

Nutritional quality of kids' Meals

Ranking of best possible kids' meal combinations by NPI score of food items.

All "Best" kids' meals were determined by selecting the items with the highest NPI score and lowest calorie content among the menu options at each restaurant. Calorie content was used to rank the final items. All beverages on the "Best" list are free of artificial sweeteners. Inclusion on the "Best" list does not necessarily indicate that the meal is healthy, only that it is the relative best choice from that restaurant.

BEST KIDS' MEAL COMBINATIONS

Ranking	Restaurant	Main dish	Side dish	Beverage	Snack or dessert	Total calories (Kcal)*	Sodium (mg)	NPI score			Calories from saturated fat	Calories from sugar
								Main dish	Side item	Beverage		
Meet all nutrition criteria for preschool-age and elementary school-age children												
1	Subway	Veggie Delite sandwich (wheat bread, no cheese)	Apple slices	100% juice		285	295	78	72	76	0	124
2	Subway	Roast beef sandwich (wheat bread, no cheese)	Apple slices	100% juice		335	515	78	72	76	9	128
3	Subway	Veggie Delite sandwich (wheat bread, no cheese)	Apple slices	Low-fat milk		345	460	78	72	72	23	108
4	Subway	Veggie Delite sandwich (wheat bread, no cheese)	Yogurt	100% juice		330	375	78	70	76	0	140
5	Subway	Veggie Delite sandwich (wheat bread, no cheese)	Yogurt	Low-fat milk		390	540	78	70	72	23	124
6	Burger King	Macaroni and cheese	Apple fries (without caramel sauce)	Fat-free milk		285	490	66	80	72	14	92
7	Burger King	Macaroni and cheese	Apple fries (without caramel sauce)	Apple juice		285	355	66	80	76	14	124
8	Subway	Veggie Delite sandwich bread, American cheese)	Apple slices	100% juice		315	485	70	72	76	18	128
9	Burger King	Macaroni and cheese	Apple fries with caramel sauce	Fat-free milk		330	525	66	74	72	14	112
10	Burger King	Macaroni and cheese	Apple fries with caramel sauce	Apple juice		330	390	66	74	76	14	144
11	Burger King	Macaroni and cheese	Apple fries (without caramel sauce)	Low-fat chocolate milk		365	480	66	80	70	27	156
12	Burger King	Macaroni and cheese	Apple fries with caramel sauce	Low-fat chocolate milk		410	515	66	74	70	27	176

Best



continued

BEST KIDS' MEAL COMBINATIONS

Ranking	Restaurant	Main dish	Side dish	Beverage	Snack or dessert	Total calories (Kcal)*	Sodium (mg)	NPI score			Calories from saturated fat	Calories from sugar	
								Main dish	Side item	Beverage			
Meet all nutrition criteria for elementary school-age children only													
13	Subway	Roast Beef sandwich (wheat bread, no cheese)	Yogurt	100% juice		380	595	78	70	76		9	144
14	Subway	Turkey breast sandwich (wheat Bread, no cheese)	Apple slices	100% juice		325	625	76	72	76		5	128
15	Subway	Veggie Delite sandwich (white Bread, American cheese)	Yogurt	100% juice		360	565	70	70	76		18	144
Meet maximum calorie criteria for elementary school-age children only													
16	KFC	Grilled chicken drumstick	Corn on the cob	Unsweetened tea	String cheese	270	545	60	86	70	36	23	20
17	Subway	Roast beef sandwich (wheat bread, no cheese)	Apple slices	Low-fat milk		395	680	78	72	72		32	112
18	KFC	Grilled chicken drumstick	Cole slaw	Unsweetened tea	String cheese	310	700	60	72	70	36	36	56
19	Subway	Turkey breast sandwich (wheat bread, no cheese)	Apple slices	Low-fat milk		385	790	76	72	72		27	112
20	Sonic	Jr. Burger	Apple slices	Unsweetened tea		350	620	48	82	72		45	56
21	Sonic	Jr. Burger	Apple slices	Low-fat milk		455	740	48	82	72		59	104
22	Sonic	Chicken strips (2) with honey mustard sauce	Banana	Low-fat milk		510	790	44	78	72		41	128
23	Sonic	Corn dog	Banana	Unsweetened tea		325	540	44	78	70		32	76
24	KFC	Original chicken drumstick	Cole slaw	Unsweetened tea	String cheese	350	790	48	72	70	36	41	56
25	Burger King	Hamburger	Apple fries (without caramel sauce)	Fat-free milk		385	670	50	80	72		36	92
26	Wendy's	Crispy chicken sandwich	Mandarin orange cup	Low-fat milk		520	815	62	76	72		41	132
27	Wendy's	Crispy chicken sandwich	French fries	Low-fat milk		650	990	62	68	72		59	64
28	Burger King	Chicken tenders (4) with sweet and sour sauce	Apple fries (without caramel sauce)	Fat-free milk		350	515	48	80	72		18	112
29	Sonic	Corn dog	Apple slices	Low-fat milk		355	660	44	82	72		45	92
30	McDonald's	Hamburger	Apple dippers (without low-fat caramel dip)	Low-fat milk		385	645	50	78	72		45	96

