

HOME

START HERE

ABOUT ▼

BOOKS ▼

BLOG

RECIPES

PRODUCTS ▼

LOGIN



Here are the 55 ingredients in a Chick-fil-A Sandwich. Should you eat them?

By [Food Babe](#)

152



12K



227

QUICK LOOK:

- Chick-fil-A's famous chicken sandwich has 55 ingredients, including MSG, Sodium Aluminum Phosphate, Potassium Iodate, and Dimethylpolysiloxane.
- These additives are linked to several health risks, and some are banned or heavily restricted in other countries.
- Chick-fil-A has made some good progress in eliminating antibiotics, high fructose corn syrup, and TBHQ from their supply chain, but they still have a long way to go.
- Chick-fil-A's new Mac & Cheese is made primarily with "Pasteurized Processed Cheese Spread" – which is like that cheese in a can – and "Margarine".
- Food Babe investigates food brands and restaurants, revealing the truth about what is in their food. She has influenced how major food giants create their products, steering them towards more healthful policies.

[Read More Investigations Exposing The Food Industry Here](#)



Are your favorite foods
safe from harmful
additives?

Your Name

Your Email

GET FREE 54 PAGE REPORT

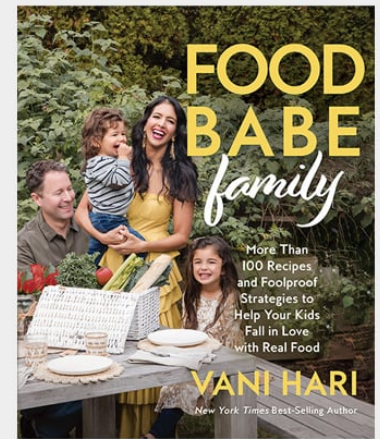
I had an early love affair with Chick-fil-A. While in college, I'd eat there at least 3 to 4 times a week, sometimes more. I'd pick up one of their sandwiches on my way

back from the gym and thought they were healthy because they were only around 400 calories. If only I knew then what I do now.

One of my first restaurant investigations was into Chick-fil-A (about 7 years ago!) That's when I posted the ingredients in their chicken sandwich on my personal Facebook page and got an intense reaction from my friends and family – everything from horrified to “no one is going to stop me from eating those 100 ingredients of deliciousness....”

Ha ha, yeah, I once thought those sandwiches were delicious too. But I finally came to a point in my life where I realized that eating “food” full of artificial additives was making me feel and look horrible. It was not worth it.

I went on to write several blog posts about Chick-fil-A during the summer of 2012, exposing the unholy ingredients in the company's sandwiches from antibiotics, to MSG, to artificial food dyes, to GMOs and TBHQ (1). This eventually got the attention of the executives at Chick-fil-A, and to my surprise they invited me to their headquarters to consult with them on how they could change their ingredients. I came to them prepared with a laundry list of what it would take to improve their food. I tried my hardest to convince them that they'd be surprised by how many people would choose clean, organic chicken sandwiches, if offered. And if Chick-fil-A did make their menu items additive-free, I promised them that I'd rent a cow costume or whatever they wanted and run up and down the street on live TV. That promise still stands!



My new cookbook is here!

More Than 100 Recipes and Foolproof
Strategies to Help Your Kids Fall in
Love with Real Food

PRE-ORDER NOW

INTRODUCING
Pumpkin
Spice



SHOP NOW



Blog Categories

- > Investigations
- > Travel
- > Beauty
- > Most Controversial
- > Healthy Habits
- > Juicing
- > Budget Tips
- > How Companies React
- > GMO Info & Tips
- > The Food Babe Way
- > Everyday Eats
- > Fast Food
- > Fitness
- > Meal Plans For Health
- > Pregnancy / Baby
- > Food Babe TV
- > Petitions
- > Informative Websites
- > Pantry List
- > GMO Ingredients A-Z

Unfortunately it may be a while before you see me running around in a cow costume cheering for Chick-fil-A...

They did some outstanding work in implementing a No Antibiotics Ever policy for their chicken – the #1 suggestion I made to them (2). They also dropped the TBHQ and high fructose corn syrup – another suggestion I made (3). And then they made a big announcement about dropping artificial dyes from their sauces a few years back (4). Well...

Those same artificial dyes are still in the pickles found on nearly every Chick-fil-A sandwich. And there are dozens more health-wrecking additives still in their food.

