

Calories (High to Low)

906	Taco Bell Taco Salad	Quantity: item
696	Steak N Shake Chili Mac plate	Quantity: item
678	Burger King Whopper—no cheese	Quantity: item 291g
675	DQ Blizzard-Choc Chip Cookie Dough	Quantity: small 312g
662	Steak N Shake Chili 3 ways	Quantity: item
619	Burger King Chocolate Shake	Quantity: small 333g
553	Burger King Vanilla Shake	Quantity: small 305g
550	DQ Blizzard-Oreo Chocolate Cookie	Quantity: small 283g
530	DQ Blizzard-Reeces	Quantity: small 287g
514	Arbys chocolate shake	Quantity: regular 397g
510	DQ Banana Split	Quantity: item 369g
506	Arbys vanilla shake	Quantity: regular 397g
480	DQ Buster Bar	Quantity: item
440	Steak N Shake Chili-cup	Quantity: item
431	McDonalds Chocolate Shake	Quantity: 12fl oz 333g
427	McDonalds Vanilla Shake	Quantity: 12fl oz 333g
423	DQ French Fries	Quantity: small
404	Taco Bell Bean Burrito	Quantity: item 198g
391	McDonalds Filet-O-Fish	Quantity: item 142g
390	Steak N Shake chocolate milkshake	Quantity: kid size
380	Steak N Shake vanilla milkshake	Quantity: kid size
370	KFC Chicken Breast Original Recipe	Quantity: item 161g
370	McDonalds French Fries	Quantity: small 71g
370	Steak N Shake orange freeze	Quantity: kid size
348	DQ Vanilla cone, dipped chocolate	Quantity: small 156g
340	Burger King dessert Dutch Apple Pie	Quantity: item 113g
334	Quizno's Turkey Lite Sub	Quantity: small
330	Steak N Shake single steakburger	Quantity: item
320	Arbys Roast Beef	Quantity: regular 154g
320	DQ Onion Rings	Quantity: regular
314	Smoothie King: Peach Slice	Quantity: small
310	Burger King Hamburger	Quantity: item 121g
301	McDonalds Filet-O-Fish (without tarter sauce)	Quantity: item 124g
300	Burger King dessert Hershey Sundae Pie	Quantity: item 79g
290	DQ Homestyle Hamburger	Quantity: item 138g
290	KFC dessert Parfait Chocolate Cream	Quantity: item 113g
280	McDonalds Hamburger	Quantity: item 105g
270	Arbys Roast Beef Jr	Quantity: item 125g
268	Smoothie King: Low Carb banana	Quantity: small
268	Smoothie King: Low Carb chocolate	Quantity: small
268	Smoothie King: Low Carb strawberry	Quantity: small
268	Smoothie King: Low Carb vanilla	Quantity: small
250	Arbys Turnover-apple or cherry	Quantity: item 89g
245	Burger King French Fries	Quantity: small 74g
240	DQ Beef Hot Dog	Quantity: item 99g
240	Steak N Shake French Fries	Quantity: small
232	KFC Cole Slaw	Quantity: item 142g
230	DQ Vanilla cone	Quantity: item 142g
220	KFC Chicken Breast Grilled	Quantity: item 152g
210	DQ Chocolate Dilly Bar	Quantity: item 85g
200	Taco Bell Soft Taco with beef	Quantity: item
200	Taco Bell Soft Taco with chicken	Quantity: item
190	Burger King dessert Vanilla Bean Cheesecake	Quantity: item 77g
190	KFC BBQ Baked Beans	Quantity: small 156g
184	Taco Bell Original Taco with beef	Quantity: item 78g
180	KFC Biscuit	Quantity: item 56g
170	KFC Chicken Thigh Grilled	Quantity: item 88g
150	KFC Corn on the cob	Quantity: item 162g
150	Taco Bell Fresco Crunchy Taco	Quantity: item
145	KFC Chicken Wing Original Recipe	Quantity: item 47g
140	KFC Chicken Drumstick Original Recipe	Quantity: item 59g
120	KFC Mashed Potatoes & Gravy	Quantity: item 136g
90	KFC Chicken Drumstick Grilled	Quantity: item 50g
80	KFC Chicken Wing Grilled	Quantity: item 37g
45	KFC Green Beans	Quantity: item 132g

Sugar (High to Low)

