



Nutrition Data

(October 22, 2003)

Items	Serving Size (g)		Calories		Calories from fat		Total fat (g)	Saturated fat* (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbs (g)	Dietary fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	
Original WHOPPER® Sandwich	291	710	380	43	13	1	85	980	52	4	11	31	20	15	15	35				
w/o Mayo	270	550	220	25	10	1	75	860	52	4	11	31	10	15	10	35				
Original WHOPPER® With Cheese Sandwich	316	800	450	50	18	1.5	110	1420	53	4	11	36	25	15	25	35				
w/o Mayo	294	640	290	33	16	1	95	1290	53	4	11	35	15	15	25	35				
Original DOUBLE WHOPPER® Sandwich	374	980	560	62	22	2	160	1070	52	4	11	52	20	15	15	50				
w/o Mayo	353	820	400	45	19	2	150	950	52	4	11	52	10	15	15	50				
Original DOUBLE WHOPPER® With Cheese Sandwich	399	1070	630	70	27	2	185	1500	53	4	11	57	25	15	30	50				
w/o Mayo	378	910	470	52	25	2	170	1380	53	4	11	57	15	15	30	50				
Original WHOPPER JR.® Sandwich	158	390	200	22	7	0.5	45	570	32	2	6	17	10	6	8	20				
w/o Mayo	147	310	120	13	5	0	40	510	31	2	6	17	4	6	8	20				
Original WHOPPER JR.® With Cheese Sandwich	160	440	230	26	9	0.5	55	790	32	2	6	19	10	6	15	20				
w/o Mayo	149	360	150	17	8	0.5	50	730	32	2	6	19	8	6	15	20				
Hamburger	121	310	120	14	5	0	40	580	31	2	6	17	2	2	8	20				
Cheeseburger	133	360	160	17	8	0.5	50	790	31	2	6	19	6	2	15	20				
Double Hamburger	164	450	210	24	10	1	75	620	31	2	6	28	2	2	10	25				
Double Cheeseburger	189	540	280	31	15	1.5	100	1050	32	2	6	32	10	2	25	25				
Bacon Cheeseburger	141	400	180	20	9	0.5	60	1010	32	2	6	22	6	2	15	20				
Bacon Double Cheeseburger	196	580	310	34	17	1.5	110	1270	32	2	6	35	10	2	25	25				