



U.S. DIABETIC EXCHANGES

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

Wendy's Consumer Relations Department
 One Dave Thomas Boulevard
 Dublin, OH 43017
 614-764-3100

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 February 1, 2006.

		CHO (g)	PRO (g)	FAT (g)	CAL	EXCHANGES
Classic Single® With Everything	1 ea.	37	25	19	420	2 Starch, 1 Vegetable, 2 Medium Fat Meat, 2 Fat
Big Bacon Classic®	1 ea.	46	35	29	580	3 Starch, 1 Vegetable, 3 Medium Fat Meat, 2 Fat
Jr. Bacon Cheeseburger	1 ea.	34	20	18	380	2 Starch, 1 Vegetable, 2 Medium Fat Meat, 1 Fat
Jr. BBQ Cheeseburger	1 ea.	36	17	13	330	2 ½ Starch, 2 Medium Fat Meat
Jr. Hamburger	1 ea.	34	15	9	280	2 Starch, 1 High Fat Meat
Jr. Cheeseburger	1 ea.	34	17	13	320	2 Starch, 2 Medium Fat Meat
Jr. Cheeseburger Deluxe	1 ea.	37	18	16	360	2 Starch, 1 Vegetable, 1 High Fat Meat, 1 Fat
Crispy Chicken Sandwich	1 ea.	43	18	15	380	3 Starch, 1 Medium 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.	34	17	13	320	2 Starch, 2 Medium Fat Meat
¼ lb. Double Stack*	1 ea.	34	27	20	420	2 Starch, 3 Medium Fat Meat, 1 Fat
¼ lb. Deluxe Double Stack*	1 ea.	36	27	24	470	2 Starch, 1 Vegetable, 3 Medium Fat Meat, 1 Fat
Ultimate Chicken Grill Sandwich	1 ea.	44	31	8	370	3 Starch, 3 Very Lean Meat
Homestyle Chicken Fillet Sandwich	1 ea.	57	28	18	510	4 Starch, 3 Medium Fat Meat
Spicy Chicken Fillet Sandwich	1 ea.	57	29	18	510	4 Starch, 3 Medium Fat Meat
Chicken Club*	1 ea.	57	31	21	540	4 Starch, 2 1/2 Medium Fat, Meat, 1 Fat
Fish Sandwich*	1 ea.	50	17	24	480	3 Starch, 1 Vegetable, 1 Medium Fat Meat, 3 Fat
Black Forest Ham & Swiss Frescata™	1 ea.	50	28	20	480	3 Starch, 1 Vegetable, 2 Medium Fat Meat, 2 Fat
Roasted Turkey & Swiss Frescata	1 ea.	52	26	21	490	3 Starch, 1 Vegetable, 2 Medium Fat Meat, 2 Fat
Frescata Club	1 ea.	50	23	16	440	3 Starch, 1 Vegetable, 2 Medium Fat Meat, 1 Fat
Roasted Turkey & Basil Pesto Frescata	1 ea.	50	21	16	420	3 Starch, 1 Vegetable, 2 Medium Fat Meat, 2 Fat
French Fries, Kids' Meal	3.2 oz.	37	3	14	280	2 ½ Starch, 2 Fat
Chili, Small	8 oz.	23	17	6	220	1 Starch, 1 Vegetable, 2 Lean Meat
Chili Chips & Cheese*	1 ea.	48	13	15	380	3 Starch, 1 Medium Fat Meat, 1 Fat

Note: ¼ lb. Double Stack Sandwiches represent approximate weight before cooking.

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Plain Baked Potato (average weight)	10 oz.	61	7	0	270	4 Starch
Bacon & Cheese Baked Potato*	1 ea.	69	16	13	460	4 Starch, ½ Whole Milk, 1 Fat
Broccoli & Cheese Baked Potato*	1 ea.	69	10	3.5	340	4 Starch, 1 Vegetable
Sour Cream & Chives Baked Potato	1 ea.	63	9	4	320	4 Starch
Chili, Small	8 oz.	23	17	6	220	1 Starch, 1 Vegetable, 2 Lean Meat
Chili Chips & Cheese*	1 ea.	48	13	15	380	3 Starch, 1 Medium Fat Meat, 1 Fat
Lowfat Strawberry Flavored Yogurt	6.8 oz.	37	8	2	200	2 ½ Starch
Granola Topping	0.75 oz.	15	2	4.5	110	1 Starch
Mandarin Orange Fruit Cup	1 ea.	19	1	0	80	1 Fruit
Side Salad	1 ea.	8	1	0	35	1 Vegetable
Caesar Side Salad	1 ea.	3	5	4.5	70	½ Vegetable, 1 Medium Fat Meat
Homestyle Garlic Crouton	1 pkt.	9	2	3	70	½ Starch, ½ Fat
Caesar Dressing	1 oz.	1	1	13	120	3 Fat
Mandarin Chicken® Salad	1 ea.	18	23	2	170	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.	21	1	11	190	1 Starch, 2 Fat
Chicken BLT Salad	1 ea.	12	34	18	340	2 Vegetable, 4 Medium Fat Meat
Homestyle Garlic Crouton	1 pkt.	9	2	3	70	½ Starch, ½ Fat
Honey Mustard Dressing	2.25 oz.	11	1	26	280	1 Starch, 5 Fat
Caesar Chicken Salad	1 ea.	9	27	5	180	2 Vegetable, 3 Very Lean Meat
Homestyle Garlic Crouton	1 pkt.	9	2	3	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.	32	30	22	440	1 Starch, 3 Vegetable, 3 Medium Fat Meat, 1 Fat
Seasoned Tortilla Strips	1 pkt.	13	2	5	110	1 Starch, 1 Fat
Reduced Fat Acidified Sour Cream	1 pkt.	2	1	3.5	50	1 Fat
Ancho Chipotle Ranch Dressing	1.5 oz.	4	1	10	110	½ Starch, 2 Fat

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Additional Salad Dressings						
Creamy Ranch	2.25 oz.	5	1	23	230	½ Starch, 4 Fat
Fat Free French Style	2.25 oz.	19	0	0	80	1 Starch
Italian Vinaigrette	2.25 oz.	9	0	12	140	½ Starch, 2 Fat
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 ½ Fat
Thousand Island*	2.25 oz.	8	1	25	260	½ Starch, 5 Fat
Blue Cheese*	2.25 oz.	3	2	27	260	½ Starch, 5 Fat
Crispy Chicken Nuggets	5 pc.	13	10	14	220	1 Starch, 1 High Fat Meat, 1 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
Homestyle Chicken Strips	3 ea.	33	28	18	410	2 Starch, 3 Medium Fat Meat
Dipping Sauces						
Deli Honey Mustard	1pkt.	6	1	16	170	½ Starch, 3 Fat
Spicy Southwest Chipotle*	1pkt.	5	1	15	150	½ Starch, 3 Fat
Heartland Ranch	1pkt.	1	0	22	200	4 Fat
Wild Buffalo Ranch*	1 pkt.	2	0	19	180	4 Fat
Sweet & Spicy Hawaiian*	1 pkt.	17	0	0	70	1 Fruit
Frosty™, Junior	6 oz. cup	28	4	4	160	Starch, ½ Fat
2% Reduced- Fat Milk	8 oz.	13	8	4.5	120	1 Reduced- Fat Milk
1% Low- Fat Chocolate Milk	8 oz.	28	8	2.5	170	1 Low-fat Milk, 1 Carbohydrate

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