What's still in a Chick-fil-A sandwich, and should you be eating it or feeding it to your kids? Let's take a look, it's eye-opening...

Popular Posts



McDonald's serves WHAT in London?! The outrageous double standard in fast food.

The 55 Ingredients in a Chick-fil-A Sandwich

CHICKEN:

1. Boneless Skinless Chicken Breast Filet
2. Salt
3. Monosodium Glutamate (MSG)
4. Sugar
5. Spices
6. Paprika

CHICKEN COATING:

7. Enriched Bleached Wheat Flour
8. Sugar
9. Salt
10. Monosodium Glutamate (MSG)
11. Nonfat Milk
12. Baking Soda
13. Sodium Aluminum Phosphate
14. Monocalcium Phosphate
15. Spice
16. Soybean Oil
17. Color (Paprika)
18. Water
19. Nonfat Milk
20. Egg
21. Fully Refined Peanut Oil
22. Dimethylpolysiloxane

BUN:

23. Enriched Wheat Flour
24. Water
25. Sugar
26. Yeast
27. Soybean Oil
28. Wheat Gluten
29. Salt
30. Cultured Wheat Flour
31. Vinegar
32. Calcium Sulfate
33. Monoglycerides
34. DATEM
35. Calcium Propionate
36. Ascorbic/Citric Acid
37. Enzymes
38. Soy Lecithin
39. Potassium Iodate

BUN OIL:

40. Soybean Oil
41. Palm Kernel Oil
42. Soy Lecithin
43. Natural Flavor
44. Beta Carotene

PICKLES:

45. Cucumbers
46. Water
47. Vinegar
48. Salt
49. Alum
50. Calcium Chloride
51. Potassium Sorbate
52. Natural Flavor
53. Polysorbate 80
54. Yellow 5
55. Blue 1

FOOD BABE
Vani Hari

This is the complete list of ingredients in the Chick-fil-A Sandwich – some items appear more than once because they are used in multiple items, like in the chicken, and again in the bun.

CHICKEN:

1. Boneless Skinless Chicken Breast Filet – Not organic or pasture-raised, Chick-fil-A's chicken is raised in large barns where the chickens likely spend little to no time outdoors (5).

2. Salt

3. Monosodium Glutamate (MSG) – What is it that makes Chick-fil-A sandwiches so addicting? This ingredient is the main culprit! MSG is a flavor-enhancer and excitotoxin that excites brain cells to death, increases food cravings, and makes you eat more than you should (6).

4. Sugar – Refined likely from GMO sugar beets.

5. Spices – We asked Chick-fil-A what exactly is in their “spices” in the Chick-fil-A sandwich and they said the spices are: “black pepper, paprika, and mustard” and confirmed that this is the complete list in this sandwich.

6. Paprika

CHICKEN COATING:

7. Enriched Bleached Wheat Flour – Heavily processed flour treated with bleach to quickly make it white. It has no nutritional value and is essentially dead food, so they “enrich” it with synthetic vitamins that are not from nature (6).

8. Sugar – Again, likely from GMO sugar beets.



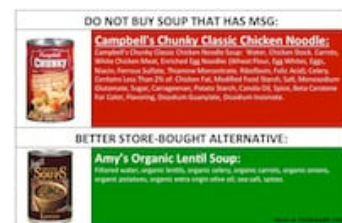
Watch Out For This Carcinogen In Your Organic Food



Are You Making These Common Juicing Mistakes?



How To Make Coconut Milk Ice Cream (3 Flavors!)



10 Grocery Store Items You Should Never Buy Again (Plus the good alternative swaps!)

9. Salt

10. Monosodium Glutamate (MSG) – There wasn't enough MSG added to the chicken itself, so they add it to the coating too.

11. Nonfat Milk

12. Baking Soda

13. Sodium Aluminum Phosphate – Stabilizer additive that contains aluminum, linked to neurological problems, and on EWG's Dirty Dozen Additive Watch List (9).

14. Monocalcium Phosphate – Rising agent found in baking powder

15. Spice – This ingredient is listed twice in this sandwich.

16. Soybean Oil – One of the most unhealthy vegetable oils, known to increase the risk of obesity, inflammation, cardiovascular disease, cancer, and autoimmune diseases (6). It's most likely made from GMO soybeans, which have been shown to contain high levels of residues from the herbicide glyphosate (Monsanto's Roundup) compared to non-GMO soybeans. Glyphosate was deemed a probable carcinogen by the World Health Organization (WHO). To extract the oil, the soybeans are typically subjected to intensive chemical refining with toxic hexane, bleach, and deodorizers (6).

