

WENDY'S U.S. DIABETIC EXCHANGE LIST

		CHO (g)	PRO (g)	FAT (g)	CAL	EXCHANGES
Classic Single® With Everything	1 ea.	37	25	19	410	2 Starch, 1 Vegetable, 2 Medium Fat Meat, 2 Fat
Big Bacon Classic®	1 ea.	45	33	29	580	2 Starch, 4 Medium Fat Meat, 2 Fat
Jr. Bacon Cheeseburger	1 ea.	34	20	19	380	2 Starch, 1 Vegetable, 2 Medium Fat Meat, 1 Fat
Jr. Hamburger	1 ea.	34	15	9	270	2 Starch, 1 High Fat Meat
Jr. Cheeseburger	1 ea.	34	17	12	310	2 Starch, 2 Medium Fat Meat
Jr. Cheeseburger Deluxe™	1 ea.	36	18	15	350	2 Starch, 1 Vegetable, 1 High Fat Meat, 1 Fat
Hamburger, Kids' Meal	1 ea.	33	15	9	270	2 Starch, 1 High Fat Meat
Cheeseburger, Kid's Meal	1 ea.	33	17	12	310	2 Starch, 2 Medium Fat Meat
Grilled Chicken Sandwich	1 ea.	36	24	6	300	2 Starch, 1 Vegetable, 2 Lean Meat
Chicken Breast Fillet Sandwich	1 ea.	46	27	13	430	3 Starch, 1 Vegetable, 2 Lean Meat, 1 Fat
Chicken Club Sandwich	1 ea.	47	30	17	470	3 Starch, 3 Lean Meat, 1 Fat
Spicy Chicken Sandwich	1 ea.	47	28	14	430	3 Starch, 1 Vegetable, 2 Lean Meat, 1 Fat
French Fries, Kids' Meal	3.2 oz.	36	3	11	250	2 Starch, 2 Fat
Plain Baked Potato	10 oz.*	61	7	0	270	4 Starch
Bacon & Cheese Baked Potato	1 ea.	67	16	25	560	4 Starch, ½ Whole Milk, 3 Fat
Broccoli & Cheese Baked Potato	1 ea.	70	10	15	440	4 Starch, 1 Vegetable, 2 Fat
Sour Cream & Chives Baked Potato	1 ea.	62	8	6	340	4 Starch, 1 Fat
Chili, Small	8 oz.	21	17	5	200	1 Starch, 1 Vegetable, 2 Lean Meat
Caesar Side Salad	1 ea.	2	6	4.5	70	1 Medium Fat Meat
Homestyle Garlic Crouton	1 pkt.	9	1	2.5	70	½ Starch, ½ Fat
Cesar Dressing	1 oz.	1	1	16	150	3 Fat
Side Salad	1 ea.	7	2	0	35	½ Starch
Mandarin Chicken® Salad	1 ea.	17	22	3	190	1 Fruit, 1 Vegetable, 3 Very Lean Meat
Roasted Almonds	1 pkt.	4	5	11	130	½ Lean Meat, 2 Fat
Crispy Rice Noodles	1 pkt.	10	1	2	60	½ Starch
Oriental Sesame Dressing	2.25 oz.	19	1	19	250	1 Starch, 4 Fat

*Average weight

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Chicken BLT Salad	1 ea.	10	34	19	360	2 Vegetable, 4 Medium Fat Meat
Homestyle Garlic Crouton	1 pkt.	9	1	2.5	70	½ Starch, ½ Fat
Honey Mustard Dressing	2.25 oz.	11	1	26	280	1 Starch, 5 Fat
Spring Mix Salad	1 ea.	12	11	11	180	3 Vegetable, 1 Medium Fat Meat, 1 Fat
Honey Roasted Pecans	1 pkt.	5	2	13	130	½ Medium Fat Meat, 2 Fat
House Vinaigrette Dressing	2.25 oz.	8	0	18	190	½ Starch, 3 Fat
Taco Supremo Salad	1 ea.	29	27	16	360	1 Starch, 3 Vegetable, 3 Medium Fat Meat
Taco Chips	1 pkt.	27	3	11	220	1 ½ Starch, 2 Fat
Sour Cream	1 pkt.	2	1	5	60	1 Fat
Salsa	3 oz.	6	1	0	30	1 Vegetable
Light Salad Dressings						
Fat Free French Style	2.25 oz.	19	0	0	80	1 Starch
Low Fat Honey Mustard	2.25 oz.	21	0	3	110	1 ½ Starch
Reduced Fat Creamy Ranch	2.25 oz.	6	1	8	100	½ Starch, 1 Fat
Crispy Chicken Nuggets	5 pc.	13	10	14	220	1 Starch, 1 High Fat Meat, 1 Fat
Nugget Sauces						
Barbecue Sauce	1pkt.	10	1	0	40	½ Starch
Sweet & Sour Sauce	1pkt.	12	0	0	45	1 Fruit
Honey Mustard Sauce	1pkt.	6	0	12	130	½ Starch, 2 Fat
Homestyle Chicken Strips	3 ea.	33	28	18	410	2 Starch, 3 Medium Fat Meat
Dipping Sauces						
Deli Honey Mustard Sauce	1pkt.	6	0	16	170	½ Starch, 3 Fat
Spicy Southwest Chipotle Sauce	1pkt.	5	0	17	170	½ Starch, 3 Fat
Heartland Ranch Sauce	1pkt.	1	0	21	200	4 Fat
Frosty™, Junior	6 oz. cup	28	4	4	160	2 Starch. ½ Fat