83	Arbys chocolate shake	Quantity: regular 397g
83	Arbys vanilla shake	Quantity: regular 397g
82	DQ Banana Split	Quantity: item 369g
75	DQ Blizzard-Choc Chip Cookie Dough	Quantity: small 312g
62	DQ Blizzard-Reeces	Quantity: small 287g
61	DQ Blizzard-Oreo Chocolate Cookie	Quantity: small 283g
61	McDonalds Chocolate Shake	Quantity: 12fl oz 333g
59	Burger King Chocolate Shake	Quantity: small 333g
59	Steak N Shake orange freeze	Quantity: kid size
58	Steak N Shake vanilla milkshake	Quantity: kid size
57	McDonalds Vanilla Shake	Quantity: 12fl oz 333g
57	Steak N Shake chocolate milkshake	Quantity: kid size
46	Burger King Vanilla Shake	Quantity: small 305g
35	DQ Buster Bar	Quantity: item
30	DQ Vanilla cone, dipped chocolate	Quantity: small 156g
28	DQ Vanilla cone	Quantity: item 142g
25	KFC dessert Parfait Chocolate Cream	Quantity: item 113g
23	Burger King dessert Dutch Apple Pie	Quantity: item 113g
23	Burger King dessert Hershey Sundae Pie	Quantity: item 79g
20	Burger King dessert Vanilla Bean Cheesecake	Quantity: item 77g
20	KFC Cole Slaw	Quantity: item 142g
17	DQ Chocolate Dilly Bar	Quantity: item 85g
15	Arbys Turnover-apple or cherry	Quantity: item 89g
14	Smoothie King: Peach Slice	Quantity: small
13	KFC BBQ Baked Beans	Quantity: small 156g
12	Burger King Whopper—no cheese	Quantity: item 291g
8	KFC Corn on the cob	Quantity: item 162g
7	McDonalds Hamburger	Quantity: item 105g
6	Burger King Hamburger	Quantity: item 121g
5	Arbys Roast Beef	Quantity: regular 154g
5	Arbys Roast Beef Jr	Quantity: item 125g
5	DQ Homestyle Hamburger	Quantity: item 138g
5	McDonalds Filet-O-Fish (without tarter sauce)	Quantity: item 124g
4	DQ Beef Hot Dog	Quantity: item 99g
4	DQ Onion Rings	Quantity: regular
4	McDonalds Filet-O-Fish	Quantity: item 142g
3	KFC Green Beans	Quantity: item 132g
2	KFC Biscuit	Quantity: item 56g
2	Taco Bell Soft Taco with beef	Quantity: item
1	Burger King French Fries	Quantity: small 74g
1	Steak N Shake Chili-cup	Quantity: item
1	Taco Bell Fresco Crunchy Taco	Quantity: item

Sodium (High to Low)

1935	Taco Bell Taco Salad Quantity: item
1909	Quizno's Turkey Lite Sub Quantity: small
1216	Taco Bell Bean Burrito Quantity: item 198g
1176	Steak N Shake Chili Mac plate Quantity: item
1145	KFC Chicken Breast Original Recipe Quantity: item 161g
1111	Steak N Shake Chili 3 ways Quantity: item
1010	Steak N Shake Chili-cup Quantity: item
950	Arbys Roast Beef Quantity: regular 154g
911	Burger King Whopper—no cheese Quantity: item 291g
890	DQ French Fries Quantity: small
760	KFC BBQ Baked Beans Quantity: small 156g
740	Arbys Roast Beef Jr Quantity: item 125g
730	DQ Beef Hot Dog Quantity: item 99g
730	KFC Chicken Breast Grilled Quantity: item 152g
730	KFC Green Beans Quantity: item 132g
689	McDonalds Filet-O-Fish Quantity: item 142g
630	DQ Homestyle Hamburger Quantity: item 138g
630	Taco Bell Soft Taco with beef Quantity: item
600	Taco Bell Soft Taco with chicken Quantity: item
590	Burger King dessert Vanilla Bean Cheesecake Quantity: item 77g
580	Burger King Hamburger Quantity: item 121g
575	McDonalds Filet-O-Fish (without tarter sauce) Quantity: item 124g
560	KFC Biscuit Quantity: item 56g
560	McDonalds Hamburger Quantity: item 105g
470	Burger King dessert Dutch Apple Pie Quantity: item 113g
469	DQ Blizzard-Choc Chip Cookie Dough Quantity: small 312g
440	KFC Chicken Drumstick Original Recipe Quantity: item 59g
440	KFC Mashed Potatoes & Gravy Quantity: item 136g
410	DQ Blizzard-Oreo Chocolate Cookie Quantity: small 283g
370	KFC Chicken Wing Original Recipe Quantity: item 47g
370	Taco Bell Fresco Crunchy Taco Quantity: item
366	Arbys vanilla shake Quantity: regular 397g
350	Arbys chocolate shake Quantity: regular 397g
349	Taco Bell Original Taco with beef Quantity: item 78g
345	Steak N Shake single steakburger Quantity: item
337	Burger King French Fries Quantity: small 74g
330	KFC dessert Parfait Chocolate Cream Quantity: item 113g
304	McDonalds Vanilla Shake Quantity: 12fl oz 333g
298	Burger King Chocolate Shake Quantity: small 333g
290	KFC Chicken Drumstick Grilled Quantity: item 50g
290	KFC Chicken Thigh Grilled Quantity: item 88g
284	KFC Cole Slaw Quantity: item 142g
266	McDonalds French Fries Quantity: small 71g
260	DQ Blizzard-Reeces Quantity: small 287g
250	KFC Chicken Wing Grilled Quantity: item 37g
220	DQ Buster Bar Quantity: item
220	Steak N Shake chocolate milkshake Quantity: kid size
215	Burger King Vanilla Shake Quantity: small 305g
206	McDonalds Chocolate Shake Quantity: 12fl oz 333g
200	Arbys Turnover-apple or cherry Quantity: item 89g
190	Burger King dessert Hershey Sundae Pie Quantity: item 79g
190	Steak N Shake vanilla milkshake Quantity: kid size
180	DQ Banana Split Quantity: item 369g
180	DQ Onion Rings Quantity: regular
180	Steak N Shake orange freeze Quantity: kid size
176	Smoothie King: Low Carb banana Quantity: small
176	Smoothie King: Low Carb chocolate Quantity: small
176	Smoothie King: Low Carb strawberry Quantity: small
176	Smoothie King: Low Carb vanilla Quantity: small
135	DQ Vanilla cone, dipped chocolate Quantity: small 156g
112	DQ Vanilla cone Quantity: item 142g
80	Steak N Shake French Fries Quantity: small
75	DQ Chocolate Dilly Bar Quantity: item 85g
63	Smoothie King: Peach Slice Quantity: small
20	KFC Corn on the cob Quantity: item 162g