17. Color (Paprika)

18. Water

19. Nonfat Milk

20. Egg

21. Fully Refined Peanut Oil – A heavily processed oil that is treated with bleach and deodorizing chemicals. All of the heat and processing that it goes through creates free radicals (10) – which are renegade molecules that damage cells in the body, triggering a host of diseases from liver damage (11) to cancer (12). Peanut oil is also very high in omega-6 fatty acids which promote harmful inflammation in the body.

22. Dimethylpolysiloxane – The main ingredient in Silly Putty is used as an anti-foaming agent in their cooking oil. This substance was also commonly used as a filler fluid in breast implants, which is being phased out due to safety concerns, but supposedly it's "safe" to eat (6). It also can be preserved by formaldehyde according to the FDA.

BUN:

23. Enriched Wheat Flour – Refined wheat flour in which the healthy part of the wheat is removed. The refining process removes most of the fiber, vitamin E, phosphorus, iron, magnesium, and B vitamins from the wheat. Some synthetic vitamins (not from nature) are added back in to "enrich" it (6).

24. Water

25. Sugar – This is the 3rd time refined sugar is added, this time in the bun. There are 5 grams of sugar in the entire sandwich – equivalent to eating about one heaping teaspoon of sugar.

26. Yeast

27. Soybean Oil – The 2nd time this unhealthy oil is found in this sandwich, and it will show up again.

28. Wheat Gluten – This additive is an isolated form of gluten, which is already present in the wheat flour used in the buns. It's added to improve texture.

29. Salt

30. Cultured Wheat Flour

31. Vinegar – Likely made from GMO corn like most white vinegar in the U.S.

32. Calcium Sulfate – Also known as “plaster of paris”, this ingredient is used in some breads for many reasons, commonly as a dough conditioner/strengthener (13).

33. Monoglycerides – An emulsifier made from oil byproducts including partially hydrogenated canola and soybean oils – which contain artificial trans fat, making this additive a potential source of trans fat. Even trace amounts of trans fat are considered harmful to the heart (6).

34. DATEM – Another potential source of trans-fat, this dough conditioner is usually derived from soybean or canola oil (GMO crops) (6).

35. Calcium Propionate – Considered a safer preservative, but research published in the Journal of Pediatric Child Health links it to “irritability, restlessness, inattention and sleep disturbance in some children” and long term consumption has been shown to damage the stomach lining and induce ulcers (6).

36. Ascorbic/Citric Acid – Although citric acid is naturally found in lemon and other fruits, the additive form is typically derived from mold made with GMO corn. Ascorbic acid is the synthetic form of vitamin C typically derived from corn too.

37. Enzymes

38. Soy Lecithin – Another super processed additive that comes from GMOs. Just like the soybean oil, it's extracted from GMO soybeans with the neurotoxin hexane (14).

39. Potassium Iodate – This additive is banned from flour in Europe and several more countries as it can negatively affect thyroid function (15) but in the U.S. it can be used as a maturing agent in dough.

BUN OIL

40. Soybean Oil – That buttery-looking substance on their buns is not butter at all. Instead of real butter, Chick-Fil-A uses oils that are colored and flavored to taste and look like butter. Unhealthy soybean oil is the main ingredient.

41. Palm Kernel Oil – This semi-solid oil is used by the industry as a trans-fat-free replacement for partially hydrogenated oils (which were recently banned). Unfortunately, not only is it unhealthy for the body, but the cultivation of it is killing orangutans and destroying rainforests (16). This ingredient should be banned.

42. Soy Lecithin – The 2nd time this processed emulsifier is found in this sandwich.

43. Natural Flavor – The only difference between natural and artificial flavors, is that natural flavors are derived from things found in nature. Natural flavors are a proprietary mixture of chemicals and each flavor may contain up to 100 ingredients, including sodium benzoate, glycerin, potassium sorbate, and propylene glycol (none of which are labeled) ([17](#)).

44. Beta Carotene – A yellow color additive derived either from vegetables or synthesized in a lab from chemicals ([18](#)). This makes their “buttery” spread look yellow.

