

Compare and contrast wendy's vs. mcdonalds essay



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BUSTER**

What do you typically order when dining at McDonald's or Wendy's? When I am having a meal from either place, my favorite choice is a fried chicken sandwich with lettuce, tomato, bacon and extra mayo. Sometimes, I may make it a combo and enjoy the greasy, salty french fries and an ice cold soft drink. Most of their customers often purchase the unhealthiest options because they feel as if that is what fast food is all about, right? Fortunately, it does not have to be that way. Fast food can be convenient and nutritious. Wendy's and McDonald's are both fast food restaurants, so they are alike in many ways.

However, each one also possesses distinct characteristics that allow it to stand out from the rest of the fast food chains. Each restaurant offers a variety of healthy and unhealthy products for their patrons. One of the main differences between these two places is menu options. McDonald's serves breakfast and lunch. For breakfast, one can order hot cakes and sausage with orange juice to drink. The hotcakes are a common purchase for the early risers. Lunch and dinner selections include burgers, wraps, salads, chicken nuggets or chicken sandwiches, and even fish sandwiches.

McDonald's offers a wide selection of beverages. It has coca-cola products and specialty drinks from their McCafe line including lattes, iced coffees, smoothies and other frozen beverages. For those on a tight budget, there is the Dollar menu. It offers some of their favorite menu items and is a way for customers to fill up for less. Wendy's, on the other hand, only operates for lunch and dinner. Their menu consists of burgers, salads, wraps, and chicken sandwiches. Although Wendy's menu is much smaller, their customers have more options for side items.

Whereas McDonald's combos only come with fries, at Wendy's customers can choose from fries, bacon and cheese potato, broccoli and cheese potato, sour cream and chives potato, chili or garden or Caesar side salad. Wendy's version of the Dollar menu is titled "Right Price, Right Size" menu. It has also introduced a feast after dark that is available after 10 p. m. This meal is made up of their Double Stack cheeseburger (pickles, onions, ketchup and mustard), an order of chili cheese fries and a 32 ounce drink for only \$5. With the many options, customers must decide if they are looking for convenience and unhealthy food choices.

One of the more unhealthy options at McDonald's is a new sandwich, Bacon Habanero Ranch Quarter Pounder with Cheese. This monster of a sandwich is made with a quarter pound of 100% beef. It is topped with white cheddar cheese, Applewood smoked bacon, tomato, leaf lettuce and a spicy but creamy habanero ranch sauce on a toasted bun. Sounds delicious until the nutritious facts are given. This sandwich alone has 610 calories, 31 grams of fat, and 46 grams of carbohydrates. The fat in this sandwich is 48% of the recommended daily value.

Adding fries and a drink to pair with this sandwich increases the calorie count for this meal to well over 1100. Remember, the average person consumes about 2000 calories a day. While these facts are shocking to some, Wendy's also has some options that can be damaging to one's health. The Baconator is at the top of the list. The name by itself says heart attack. This signature sandwich has not one, but two quarter pound ground beef patties. Like McDonald's, it has Applewood smoked bacon. However, the only

toppings are ketchup, mayonnaise and two slices of American cheese on a toasted bun.

The nutrition facts are stupefying! The Baconator has 970 calories, 59 grams of fat and 41 grams. Of those calories, 530 come from the fat content. Fast food does not always have to be detrimental to one's health. The Premium Grilled Chicken Caesar salad from McDonald's offers great nutritional value. It has a tender and juicy grilled chicken breast filet on a bed of crisp greens with shredded carrots, grape tomatoes and is topped with grated parmesan cheese. This delicious salad is only 190 calories. The dressing served with it is two ounces of Newman's Own Creamy Caesar.

The dressing adds an additional 190 calories and 28 grams of fat. To keep this meal healthy, one should go with a dressing with less calories, Newman's Own low fat Balsamic Vinaigrette, only 40 calories and 4 grams of fat. Similarly, the healthier selection from Wendy's is also a salad, the Berry Almond Chicken salad. This half size salad has 270 calories, 80 more than the grilled chicken salad from McDonald's, but it is packed with flavor. There are eleven different types of chopped greens, and it is topped with plump blueberries, sweet strawberries, roasted almonds, shaved Asiago cheese and a warm grilled chicken breast.

The fat free Raspberry Vinaigrette is a perfect match. The dressing adds only 50 calories to this delicious selection. With the busy lives consumers live, convenience of fast food restaurants simplify life. However, every visit does not have to include 1000 calorie burger with fries and a shake. Wendy's and McDonald's are both in the fast food business and have selections that

provide nutritional benefits for their customers. What changes will you make to your meal choices, the next time you dine at Wendy's or McDonald's?