Fat (High to Low)

49	Taco Bell Taco Salad Quantity: item
37	Burger King Whopper—no cheese Quantity: item 291g
36	Steak N Shake Chili 3 ways Quantity: item
33	Burger King Chocolate Shake Quantity: small 333g
31	Burger King Vanilla Shake Quantity: small 305g
31	DQ Buster Bar Quantity: item
30	Steak N Shake Chili Mac plate Quantity: item
26	DQ Blizzard-Choc Chip Cookie Dough Quantity: small 312g
24	Steak N Shake Chili-cup Quantity: item
21	DQ Blizzard-Reeces Quantity: small 287g
20	DQ Blizzard-Oreo Chocolate Cookie Quantity: small 283g
19	DQ French Fries Quantity: small
19	McDonalds Filet-O-Fish Quantity: item 142g
19	KFC Chicken Breast Original Recipe Quantity: item 161g
19	McDonalds French Fries Quantity: small 71g
18	Burger King dessert Hershey Sundae Pie Quantity: item 79g
17	DQ Vanilla cone, dipped chocolate Quantity: small 156g
17	Steak N Shake single steakburger Quantity: item
16	DQ Onion Rings Quantity: regular
15	KFC dessert Parfait Chocolate Cream Quantity: item 113g
14	Burger King dessert Dutch Apple Pie Quantity: item 113g
14	DQ Beef Hot Dog Quantity: item 99g
14	KFC Cole Slaw Quantity: item 142g
14	Taco Bell Bean Burrito Quantity: item 198g
13	Arbys chocolate shake Quantity: regular 397g
13	Arbys Roast Beef Quantity: regular 154g
13	Arbys vanilla shake Quantity: regular 397g
13	Burger King Hamburger Quantity: item 121g
13	DQ Chocolate Dilly Bar Quantity: item 85g
13	Burger King French Fries Quantity: small 74g
12	DQ Banana Split Quantity: item 369g
12	DQ Homestyle Hamburger Quantity: item 138g
12	McDonalds Chocolate Shake Quantity: 12fl oz 333g
12	McDonalds Vanilla Shake Quantity: 12fl oz 333g
12	Steak N Shake chocolate milkshake Quantity: kid size
12	Steak N Shake vanilla milkshake Quantity: kid size
11	Steak N Shake French Fries Quantity: small
11	Steak N Shake orange freeze Quantity: kid size
11	Taco Bell Original Taco with beef Quantity: item 78g
10	Arbys Turnover-apple or cherry Quantity: item 89g
10	KFC Biscuit Quantity: item 56g
10	KFC Chicken Thigh Grilled Quantity: item 88g
10	McDonalds Hamburger Quantity: item 105g
9	McDonalds Filet-O-Fish (without tarter sauce) Quantity: item 124g
9	Arbys Roast Beef Jr Quantity: item 125g
9	Burger King dessert Vanilla Bean Cheesecake Quantity: item 77g
9	KFC Chicken Wing Original Recipe Quantity: item 47g
9	Smoothie King: Low Carb banana Quantity: small
9	Smoothie King: Low Carb chocolate Quantity: small
9	Smoothie King: Low Carb strawberry Quantity: small
9	Smoothie King: Low Carb vanilla Quantity: small
9	Taco Bell Soft Taco with beef Quantity: item
8	KFC Chicken Drumstick Original Recipe Quantity: item 59g
8	Taco Bell Fresco Crunchy Taco Quantity: item
7	Taco Bell Soft Taco with chicken Quantity: item
7	KFC Chicken Breast Grilled Quantity: item 152g
7	DQ Vanilla cone Quantity: item 142g
6	KFC Mashed Potatoes & Gravy Quantity: item 136g
6	Quizno's Turkey Lite Sub Quantity: small
5	KFC Chicken Wing Grilled Quantity: item 37g
4	KFC Chicken Drumstick Grilled Quantity: item 50g
3	KFC BBQ Baked Beans Quantity: small 156g
2	KFC Corn on the cob Quantity: item 162g
2	KFC Green Beans Quantity: item 132g