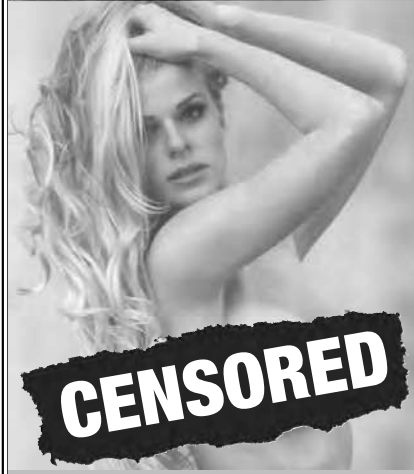


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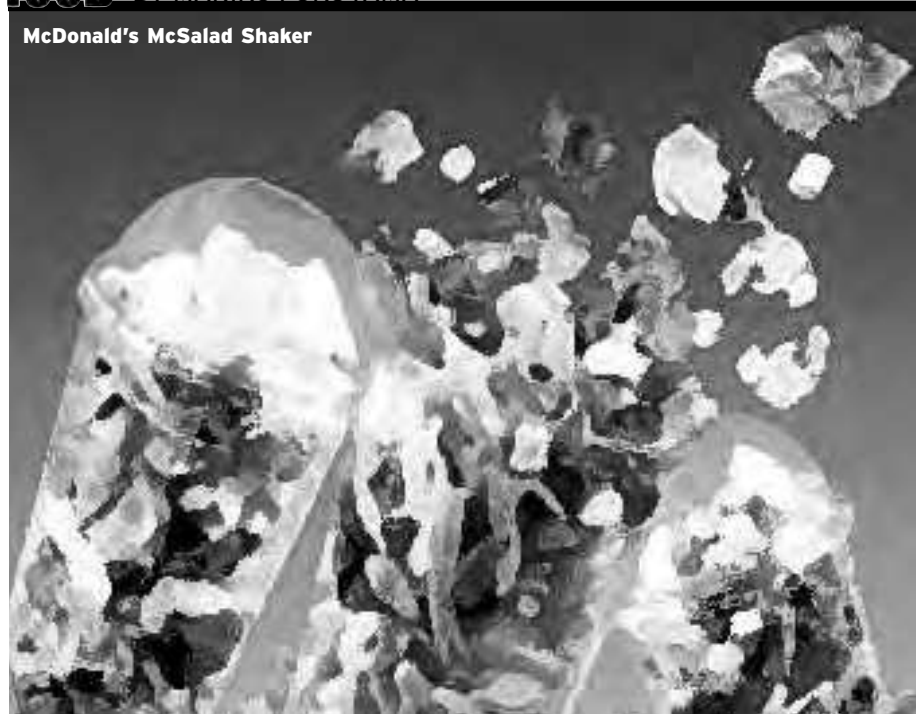
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FOOD BY MARIKO FUKUYAMA

McDonald's McSalad Shaker



McHealthy

Are fast food salads really worth it?

Look who's jumping on the health-conscious bandwagon — fast food chains. Once the antithesis of fresh and healthy, more and more fast food restaurants now feature lighter fare. Are those salads worth the four bucks?

For McDonalds, the shredded iceberg McShaker is a thing of the past. The company, post anti-fat lawsuit, is investing plenty of ad dollars to promote its new "premium salads." The new "premiums" all feature a base of spring greens, cherry tomatoes and shaved carrots. From there, the options branch out to Cobb, bacon ranch and Caesar; all with chicken — grilled or crispy. Don't fear the chicken, it is not the same spongy, breaded ball they call McNuggets; it's real meat, with a familiar consistency. McDonalds wins bonus points for carrying Newman's Own dressings, whose profits after taxes all go to charities.

Jack-in-the-Box now features its own line of trendy salads — called Jack's Ultimate Salads. Offerings include Asian

Chicken, Southwest Chicken and Chicken Club — Jack is a proud carnivore. Kudos to that company, however, for setting its salads apart by incorporating diverse tastes with ingredients like mandarin oranges, sliced almonds, black beans and corn.

The original fast food salad came from Wendy's and has grown in scope over the years. If you haven't checked out the menu lately, the number of salads added on might surprise you, all under the umbrella of "Garden Sensations." These sensations include two small ones — a side and a Caesar — both on the 99 cent menu; plus four meal-sizes — Chicken BLT, Mandarin Chicken, Taco Supremo and Spring Mix.

It's hard to judge the true caliber of these salads. When you're hungry — and inclined to do drive through dinning — even cardboard and peanut butter seems doable. With these salads there's the appeal of not having to wash and chop every ingredient and it all comes in a lovely plastic container, complete with wrapped plastic cutlery and a personal



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