're able to feature Wendy's nutrition as well as many other restaurants on the blog. For some people, knowing nutritional information for the Wendy's menu has to do with weight loss. For others, it is simply about consuming healthier foods or sticking to certain dietary restrictions. Regardless of the reason, it is important to check out nutritional information if you plan to take a trip to the drive-through. Wendy's Menu Prices Wendy's Secret Menu Wendy's Careers Wendy's Coupons Here's a look at Wendy's nutrition, including calories, fat, carbs, and protein. Something that sticks out about Wendy's nutrition and the Wendy's menu is that it is always improving to focus more on the health and well-being of customers. The company has recently focused on producing lower sodium white meat chicken, offering lower calorie salad dressing, and reducing antibiotics in food production. These changes help to improve the overall quality of the food, as well as give consumers healthy choices. First, take comfort in knowing that the Wendy's menu has plenty of options for any diet, whether you are looking to lose weight or find a gluten-free option. If you are looking for a clean, healthy option, it is best not to order your favorite burger. Opt for an option that is lighter – not fried. Wendy's menu has some of the best and most popular fast food salads that are low in carbs, low-calorie, and high in protein if you add chicken. In fact, you can eat up to 32 to 42 grams of protein from a salad with chicken. Stick to half a serving, rather than a full. Now that you've gotten a chance to take a look at Wendy's nutrition, let's take a closer look at some of these Wendy's menu items and their nutritional values. Salads If you want to ensure your meal is fresh, order a salad from Wendy's. Each new day, ingredients are washed, chopped, and prepared by hand, from the lettuce to the fruit and other toppings that go in these meals. You also have the option of ordering a half or full salad to accommodate your ideal calorie count and nutritional goals. Healthy options like the Apple Pecan Chicken Salad are low in saturated fat and calories. According to Wendy's nutritional information on their website, their signature Marzetti salad dressing is free of preservatives, trans fat, high fructose corn syrup, and artificial flavors. Sides Wendy's menu also has a great selection of side items to help you eat proper portion sizes. With smaller portions, you can still enjoy popular menu items like Chili without having to worry as much about nutritional values like calories and sodium. Most fast-food restaurants only offer unhealthy products as sides, but Wendy's nutrition focus lets them serve items like side salads and fruit. Sandwiches As for the rest of the Wendy's menu, many of the items are burgers or sandwiches that are much higher in sodium and calories. As with all fast-food restaurants, it is important to pay attention to Wendy's nutrition for each item you plan to order. If you plan to order a burger off the Wendy's menu, but you are focused on losing weight and cutting calories, a great option is to order a junior size burger or remove the bun from the Wendy's menu item. Junior size items have fewer calories but still allow you to indulge in popular foods. To lower calories even more, you can pick off the bacon and ask for the item without cheese if it contains either. Many Wendy's restaurants will allow you to customize your item when you order. Opting for a grilled chicken sandwich is a great idea to cut back on calories if you are working on losing weight, too. Chicken naturally contains fewer calories than red meat and is leaner, so it is the ideal option for weight loss. What do you think about Wendy's nutrition? Is it similar to other fast food restaurants? To see nutritional info for other restaurants, you can check out our Fast Food Nutrition page. At Wendy's, it's part of our brand promise to let our customers know exactly what's in our food and how we bring these menu items to our customers. Allergens on mobile phone Allergens on mobile phone allergen icons on mobile phone allergen icons on mobile phone We provide known instances of allergens; however, cross contact is possible due to common handling and preparation areas in our restaurants. We are unable to guarantee that any menu item can be completely free of allergens. Customers with allergies and sensitivities should exercise judgment when ordering. For more information on food allergies, you can review the Food Allergy Research & Education website at [www.foodallergy.org](#). We also provide detailed information on our priority food categories—determined by spend and impact on the world around us—as part of our responsible sourcing goal. Learn More > We'll use this space to give you The Square Deal™ — our views on food, quality, culture, foster care adoption, and doing our best to make Dave proud. CHECK OUT THE SQUARE DEAL™ Complete control and offline access. Implement your own algorithms, great for offline apps. Home > Fast Food > Wendy's Updated 2021. Menus will scroll horizontally and vertically to fit your phone. Burgers Chicken Salads & Sides Fries Beverages Frosty Bakery Breakfast FAQs Health Tips: Baconator: Baconator has 960 calories and 66 grams of fat. Customers can enjoy a more calorie-friendly version by removing the condiments and bacon. Individuals wanting a healthier option can opt for one of Wendy's salads, instead. The Apple Pecan Salad, made with their signature lettuce blend, roasted pecans, and fruit has 550 calories and 26 grams of fat with the dressing, back to top Health Tips: Spicy Chicken Nuggets: Wendy's Spicy nuggets come in 10-, 6-, or 4-piece options to satisfy your hunger. The 10-piece spicy nugget portion is 470 calories and 31 grams of fat. For fewer calories and less fat, customers can get a smaller size. Or, individuals may decide to get the regular 10-piece nuggets, which have 420 calories and 27 grams of fat. Spicy Chicken Sandwich: The spicy chicken sandwich totals 500 calories and 19 grams of fat. Those who want to cut back on the calories can choose instead to get a Grilled Chicken Sandwich, which has 350 calories and 8 grams of fat. Customers can also save on calories by ordering a hearty small bowl of Wendy's chili, which comes in at 240 calories and 11 grams of fat, back to top back to top back to top back to top Health Tips: Frosty: Those looking for a snack can get a Wendy's Frosty. A large Frosty contains 590 calories and 15 grams of fat. For a much healthier snack option, consider a Fresh Baked Oatmeal Bar. Oatmeal bars have whole oats, blueberries, and cranberries. One of these bars has 270 calories and 10 grams of fat, back to top back to top Known for square hamburgers, sea salt fries, and Frostys, Wendy's operates as an American international fast food chain. Founded in 1969 by Dave Thomas, the company manages around 6,500 restaurants. The premier fast food eatery yields annual revenues of approximately \$2 billion and offers widespread menus with choices for nearly everyone. Patrons order selections ranging from cheeseburgers and chicken sandwiches to salads, wraps, and sides. Locations attempt to satisfy the nutritionally specific needs of vegans, health-conscious folks, and individuals with gluten sensitivities. Calorie and Nutrition information for popular products from Wendy's: More products from Wendy's More popular types of Wendy's products: View all Wendy's Products

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