PICKLES

UPDATE 3/11/22: Chick-fil-A quietly changed their pickles recently. The new pickles do not contain artificial colors (Yellow 5, Blue 1), Alum, or Polysorbate 80. [New Pickle Ingredients as of 3/11/22: Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Potassium Sorbate \[Preservative\], Turmeric Extract \[Color\], Natural Flavor, Dill Pickle Spice, Beta Carotene \[Color\], Garlic Emulsion.](#)

45. Cucumbers

46. Water

47. Vinegar

48. Salt

49. Alum – This ingredient used to make the pickles more firm is comprised of aluminum (a neurotoxin) which can build up in your body over time ([19](#)).

50. Calcium Chloride – Another additive used to make pickles more firm.

51. Potassium Sorbate – This preservative has been shown to be genotoxic to white blood cells, which could lead to cancer ([20](#)).

52. Natural Flavor – The 2nd time this proprietary ingredient is added to this sandwich.

53. Polysorbate 80 – An emulsifier linked to weight gain, inflammation and digestive problems ([21](#)).

54. Yellow 5 – Artificial dye derived from petroleum that is linked to allergies and hyperactivity in children. Artificial dyes have been found to be contaminated with carcinogens, such as benzidine ([6](#)). This is used to brighten up the color of the pickles, but simple turmeric could be used instead.

55. Blue 1 – One of the worst artificial dyes because it has been shown to cross the blood-brain barrier. This dye is also linked to hyperactivity and an increased risk of kidney tumors. Some research suggests it is a potential neurotoxin ([6](#)).

Does Chick-fil-A really need all these risky and artificial ingredients to make one delicious tasting sandwich??? Of course not. Most of these ingredients cut costs and make their food addicting so we keep coming back for more. This all means more money in their pocket, which comes at a great expense of our health if we continue to eat there.

And, how about Chick-fil-A’s new Mac & Cheese that everyone’s talking about?

Chick-fil-A Mac & Cheese



Macaroni (Pure Durum Semolina, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin), Water, Pasteurized Processed Cheese Spread (American Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Skim Milk, Salt, Milkfat, Artificial Color), Margarine (Palm Oil, Water, Soybean Oil, Salt, Whey, Mono- And Diglycerides, Soybean Lecithin, Natural Flavor, Colored With Beta Carotene, Vitamin A Palmitate Added), Soybean Oil, Cold Pack Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Salt, Apoarotenal [Color], Oleoresin Paprika [Color]), Contains Less Than 2% Of The Following: Nonfat Dry Milk, Bellavitano Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose To Prevent Caking), Cheese Blend (Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes], Romano Cheese Made From Cow's Milk [Part-Skim, Cheese Culture, Salt, Enzymes], Grated Parmesan Cheese [Part Skim-Milk, Cheese Culture, Salt, Enzymes], Water, Salt, Butter, Sodium Phosphate, Enzymes), Modified Food Starch, Natural Flavor (Maltodextrin, Modified Butter Oil, Salt, Dehydrated Butter, Shortening, Guar Gum, Sodium Bicarbonate, Annatto And Turmeric For Color), Sugar, Salt, Emulsifying Salt (Sodium Polyphosphate, Sodium Phosphate), Egg Yolk Powder (Dried Egg Yolks, Phospholipase), Lecithin, Flour (Wheat Flour, Enriched, Bleached [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid]), Xanthan Gum.

FOOD BABE
— Hunt Hunt —

When I heard Chick-fil-A say their Mac & Cheese is a “classic” blend of cheddar, Parmesan and Romano... I didn’t believe it for one second.

It’s mostly made out of “Pasteurized Processed Cheese Spread” – which is like that cheese in a can.

This is NOT real cheese. It’s made by mixing and heating cheese together with colors, emulsifiers, whey, salt and preservatives. This makes a “cheese food” like product that doesn’t separate when heated or get moldy as fast as real cheese.

Then they blend this FAKE cheese with FAKE butter... “Margarine”.

Margarine is made by heavily processing vegetable oils so that they’re solid at room temperature. Since partially hydrogenated oils were banned by the FDA (due to trans fats that are horrible for the heart) the food industry has found out how to skirt by this issue by blending unhealthy refined oils with “mono- and diglycerides” and palm oil.

I can only imagine how many kids are going to be eating this Mac & Cheese along with chicken nuggets.

