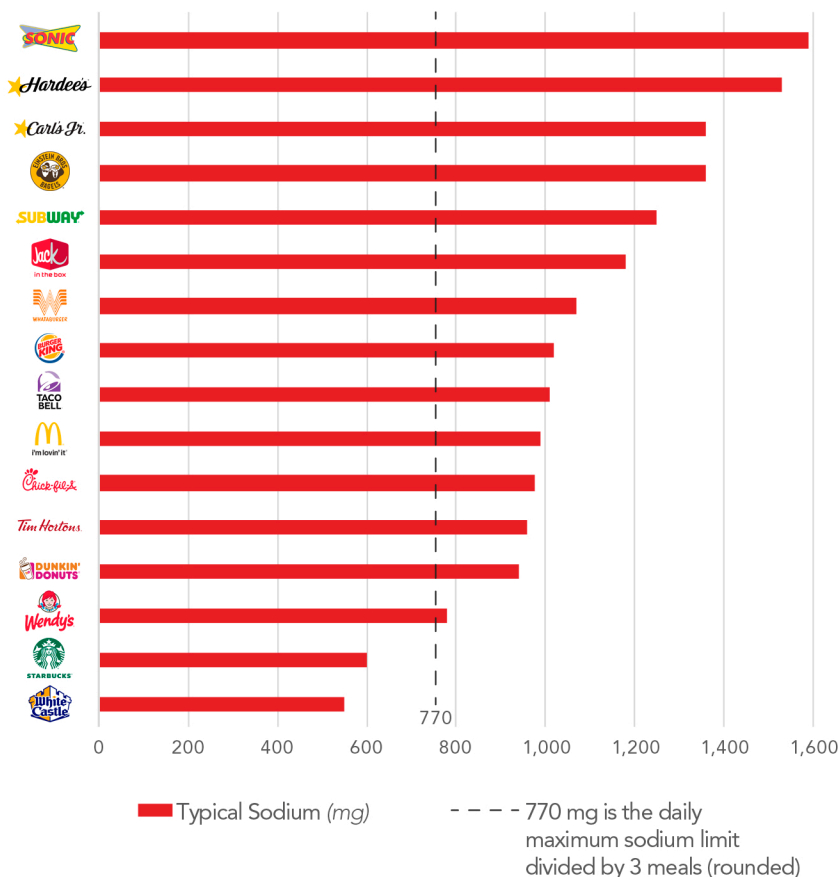


Quick-Service Breakfast

HIGHEST SODIUM BREAKFAST ITEMS ACROSS 16 QUICK-SERVICE RESTAURANTS

RESTAURANT	ITEM NAME	CALORIES	SODIUM (mg)
Hardee's	Monster Biscuit	880	2,490
Burger King	BK Ultimate Breakfast Platter	1,190	2,460
Sonic	Ultimate Meat & Cheese Breakfast Burrito	860	2,400
Einstein Bros Bagels	Farmhouse (2 eggs)	810	2,130
Jack in the Box	Grande Sausage Breakfast Burrito	1,040	2,130
McDonald's	Big Breakfast with Hotcakes	1,350	2,100
Carl's Jr.	Monster Biscuit	820	1,930
Dunkin' Donuts	Sausage, Egg & Cheese on Biscuit	680	1,560
Whataburger	Biscuit and Gravy	470	1,530
Chick-fil-A	Sausage, Egg & Cheese Biscuit	600	1,520
Taco Bell	Grande Bacon Scrambler Burrito	650	1,490
Wendy's	Fresh Baked Biscuit	570	1,440
Subway	Bacon, Egg & Cheese	460	1,370
Tim Hortons	Biscuit, Turkey Sausage, Egg, Cheese Breakfast Sandwich	430	1,260
Starbucks	Sausage, Cheddar & Egg Breakfast Sandwich	500	920
White Castle	Bacon, Egg & Cheddar Cheese on Toast	350	910

TYPICAL BREAKFAST ITEMS*



Source: Nutritional PDFs from company websites (accessed July 13, 2017). The surveyed restaurants are popular picks for on-the-go breakfast in the U.S. Examples of the various breakfast items in the analysis include: breakfast sandwiches, pancakes, breakfast burritos, cinnamon rolls, oatmeal, and breakfast platters, among others. Plain bagels and biscuits, as well as sides such as hash browns and potatoes, were excluded from the analysis. Parfaits that were available as main items were included.

*"Typical" breakfast items were calculated by finding the median sodium value of each restaurant's breakfast options without sides.