continued

Ranking Table 3

BEST KIDS' MEAL COMBINATIONS

Ranking	Restaurant	Main dish	Side dish	Beverage	Snack or dessert	Total calories (Kcal)*	Sodium (mg)	NPI score				Calories from saturated fat	Calories from sugar
								Main dish	Side item	Beverage	Snack or dessert		
Meet maximum calorie criteria for elementary school-age children only													
31	Wendy's	Hamburger	Mandarin orange cup	Low-fat milk		400	635	48	76	72		41	136
32	Burger King	Double hamburger	Apple fries (without caramel sauce)	Fat-free milk		495	700	46	80	72		72	92
33[^]	Dairy Queen	Chicken strips with ketchup	Applesauce	Sugar-sweetened soft drink (Sprite)	Vanilla cone	628	1000	46	78	68	58	32	268
34	McDonald's	Hamburger	Apple dippers with low-fat caramel dip	Low-fat milk		455	680	50	66	72	45	132	
35	Burger King	Chicken tenders (6) with sweet and sour sauce	Apple fries (without caramel sauce)	Fat-free milk		485	720	48	80	72		27	152
36	McDonald's	Chicken McNuggets (4) with barbeque sauce	Apple dippers (without low-fat caramel dip)	Low-fat milk		375	785	48	78	72		32	112

Bold numbers indicate that the item does not meet minimum health NPI score and/or maximum recommended calories or sodium

* Kids' meals with fewer than 400 calories may not provide adequate nutrition for some elementary school-aged children.

[^] This meal contains excessive sugar (67 grams) and sodium (1000 mg), however, this is the "healthiest" kids' meal available at Dairy Queen

continued

The worst list includes the worst three combinations from each restaurant, excluding Subway.

Each of these combinations exceed multiple nutrition recommendations for children and are never a healthful choice. The following meals are the options with the most extreme calorie, sodium, saturated fat and sugar content.

WORST KIDS' MEAL COMBINATIONS

Restaurant	Main dish	Side dish	Beverage	Snack or dessert	Total calories (Kcal)*	Sodium (mg)	NPI score			Calories from saturated fat	Calories from sugar	
							Main dish	Side item	Beverage			
Taco Bell	Chicken soft taco	Cinnamon twists	Sugar-sweetened soft drink (Mountain Dew Baja Blast)		590	900	48	40	66		27	276
Taco Bell	Cheese roll-up	Cinnamon twists	Sugar-sweetened soft drink (Mountain Dew Baja Blast)		590	790	38	40	66		45	276
Wendy's	Chicken nuggets (4) with sweet and sour sauce	French fries	Vanilla Frosty Jr.		610	760	42	68	60		68	132
Wendy's	Cheeseburger	French fries	Vanilla Frosty Jr.		630	960	42	68	60		86	108
Burger King	Cheeseburger	French fries	Sugar-sweetened soft drink (Dr. Pepper)		635	1,106	40	52	68		86	140
Burger King	Chicken tenders (4) with ranch dipping sauce	French fries	Sugar-sweetened soft drink (Dr. Pepper)		645	906	42	52	68		63	120
McDonald's	Cheeseburger	French fries	Sugar-sweetened soft drink (Hi-C Orange Lavaburst)		650	910	40	66	66		68	152
KFC	Extra crispy chicken drumstick	Potato wedges	Sugar-sweetened soft drink (Mountain Dew)	String cheese	680	1,330	46	50	66	36	54	232
Sonic	Grilled cheese sandwich	Tots	Cherry slush		680	1,305	28	50	64		86	208
Sonic	Chicken strips (2) with ranch sauce	French fries	Green apple slush		708	1,012	40	60	64		51	184
McDonald's	Chicken McNuggets (6) with barbeque sauce	French fries	Sugar-sweetened soft drink (Hi-C Orange Lavaburst)		720	1,025	44	66	66		41	216

continued

Ranking Table 3

WORST KIDS' MEAL COMBINATIONS

Restaurant	Main dish	Side dish	Beverage	Snack or dessert	Total calories (Kcal)*	Sodium (mg)	NPI score				Calories from saturated fat	Calories from sugar
							Main dish	Side item	Beverage	Snack or dessert		
Wendy's	Chicken nuggets (4) with ranch dipping sauce	French fries	Vanilla Frosty Jr.		720	860	38	68	60		90	92
Taco Bell	Bean burrito	Cinnamon twists	Sugar-sweetened soft drink (Mountain Dew Baja Blast)		760	1,530	68	40	66		32	284
Sonic	Grilled cheese sandwich	French fries	Green Apple slush		760	1,310	28	60	64		86	208
KFC	Popcorn chicken	Potato wedges	Sugar-sweetened soft drink (Mountain Dew)	String cheese	820	1,820	38	50	66	36	68	232
Burger King	Double cheeseburger	French fries	Sugar-sweetened soft drink (Dr. Pepper)		820	1,365	38	52	68		140	180
Dairy Queen	Hot dog	French fries	Sugar-sweetened soft drink (Mountain Dew)	Chocolate Dilly Bar	823	1,300	40	58	66	36	135	248
McDonald's	Double cheeseburger	French fries	Sugar-sweetened soft drink (Hi-C Orange Lavaburst)		830	1,315	40	66	66		113	204
KFC	Popcorn chicken	Biscuit	Sugar-sweetened soft drink (Mountain Dew)	String cheese	840	1,610	38	24	66	36	99	240
Dairy Queen	Grilled cheese sandwich	French fries	Sugar-sweetened soft drink (Mountain Dew)	Chocolate Dilly Bar	893	1,550	32	58	66	36	162	240
Dairy Queen	Original cheeseburger	French fries	Sugar-sweetened soft drink (Mountain Dew)	Chocolate Dilly Bar	973	1,450	40	58	66	36	171	268

Bold numbers indicate that the item does not meet minimum health NPI score and/or maximum recommended calories or sodium