

Healthier choices at Burger King Instead of this meal



Amount per meal	
Calories	1345
Total Fat	66.5g
Saturated Fat	19.3g
Trans Fat	
Cholesterol	
Sodium	2089mg
Total Carbohydrate	99.6g
Dietary Fiber	7g
Sugars	12.4g
Protein	41.6g

This meal option is too high in saturated fat. It is recommended to consume less than 12g/day for women and less than 15g/day for men to control cholesterol.



This meal option is too high in total carbohydrates. General guidelines: 2-3 Carb choices per meal for women (30-45 grams) and 3-4 carb choices (45-60grams) for men.

Choose this



Amount per meal	
Calories	374
Total Fat	17.7g
Saturated Fat	4.4g
Trans Fat	
Cholesterol	
Sodium	820mg
Total Carbohydrate	57g
Dietary Fiber	4g
Sugars	12.7g
Protein	16.5g

This meal option is lower in saturated fat which is better for heart health



This meal option is lower in sodium. It is recommended to consume no more than 1,500-2,300mg a day.

Calories Saved: 971
Fat Saved: 49g
Sodium Saved: 1269mg
Carbohydrates Saved: 42.6g
2013