Foods 10 Ainsley

 June 7, 2017

Junk Food

Wendy’s

Menu Item: Junior Cheese Burger Deluxe.



Description- 100% square beef patty with a fluffy white bun. Topped off with a ketchup mayonnaise sauce with cheese, pickles, onions, tomatoes and lettuce.

This is not healthy for me because...

* It has over 35% of the daily max of sodium
* Saturated fat is the worst type of fat and this burger has 7g of it.
* It is highly processed