Chick-fil-A gets kids hooked with MSG...



Chicken Nuggets Kid's Meal

Chick-Fil-A Nuggets: Chicken (Boneless, Skinless Chicken Breast Filet, Seasoning [Salt, Monosodium Glutamate, Sugar, Spices, Paprika], Seasoned Coater [Enriched Bleached Wheat Flour {With Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Sugar, Salt, Monosodium Glutamate, Nonfat Milk, Leavening {Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate}, Spice, Soybean Oil, Color {Paprika}], Milk Wash [Water, Nonfat Milk, Egg], Peanut Oil [Fully Refined Peanut Oil, With Dimethylpolysiloxane, An Anti-Foam Agent Added]).

Chick-Fil-A Fruit Cup: (Red & Green Apples [With Calcium Ascorbate To Promote Color Retention And Maintain Texture], Mandarin Oranges [Water, Sugar, Citric Acid], Blueberries, Strawberries).

Chick-Fil-A Waffle Fries: Potatoes (Vegetable Oil [Canola Oil, Palm Oil], Disodium Dihydrogen Pyrophosphate [To Promote Color Retention], Dextrose), Sea Salt, Canola Oil (High Oleic Canola Oil With Dimethylpolysiloxane).

Chick-Fil-A Applesauce: Apples, Concentrated Apple Juice, Cinnamon.



FOOD BABE
Vani Hari

Does Chick-fil-A have healthier choices?

When I examined the ingredients in the Chick-fil-A Grilled Chicken Sandwich and Grilled Cool Wrap, I still found soybean oil, yeast extract (alternative form of MSG), and natural flavors.



Grilled Chicken Sandwich

Grilled Chicken (Boneless Skinless Chicken Breast, Water, Apple Cider Vinegar, Soybean Oil, Modified Corn Starch, Salt, Yeast Extract, Sugar, Chicken Breast Meat, Chicken Broth, Dehydrated Onion, Dehydrated Garlic, Sea Salt, Cane Molasses, Spices, Chicken Fat, Natural Flavor [Including Smoke], Lemon Peel, Red Bell Pepper, Paprika, Lemon Juice Concentrate, Parsley And Vinegar Solids), Brioche Bun (Water, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Grain Blend [Whole Wheat Flour, Whole Grain Yellow Corn Flour, Organic Whole Grain Oat Flour, Whole Grain Barley Flour, Whole Grain Triticale Flour, Whole Grain Rye Flour], Sugar, Yeast, Soybean Oil, Honey, Wheat Gluten, Wheat Bran, Salt, Rolled Oats, Cultured Wheat Flour Blend [Wheat Flour, Cultured Wheat Flour], Dextrose, Guar Gum, Yellow Corn Flour, Vegetable And Grain Protein Blend [Pea, Potato, Rice], Maltodextrin, Wheat Flour, Organic Corn Starch, Enzymes, Sunflower Oil And Canola Oil, Medium Chain Triglycerides, Organic Rice Concentrate, Natural Flavors, Calcium Sulfate, Monoglycerides, Wheat Starch, Crushed Wheat, Vinegar, Propionic Acid, Phosphoric Acid, Modified Food Starch, Turmeric Color, Gum Arabic, Corn Starch, Paprika Color, Ascorbic Acid), Tomatoes, Green Leaf Lettuce.



The chicken on their salads is spiked with MSG, unhealthy refined oils, flavors, and more preservatives. Those colorful chips on top are artificially colored with Red 40 and Blue 1. Why can't they just use uncolored chips?

The cheese comes with a side order of "powdered cellulose" (i.e. wood), which keeps the shredded cheese from sticking together but is also linked to weight gain and digestive problems ([22](#)).



Spicy Southwest Salad



Romaine Lettuce, Spicy Chicken (Boneless, Skinless Chicken Breast Filets, Water, Seasoning [Maltodextrin, Spice And Herb, Modified Food Starch, Tapioca Maltodextrin, Salt, Cottonseed Oil, Spice And Color {Contains Paprika}, Garlic Powder, Natural Flavoring, Soy Lecithin], Modified Food Starch, Salt, Monosodium Glutamate, Sugar, Spices, Paprika), Grape Tomato, Roasted Corn, Black Beans, Red Bell Pepper And Poblano Pepper, Chili Lime Pepitas (Pumpkin Seeds, Vegetable Oil [May Contain One Or More Of The Following: Peanut Oil, Canola Oil And/Or Sunflower Oil], Chipotle Lime Seasoning [Salt, Chipotle Pepper, Tomato Powder, Jalapeño Powder, Onion Powder, Garlic Powder, Citric Acid, Spice Extractives (Including Paprika), Lime Oil, Cilantro, Natural Smoke Flavor], Green Cabbage, Tortilla Strips (Corn Masa Flour, Sunflower, Safflower And/Or Canola Oil, Seasoning [Lactose, Salt, Maltodextrin, Corn Syrup Solids, Sugar, Citric Acid, Malic Acid, Lime Juice Solids, Natural Flavors, Dehydrated Parsley, Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate], Red 40, Blue 1), Monterey Jack Cheddar Cheese (Monterey Jack Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto {Vegetable Color}], Potato Starch And Powdered Cellulose [To Prevent Caking], Natamycin [A Natural Mold Inhibitor]), Red Leaf Lettuce, Green Leaf Lettuce.

FOOD BABE
Vani Hari

And then there's the healthy-sounding Superfood Side...

What COULD be a super healthy menu item – kale and broccoli – is ruined with the addition of yeast extract (a form of MSG), natural flavors, synthetic preservatives, and unhealthy oils (soybean and canola). It even rings in with over 30 ingredients – many of them completely unnecessary. Chick-fil-A really missed the mark here.

Chick-fil-A "Superfood" Side



Broccoli, Kale, Maple Vinaigrette Dressing (Maple Syrup, Soybean Oil, Water, Brown Sugar, Onion ([Including Dehydrated], Distilled Vinegar, Apple Cider Vinegar, Soy Sauce [Water, Soybeans, Salt, Alcohol], Balsamic Vinegar, Salt, Spice, Xanthan Gum, Potassium Sorbate And Sodium Benzoate Added As Preservatives, Maltodextrin, Dextrose, Canola Oil, Yeast Extract, Natural Flavor, Calcium Disodium EDTA To Protect Flavor), Dried Cherries (Cherries, Sugar, Sunflower Oil) Roasted Nut Blend (Glazed Walnuts [Walnuts, Sugar, Natural Flavor, Canola Oil], Roasted Almonds, Glazed Pecans [Pecans, Sugar, Natural Flavor, Canola Oil])

FOOD BABE
Vani Hari

If I absolutely HAD to eat at Chick-fil-A... What would I eat?

I'd order their Market Salad without the chicken, nuts, granola, or dressing, as that is where most of the unhealthy ingredients are in this item. Or maybe the Superfood Side without the unhealthy dressing and toppings, which just leaves me with kale and broccoli. But... we both know that's not going to happen – it's just as easy for me to just make a salad at home and no one is forcing me to eat there. And, who really wants to go to Chick-fil-A and not have their chicken?!?

If I totally just ruined the Chick-fil-A Sandwich for you, I have great news...

I figured out how to make a "Chick-fil-A sandwich" at home that tastes exactly the same (even better, seriously!) with none of the nasty preservatives, dyes, and MSG. Ok, yes, it takes a bit more effort than standing in line at Chick-fil-A, but it's actually pretty simple to make and you can even enjoy it on Sunday!

[Get my "Open on Sunday" Chicken Sandwich recipe here](#)

If you know anyone in a serious love affair with Chick-fil-A, please share this blog post with them. Who knows, maybe they'll surprise you with a deliciously organic homemade "Chick-fil-A" sandwich next time you see them!

[Sign up here for my free email newsletter to get more breaking investigations like this sent straight to your inbox.](#)

Xo,

Vani

P.S. There's a newer fast food chain that I love, [The Organic Coup](#) (in California) that makes certified organic chicken sandwiches that are out of this world. The founders are friends of mine, but no, they didn't pay me to mention them. I just love what they are doing to bring organic fast food to more people!

