HOME

The Top 8 Worst Fast-Food Sandwiches to Avoid Right NOW

By bestfolkmedicine · 04/02/2023 · 5 min read



When thinking about sandwiches you probably assume that they can't be that unhealthy, right? Even the ones sold by massive fast-food chains. In theory, they should at least be healthier than the other food options, like burgers, pizzas, or deep-fried food. While that can be the case, it's also a bit misleading to a lot of customers.

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Because sandwiches are so customizable, you have the option to make them more nutritious and diet-friendly than your average fast food meal. But realistically speaking — a lot of them are just as rich in calories, high in fat, and overall unhealthy as a cheeseburger. Why? Because they are filled with fatty sauces, processed meat, preservatives, and sodium. Then, all of this is placed in a hefty amount of plain white bread.

A lot of these sandwiches also come in a "supersized" portion. But because you believe you're making a healthier choice, you might also order some fries and soda drinks to go with your sandwich. That's when it becomes extremely unhealthy. Here are the eight worst fast-food sandwiches that you should stay away from.

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Firehouse Subs' Large Smokehouse Beef & Cheddar Brisket on White Bread

The amount of sodium in this sandwich is straight-up alarming. Each sandwich has about 4,668 mg of sodium, 137 g of fat, and 1,915 calories! And that's not too surprising, considering the amount of BBQ sauce and mayonnaise that this sandwich is soaked in. For the sake of your cardiovascular system — please stay away from this dish. The size of this sandwich is absurd as well. There's no reason why anyone should be eating a 2,000-calorie sandwich. If you're at Firehouse Subs, rather go for the Medium Turkey Sub. It only has a fraction of the calories (around 370) and sodium levels, but it's still delicious and filling.

Arby's Half Pound Beef 'n Cheddar

While this sandwich seems like a "light" option when compared to the previous one, you'll still be consuming around 740 calories. Sure, that doesn't seem too bad. However, half a pound of beef is much more than the recommended serving size of beef. While this sandwich cuts down on carbs because there is less bread here, you will still be eating a lot of fat and around 2,530 mg of sodium. A much healthier option would be Arby's Classic Roast Beef Sandwich. It's not stuffed with processed meat, and it also only has 350 calories and 950 milligrams of sodium.

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Burger King's American Original Chicken Sandwich

With 777 calories per sandwich, Burger King's American Original Chicken Sandwich definitely can't be considered diet-friendly. While it does include some fresh veggies like tomato and lettuce, it's also full of unhealthy fats and sodium. Sure, the fluffy sesame seed bun of this sandwich is delicious, but there are far better options to get your carbs from. When it comes to healthy alternatives from Burger Kind, I have to be honest and say that you should avoid this fast-food chain altogether. They also have a questionable policy when it comes to the use of antibiotics in their meat supply.

Jimmy John's The J.J. Gargantuan on French Bread

Please, don't even consider ordering this sandwich. It terrifies me, and I can feel the symptoms of heart disease by just looking at its nutritional facts. With every J.J. Gargantuan, you'll be consuming 2,160 calories, 99 g of fat, and 7,750 mg of sodium. This is three times more than the recommended daily amount of sodium. That's scary. This isn't a sandwich, this a ticking time bomb and heart attack waiting to happen. Jimmy John's has much better and healthier alternatives. The Little John sandwich only has 300 calories, 770 mg of sodium, and 15 g of fat! It's customizable, and you can add whatever veggies you like.

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McDonald's Filet-O-Fish Sandwich

While the Filet-O-Fish Sandwich only has 390 calories, 19 g of fat, and 580 mg of sodium, it still can't be considered healthy. And that's not because of its nutritional facts. Instead, the issue lies in the type of fish that McDonald's uses. While, on its own, wild-caught Alaska Pollock can make a great choice, everything changes drastically once it's fried and topped with tartar sauce. Fried foods are cooked in processed vegetable oil. When heated, this oil forms trans fats, which are associated with several different health risks. You'll be better off with the Artisan Grilled Chicken Sandwich from McDonald's.

Jersey Mike's Giant Club Sub on White Bread

Another calorie bomb. With 2,170 calories, 151 g of fat, and 4,464 mg of sodium, you will be risking the health of your heart with every bite of this processed meat stuffed sandwich. While bacon, turkey, lettuce, tomatoes, and mayonnaise aren't terrible on their own, they do have the potential to make your heart stop in this combination. The size of this sandwich is unreasonable as well, and I don't see a reason why anyone should ever eat a 2000-plus calorie sandwich. Instead, opt for Jersey Mike's Veggie Sub.

Potbelly's Big Mama's Meatball Sandwich on White Bread

It's no secret that meatballs are rich in calories and fats. So it's also no surprise that this sandwich has around 1,350 calories, 70 g of fat, and 2,970 mg of sodium. Marinara sauce, provolone cheese, and meatballs can be indulgent comfort foods, but when packed on a terrifyingly large amount of white bread, they become incredibly unhealthy. The Potbelly Mediterranean Sandwich is a much better option, with only 11 g of fat and 470 calories.

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Quiznos's 12-inch Classic Italian on White Bread

Last but not least, we have Quiznos's 12-inch Classic Italian. This is another calorie and sodium bomb. With 78 g of fat, 4,150 mg of sodium, and 1,400 calories you're not only putting your waistline at risk but also your arteries. It's stuffed with the worst type of meat, like salami, pepperoni, capicola, and smoked ham. Sure, these add a lot of flavor, but also a lot of preservatives and additives. Don't let the lettuce, olives, and tomatoes fool you – this sandwich is in no way healthy. When you're at Quiznos, rather opt for the 4-inch Spicy Monterey sandwich.

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