

FAST FOOD SODIUM QUIZ

Identify the amount of sodium contained in the following list of menu items. Can you guess how much sodium is hidden in these popular menu items?



1 WHICH OF THE FOLLOWING COMBINATION MEALS DO YOU THINK HAS THE LEAST AMOUNT OF SODIUM?

- A** McDonald's Quarter Pounder with Cheese Meal – medium quarter pounder, medium fries, and medium Coca-Cola
- B** In-n-Out #1 Double-double Combo Meal – medium double-double, medium french fries, medium Coca-Cola
- C** Chick-fil-A Spicy Chicken Sandwich Combo – medium waffle potato fries, medium lemonade
- D** Panda Express Combo Meal – original orange chicken, broccoli beef, full chow mein

2 WHICH OF THE FOLLOWING BEVERAGES/MILKSHAKES HAS THE MOST SODIUM?

- A** Sonic Large Oreo Cheesecake Milkshake
- B** Chick-fil-A 16 oz Cookies and Cream Milkshake
- C** Taco Bell 20 oz Mountain Dew Baja Blast Freeze
- D** In-n-Out 15 oz Vanilla Milkshake

3 WHICH OF THE FOLLOWING FAMILY MEALS HAS THE LEAST AMOUNT OF SODIUM?

- A** Olive Garden Family-Style Lasagna Bundle – lasagna classico, famous house salad, a dozen breadsticks
- B** Little Caesars Hot N Ready Complete Meal – one large pepperoni pizza, one crazy combo, 2-liter bottle of Coca-Cola
- C** El Pollo Loco 16 Piece Family Meal – 8 legs, 8 thighs, one side of large pinto beans, one side of large rice, one side of large coleslaw, and eight flour tortillas
- D** Panda Express – 2 large sides and 3 large entrees-chow mein and fried rice, grilled teriyaki chicken, black pepper angus steak, string bean chicken breast

4 WHICH OF THE FOLLOWING SALADS HAS THE MOST SODIUM?

- A** El Pollo Loco Classic Tostada Salad with Chicken
- B** Subway Cali Fresh Turkey Salad
- C** Chick-fil-A Cobb Salad
- D** Olive Garden Classic Tostada Salad with Chicken

5 WHICH OF THE FOLLOWING VALUE DEAL BUNDLES HAS THE LEAST AMOUNT OF SODIUM?

- A** McDonald's 2 for \$5 – McDouble & Spicy McChicken
- B** Wendy's 4 for \$4 – Jr. cheeseburger, crispy chicken sandwich, 4-piece nuggets, small fries
- C** Taco Bell Chalupa Combo – 2 chicken chalupas & supreme combo w/specialty (Baja Blast)
- D** Burger King 2 for \$5 Mix & Match – the whopper & the original chicken sandwich



HOW DID YOU DO?

Not everyone gets the questions right. Check the answers to see how you did.



1 WHICH OF THE FOLLOWING COMBINATION MEALS DO YOU THINK HAS THE LEAST AMOUNT OF SODIUM?

- A** McDonald's Quarter Pounder with Cheese Meal – medium quarter pounder, medium fries, and medium Coca-Cola (1,455 mg)
- B** In-n-Out #1 Double-double Combo Meal – medium double-double, medium french fries, medium Coca-Cola (1,697 mg)
- C** Chick-fil-A Spicy Chicken Sandwich Combo – medium waffle potato fries, medium lemonade (1,920 mg)
- D** Panda Express Combo Meal – original orange chicken, broccoli beef, full chow mein (2,295 mg)

2 WHICH OF THE FOLLOWING BEVERAGES/MILKSHAKES HAS THE MOST SODIUM?

- A** Sonic Large Oreo Cheesecake Milkshake (1,280 mg)
- B** Chick-fil-A 16 oz Cookies and Cream Milkshake (410 mg)
- C** Taco Bell 20 oz Mountain Dew Baja Blast Freeze (55 mg)
- D** In-n-Out 15 oz Vanilla Milkshake (360 mg)

3 WHICH OF THE FOLLOWING FAMILY MEALS HAS THE LEAST AMOUNT OF SODIUM?

- A** Olive Garden Family-Style Lasagna Bundle – lasagna classico, famous house salad, a dozen breadsticks (30,060 mg)
- B** Little Caesars Hot N Ready Complete Meal – one large pepperoni pizza, one crazy combo, 2-liter bottle of Coca-Cola (7,435 mg)
- C** El Pollo Loco 16 Piece Family Meal – 8 legs, 8 thighs, one side of large pinto beans, one side of large rice, one side of large coleslaw, and eight flour tortillas (1,410 mg)
- D** Panda Express – 2 large sides and 3 large entrees-chow mein and fried rice, grilled teriyaki chicken, black pepper angus steak, string bean chicken breast (3,580 mg)

4 WHICH OF THE FOLLOWING SALADS HAS THE MOST SODIUM?

- A** El Pollo Loco Classic Tostada Salad with Chicken (1,390 mg)
- B** Subway Cali Fresh Turkey Salad (1,970 mg)
- C** Chick-fil-A Cobb Salad (2,200 mg)
- D** Olive Garden Classic Tostada Salad with Chicken (1,390 mg)

5 WHICH OF THE FOLLOWING VALUE DEAL BUNDLES HAS THE LEAST AMOUNT OF SODIUM?

- A** McDonald's 2 for \$5 – McDouble & Spicy McChicken (920 mg)
- B** Wendy's 4 for \$4 – Jr. cheeseburger, crispy chicken sandwich, 4-piece nuggets, small fries (2,140 mg)
- C** Taco Bell Chalupa Combo – 2 chicken chalupas & supreme combo w/specialty (Baja Blast) (1,805 mg)
- D** Burger King 2 for \$5 Mix & Match – the whopper & the original chicken sandwich (2,150 mg)

