

10 Quick Service restaurant Burgers That Dietitians Say Are the Healthiest



Often, you don't consider picking up something healthy when you go to your favourite fast food joint. There is absolutely no harm in occasionally satisfying your junk food cravings with a burger and fries—maybe even a milkshake—because this can sometimes be the most satiating experience. But there are also times when you have to grab a quick, inexpensive, and convenient meal from a fast food restaurant. In these situations, you might be hankering for something that won't completely undermine your current health objectives, so we wanted to find out about some of the healthiest fast food burgers currently on the market.

In order to do this, we spoke with a number of knowledgeable dietitians to get their recommendations for healthier burger options. The Nutrition Twins, also known as Tammy Lakatos Shames, RDN, CDN, CFT, and Lyssie Lakatos, RDN, CDN, CFT, note a trend on the list that isn't surprising: single burgers without all the fixings, cheese, extra meat, etc. These are best when it comes to keeping calories, fat, saturated fat, and sodium in check.

Learn which hamburgers made the cut for the list of healthier fast food options by reading on. Check out [8 Healthiest Dishes To Order at Olive Garden](#) for more advice on how to eat out while still achieving your health goals.

1. The Jr. Wendy's Cheeseburger

290 calories, 14 g of fat (6 g saturated), 610 mg of sodium, 26 g of carbohydrates (1 g of fibre, 6 g of sugar), and 14 g of protein per burger.

There are many high-end burger options at Wendy's, including the infamous Dave's Triple and the Bourbon Bacon Cheeseburger. However, this fast food restaurant also offers some healthier options.

The Wendy's Jr. Cheeseburger has less than half the calories of most burgers (290 to be exact), according to the Nutrition Twins, so there is still room to add more nutrients by ordering a side salad. "This cheeseburger's sodium and saturated fat levels aren't low, but they are lower than those of many other burgers. It is possible to significantly reduce the sodium content if you omit the pickles and use less ketchup and mustard."

Whopper Jr. from Burger King 2.

334 calories, 18 g of fat (5 g saturated), 601 mg of sodium, 30 g of carbohydrates (2.5 g fibre, 8 g sugar), and 17 g of protein per burger.

The Whopper Jr. from Burger King is another quick and healthy burger option to try if you're in a hurry.

The Nutrition Twins claim that this burger has 334 calories, which is not excessive compared to the nutrition facts for a Wendy's Jr. cheeseburger. "While the calories are a little bit higher than the Wendy's burger, the sodium and saturated fat are a little bit lower."

This burger has "17 grammes of satisfying protein," which can help you feel fuller for a longer period of time, they also add.

Jack in the Box 3. Hamburger

280 calories, 11 g of fat (4 g saturated), 680 mg of sodium, 32 g of carbs (1 g fibre, 5 g sugar), and 4 g of protein are contained in one burger.

The Jack in the Box Hamburger made the list because, according to Amy Goodson, MS, RD, CSSD, LD, author of The Sports Nutrition Playbook and member of our Medical Expert Board, "its total calories and protein, which is nutritionally comparable to the other options," made it there.

This particular burger's relatively low level of saturated fat, when compared to other options, is another factor that helped it make the list of the healthiest fast food burgers. A fast food meal with only 4 grammes of saturated fat isn't bad when compared to the recommended daily intake of 13 grammes.

4. An onion-topped In-N-Out hamburger

390 calories, 19 g of fat (5 g saturated), 650 mg of sodium, 39 g of carbohydrates (3 g fibre, 10 g sugar), and 16 g of protein per burger.

The single patty hamburger without cheese is a fast food burger with a good nutritional profile, according to Sydney Greene MS, RDN. It might not be the most decadent option on the menu. "This burger is perfect," I usually advise people, "aim for at least 15 grammes of protein and anywhere from 10 to 20 grammes of fat in your meal."

Greene suggests using lettuce in place of the hamburger bun to increase the nutritional value even further.

5. A hamburger from McDonald's

One of the healthiest fast food burgers is the McDonald's burger.

McDonald's Per Burger, with permission: 250 calories, 9 g of fat (3.5 g saturated), 510 mg of sodium, 31 g of carbohydrates (1 g fibre, 6 g sugar), and 12 g of protein.

According to the Nutrition Twins, this hamburger is at the top of the list in terms of calories, saturated fat, and sodium. "To increase the fibre, antioxidants, and nutrients," the author advises, "add apple slices or a healthy side from your own kitchen."

The biggest drawback of these burgers, they add, is that they only have 12 grammes of protein per serving, whereas you should aim for at least 20 grammes.

Shake Shack Hamburger, no. 6

Burger from Shake Shack

Per burger, there are 370 calories, 18 grammes of fat (8 of which are saturated), 850 milligrammes of sodium, and 24 grammes of carbs (0 g fiber, 5 g sugar)

You should occasionally reward yourself with a cheeseburger from Shake Shack, cheese fries, and a signature malt shake. But if you want something lighter, skip the shake and try a regular Shake Shack hamburger.

According to Goodson, Shake Shack makes its own 100% all-beef patties and offers a variety of vegetable toppings and a lettuce bun substitute. Goodson draws attention to the fact that this burger still has a high caloric and fat content.

7. The Shroom Burger from Shake Shack

Shroom burger from Shake Shack

Per hamburger, there are 510 calories, 27 grammes of fat (10 of them are saturated), 670 milligrammes of sodium, and 49 grammes of carbohydrates (0 g fiber, 7 g sugar)

Speaking of Shake Shack's fresh ingredients, the restaurant's Shroom Burger is a great choice if you prefer a fast food burger without meat.

A portobello mushroom burger, according to Greene, is a breath of fresh air amid the influx of fake meats on fast food menus. Additionally, this "burger" contains a lot less sodium than some of the other Shack burgers.

8. Hamburger from Burger King

Burger King's healthiest fast food burger

Thanks to Burger King

251 calories, 10 g fat (4 g saturated fat), 560 mg sodium, 29 g carbs (1 g fibre, 7 g sugar), and 13 g protein are contained in each burger.

Burger King does offer a number of unhealthy options, but in addition to the Whopper Jr., you can also get a traditional hamburger there without overindulging in calories or fat.

The Nutrition Twins claim that this Burger King hamburger is superior to their Whopper Jr. because it contains fewer calories, total fat, and the artery-clogging saturated kind. Additionally, it has a lower sodium content than the majority of other fast food burgers at 560 milligrammes, even though that is only a third of the daily maximum that many people should consume.

9. The Little Hamburger from Five Guys

Five Guys Little Hamburger Image via Facebook, Five Guys
540 calories, 26 g fat, 380 mg sodium, and 39 g carbohydrates per burger.

According to Goodson, The Little Hamburger uses fresh, house-made patties without any additives and offers one patty as opposed to the standard two. You have the option of adding any toppings you desire, but for some colour and nutrients, I suggest lettuce, tomatoes, and grilled onions.

Additionally, you can substitute lettuce for the bun to increase the nutritional value and reduce the amount of carbohydrates you consume.

10. The original Culver's ButterBurger

Burgers in butter

Culver's Per Burger, with permission: 17 g of fat (7 g of it saturated), 480 mg of sodium, 38 g of carbs (1 g of fibre, 6 g of sugar), and 20 g of protein make up 390 calories.

Although frozen custard may be what Culver's is best known for, their ButterBurger is still tasty and has a respectable amount of nutrition. This fast food burger has fewer calories, total fat, and saturated fat than many others. It ranks second on our list in terms of sodium content, just behind the Five Guys Little Hamburger. The 20 grammes of protein in each sandwich is an additional advantage of choosing this one.