



McDonald's Big Mac vs. Chicken Wrap

Product	McDonald's Big Mac	McDonald's Chicken Wrap
Nutrition	1 / 10	5.5 / 10
Serving Size	1 burger (115g)	1 wrap
Calories	520	290
Total fat	28 g	13 g
Saturated fat	5 g	3.5 g
Trans fat	0.4 g	0.2 g
Cholesterol	35 mg	30 mg
Sodium	950 mg	640 mg
Total carbohydrate	45 g	30 g
Dietary fiber	2 g	3 g
Sugars	7 g	2 g
Protein	24 g	14 g
Ingredients	PROCESSED CHEDDAR CHEESE SLICE, BIG MAC SAUCE, BIG MAC BUN, PICKLE SLICES, ONIONS (DEHYDRATED), BEEF PATTY, LETUCCE, GRILL SEASONING	TORTILLA, SHREDDED MONTEREY JACK & LIGHT CHEDDAR BLEND, PREMIUM RANCH SAUCE, LETTUCE, CRISPY CHICKEN STRIPS
Quality	0 / 10	4 / 10
	High amount of preservatives and additives. Low nutrient profile– high in sodium, trans fat and calories.	Some processed ingredients and preservatives. High sodium content, moderately low nutrient profile.
Availability	10 / 10	10 / 10
Cost (*prices may vary)	\$3.99 (plus tax)	\$1.59 (plus tax)

Scores	Nutrition	Availability	Quality
0 - 5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 - 7	Satisfactory. Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 - 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives