



U.S. DIABETIC EXCHANGES

If you have specific questions about our menu, call or write:

Wendy's Consumer Relations Department
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 Dublin, OH 43017
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The information contained in this list is based on standard U.S. product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Test products are not included. The information is effective as of August 2007.

		CHO (g)	PRO (g)	FAT (g)	CAL	EXCHANGES
Classic Single® With Everything	1 ea.	37	25	20	430	2 Starch, 1 Vegetable, 2 Medium Fat Meat, 2 Fat
Jr. Bacon Cheeseburger	1 ea.	26	17	16	310	1 ½ Starch, 2 High Fat Meat
Jr. Hamburger	1 ea.	26	13	8	230	1 ½ Starch, 1 High Fat Meat
Jr. Cheeseburger	1 ea.	26	15	11	270	1 ½ Starch, 1 ½ High Fat Meat
Jr. Cheeseburger Deluxe	1 ea.	28	15	14	300	2 Starch, 1 ½ High Fat Meat
Crispy Chicken Sandwich	1 ea.	41	16	14	360	2 Starch, 1 ½ Medium Fat Meat, 1 Fat
Hamburger, Kids' Meal	1 ea.	25	13	8	220	1 ½ Starch, 1 High Fat Meat
Cheeseburger, Kid's Meal	1 ea.	26	15	11	260	1 ½ Starch, 1 ½ High Fat Meat
Chicken Club*	1 ea.	49	39	31	610	3½ Starch, 3 High Fat Meat, 1 Fat
Ultimate Chicken Grill Sandwich	1 ea.	36	28	7	320	2½ Starch, 2½ Lean Meat
Homestyle Chicken Fillet Sandwich	1 ea.	48	25	16	430	3 Starch, 2½ Medium Fat Meat
Spicy Chicken Fillet Sandwich	1 ea.	46	28	16	440	3 Starch, 2½ Medium Fat Meat
Ham & Cheese Sandwich, Kid's Meal	1 ea.	25	13	5	200	1 ½ Starch, 1 Medium Fat Meat
Turkey & Cheese Sandwich, Kid's Meal	1 ea.	27	12	6	210	1 ½ Starch, 1 Medium Fat Meat
Roasted Turkey and Swiss Frescata™	1 ea.	51	25	20	470	3 Starch, 1 Vegetable, 2 Medium Fat Meat, 1½ Fat
Black Forest Ham & Swiss Frescata™	1 ea.	50	27	19	460	3 Starch, 1 Vegetable, 2 Medium Fat Meat, 1½ Fat
Frescata Club	1 ea.	49	22	17	430	3 Starch, 1 Vegetable, 2 Medium Fat Meat, 1 Fat
French Fries, Kids' Meal	2.5 oz.	26	3	10	210	1½ Starch, 2 Fat

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Plain Baked Potato (average weight)	10 oz.	61	7	0	270	4 Starch
Sour Cream & Chives Baked Potato	1 ea.	63	9	4	320	4 Starch, 1 Fat
Chili, Small	8 oz.	23	17	6	220	1 Starch, 1 Vegetable, 2 Lean Meat
Lowfat Strawberry Flavored Yogurt	5 oz.	27	6	1.5	140	2 Starch
Granola Topping	0.75 oz.	15	2	4.5	110	1 Starch, 1 Fat
Mandarin Orange Fruit Cup	1 ea.	19	1	0	80	1 Fruit
Side Salad	1 ea.	8	1	0	35	1½ Vegetable
Caesar Side Salad	1 ea.	6	6	4.5	80	1 Vegetable, ½ Medium Fat Meat, ½ Fat
Homestyle Garlic Crouton	1 pkt.	9	2	2.5	70	½ Starch, ½ Fat
Caesar Dressing	1 oz.	1	1	13	120	3 Fat
Mandarin Chicken® Salad	1 ea.	16	21	2.5	170	½ 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 oz.	19	1	9	170	1 Starch, 2 Fat
Chicken BLT Salad	1 ea.	11	33	18	330	2 Vegetable, 4 Medium Fat Meat
Homestyle Garlic Crouton	1 pkt.	9	2	2.5	70	½ Starch, ½ Fat
Honey Mustard Dressing	2 oz.	9	1	23	250	½ Starch, 4 Fat
Caesar Chicken Salad	1 ea.	8	25	6	180	1½ Vegetable, 3 Lean Meat
Homestyle Garlic Crouton	1 pkt.	9	2	2.5	70	½ Starch, ½ Fat
Caesar Dressing (served with 2 pkts)	1 oz. (1pkt)	1	1	13	120	3 Fat
Southwest Taco Salad	1 ea.	30	30	22	430	1 Starch, 2½ Vegetable, 3 Medium Fat Meat, 1½ Fat
Seasoned Tortilla Strips	1 pkt.	13	2	5	110	1 Starch, 1 Fat
Reduced Fat Acidified Sour Cream	1 pkt.	2	1	4	50	1 Fat
Ancho Chipotle Ranch Dressing	1.25 oz.	3	1	8	90	2 Fat

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Additional Salad Dressings						
Creamy Ranch	2 oz.	4	1	20	200	½ Starch, 4 Fat
Fat Free French Style	2 oz.	17	0	0	70	1 Starch
Italian Vinaigrette	2 oz.	8	0	11	130	½ Starch, 2 Fat
Low Fat Honey Mustard*	2 oz.	19	0	2.5	100	1 Starch, ½ Fat
Reduced Fat Creamy Ranch*	2 oz.	6	1	7	90	½ Starch, 1 Fat
Thousand Island*	2 oz.	7	1	22	230	½ Starch, 4 Fat
Blue Cheese*	2 oz.	2	2	24	230	5 Fat
Crispy Chicken Nuggets	5 pc.	12	12	15	230	1 Starch, 1 High Fat Meat, 1½ Fat
Nugget Sauces						
Barbecue	1pkt.	10	1	0	45	½ Starch
Sweet & Sour	1pkt.	13	0	0	50	1 Fruit
Honey Mustard	1pkt.	6	0	12	130	½ Starch, 2 Fat
Heartland Ranch	1pkt.	1	0	17	160	3½ Fat
Original Chocolate Frosty™, Junior	6 oz. cup	28	4	4	160	1½ Starch, 1 Fat
Vanilla Frosty, Junior	6 oz. cup	26	4	4	150	1½ Starch, 1 Fat
2% Reduced- Fat Milk	8 oz.	12	7	4.5	120	1 Reduced- Fat Milk
1% Low- Fat Chocolate Milk	8 oz.	28	8	2.5	170	1 Low-fat Milk, 1 Starch

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