Is Subway healthier than McDonald’s? Not when teens are buying the meal. Nearly 100 teens were asked to buy the meal of their choice at Subway (an established healthy eatery) on one day and McDonald’s on another day.

The **Net** difference in health benefits between the two meals? **NONE**

- **Restaurant**
  - **SUBWAY**
    - Calories: 955
    - Fat: 42 grams
    - Sodium: 2,149 mg
    - Sugar: 36 grams
  - **McDonald’s**
    - Calories: 1038
    - Fat: 45 grams
    - Sodium: 1,829 mg
    - Sugar: 54 grams

References: