Which of the following combination meals do you think has the least amount of sodium?

A. McDonald’s Quarter Pounder with Cheese Meal – medium quarter pounder, medium fries, and medium Coca-Cola
B. In-n-Out #1 Double-double Combo Meal – medium double-double, medium french fries, medium Coca-Cola
C. Chick-fil-A Spicy Chicken Sandwich Combo – medium waffle potato fries, medium lemonade
D. Panda Express Combo Meal – original orange chicken, broccoli beef, full chow mein

Which of the following beverages/milkshakes has the most sodium?

A. Sonic Large Oreo Cheesecake Milkshake
B. Chick-fil-A 16 oz Cookies and Cream Milkshake
C. Taco Bell 20 oz Mountain Dew Baja Blast Freeze
D. In-n-Out 15 oz Vanilla Milkshake

Which of the following value deal bundles has the least amount of sodium?

A. McDonald’s 2 for $5 – McDouble & Spicy McChicken
B. Wendy’s 4 for $4 – Jr. cheeseburger, crispy chicken sandwich, 4-piece nuggets, small fries
C. Taco Bell Chalupa Combo – 2 chicken chalupas & supreme combo w/specialty (Baja Blast)
D. Burger King 2 for $5 Mix & Match – the whopper & the original chicken sandwich

Which of the following salads has the most sodium?

A. El Pollo Loco Classic Tostada Salad with Chicken
B. Subway Cali Fresh Turkey Salad
C. Chick-fil-A Cobb Salad
D. Olive Garden Classic Tostada Salad with Chicken

Which of the following family meals has the least amount of sodium?

A. Olive Garden Family-Style Lasagna Bundle – lasagna classico, famous house salad, a dozen breadsticks
B. Little Caesars Hot N Ready Complete Meal – one large pepperoni pizza, one crazy combo, 2-liter bottle of Coca-Cola
C. El Pollo Loco 16 Piece Family Meal – 8 legs, 8 thighs, one side of large pinto beans, one side of large rice, one side of large coleslaw, and eight flour tortillas
D. Panda Express – 2 large sides and 3 large entrees-chow mein and fried rice, grilled teriyaki chicken, black pepper angus steak, string bean chicken breast
HOW DID YOU DO?
Not everyone gets the questions right. Check the answers to see how you did.

1. Which of the following combination meals do you think has the least amount of sodium?
   A) McDonald’s Quarter Pounder with Cheese Meal – medium quarter pounder, medium fries, and medium Coca-Cola (1,455 mg)
   B) In-n-Out #1 Double-double Combo Meal – medium double-double, medium french fries, medium Coca-Cola (1,697 mg)
   C) Chick-fil-A Spicy Chicken Sandwich Combo – medium waffle potato fries, medium lemonade (1,920 mg)
   D) Panda Express Combo Meal – original orange chicken, broccoli beef, full chow mein (2,295 mg)

2. Which of the following beverages/milkshakes has the most sodium?
   A) Sonic Large Oreo Cheesecake Milkshake (1,280 mg)
   B) Chick-fil-A 16 oz Cookies and Cream Milkshake (410 mg)
   C) Taco Bell 20 oz Mountain Dew Baja Blast Freeze (55 mg)
   D) In-n-Out 15 oz Vanilla Milkshake (360 mg)

3. Which of the following family meals has the least amount of sodium?
   A) Olive Garden Family-Style Lasagna Bundle – lasagna classico, famous house salad, a dozen breadsticks (30,060 mg)
   B) Little Caesars Hot N Ready Complete Meal – one large pepperoni pizza, one crazy combo, 2-liter bottle of Coca-Cola (7,435 mg)
   C) El Pollo Loco 16 Piece Family Meal – 8 legs, 8 thighs, one side of large pinto beans, one side of large rice, one side of large coleslaw, and eight flour tortillas (1,410 mg)
   D) Panda Express – 2 large sides and 3 large entrees-chow mein and fried rice, grilled teriyaki chicken, black pepper angus steak, string bean chicken breast (3,580 mg)

4. Which of the following salads has the most sodium?
   A) El Pollo Loco Classic Tostada Salad with Chicken (1,390 mg)
   B) Subway Cali Fresh Turkey Salad (1,970 mg)
   C) Chick-fil-A Cobb Salad (2,200 mg)
   D) Olive Garden Classic Tostada Salad with Chicken (1,390 mg)

5. Which of the following value deal bundles has the least amount of sodium?
   A) McDonald’s 2 for $5 – McDouble & Spicy McChicken (920 mg)
   B) Wendy’s 4 for $4 – Jr. cheeseburger, crispy chicken sandwich, 4-piece nuggets, small fries (2,140 mg)
   C) Taco Bell Chalupa Combo – 2 chicken chalupas & supreme combo w/specialty (Baja Blast) (1,805 mg)
   D) Burger King 2 for $5 Mix & Match – the whopper & the original chicken sandwich (2,150 mg)