References:

1. <https://foodbabe.com/chick-fil-a-or-chemical-fil-a/>
2. <https://foodbabe.com/chick-fil-agrees-go-antibiotic-free/>
3. <https://foodbabe.com/breaking-news-chick-fil-a/>
4. <https://www.nbcnews.com/businessmain/getting-dye-out-chick-fil-cleans-buns-sauces-2D11689346>
5. https://www.chick-fil-a.com/About/Great-Food/~/_link.aspx?_id=45ACF92FD0FB447AB2F24D9F2DEDC5D1&_z=z
6. <https://foodbabe.com/ingredients-to-avoid/>
7. <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.22>
8. <https://www.fairwarning.org/2010/08/an-adverse-reaction-to-food-labels/>
9. <https://www.ewg.org/research/ewg-s-dirty-dozen-guide-food-additives/food-additive-watch-list>
10. <https://www.thehealthyhomeeconomist.com/peanut-oil/>
11. <http://bmb.oxfordjournals.org/content/49/3/604.abstract>
12. <http://www.cancer.gov/cancertopics/factsheet/prevention/antioxidants>
13. <https://culinarylore.com/food-science:does-bread-contain-plaster-of-paris/>
14. <https://chriskresser.com/harmful-or-harmless-soy-lecithin/>
15. <https://www.cseindia.org/whats-in-our-bread-6408>
16. <https://www.theguardian.com/commentisfree/2018/may/10/palm-oil-orangutans-multinationals-promises-deforestation>
17. <https://foodbabe.com/the-differences-between-artificial-flavors-natural-flavors-organic-flavors-and-other-added-flavors/>
18. <https://academic.oup.com/fqs/article/2/2/69/4970186>
19. <https://www.livestrong.com/article/540321-what-foods-contain-harmful-aluminum/>
20. <http://www.sciencedirect.com/science/article/pii/S0887233309003853>
21. <https://www.cbsnews.com/news/food-additives-linked-to-obesity-digestive-problems/>
22. <https://foodbabe.com/are-you-eating-this-substance-that-lines-food-industry-pockets/>



My New Cookbook is Here!

Food Babe Family

More Than 100 Recipes and Foolproof
Strategies to Help Your Kids Fall in
Love with Real Food

PRE-ORDER NOW

March 14th, 2022



SIGN UP FOR UPDATES

And Get A FREE Healthy Grocery Guide Sent To You Now!

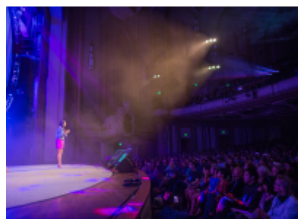
Find out what to buy and where at the top grocery stores near you

Your Name...

Your Email Address...

JUMP ON BOARD

You might also like:



The video I was afraid to show you



6 Proven Health Benefits of Vitamin D



Hong Kong Quinoa

🔗 [Chick-Fil-A](#), [Chicken](#), [chicken nuggets](#), [chicken strips](#), [chickfila](#), [drive thru](#), [Fast Food](#), [gmo](#), [grilled chicken sandwich](#), [ingredient](#), [Ingredient List](#), [ingredients](#), [kids meal](#), [Mac & Cheese](#), [mac and cheese](#), [msg](#), [nuggets](#), [preservatives](#), [recipe](#), [restaurant](#), [Restaurants](#), [Salad](#), [sandwich](#), [southwest salad](#), [strips](#), [superfood salad](#), [superfood side](#), [waffle fries](#)

Posts may contain affiliate, sponsorship and/or partnership links for products Food Babe has approved and researched herself. If you purchase a product through an affiliate, sponsorship or partnership link, your cost will be the same (or at a discount if a special code is offered) and Food Babe will benefit from the purchase. Your support is crucial because it helps fund this blog and helps us continue to spread the word. Thank you.

152 responses to “Here are the 55 ingredients in a Chick-fil-A Sandwich. Should you eat them?”



Sharon says:

August 16, 2019 at 1pm

The food industry will be forced to change because Americans are ill with toxic food related problems ... from infants to seniors! Keep up the good fight!

 Reply



Lisa says:

August 16, 2019 at 1pm

I agree with pretty much everything you post and fully understand where you are coming from and where you are going with your food fight and fully support you. I do not regularly eat any fast food but I do occasionally eat Chick-fil-A. Not because I think they have great food but to support the Christian/Biblical values which they espouse and promote. You stated in your article that the Chick-fil-A corporation employees were amazing. I expected no less. I know they strive to treat EVERYONE with dignity and respect while still maintaining their beliefs. They are a Christian-based corporation and I expect and know that they will conduct themselves accordingly.

 Reply



Debra says:

August 18, 2019 at 1pm

Hi Lisa, I agree with you about supporting the "Christian Principles" demonstrated by Chick-fila, but question the "Christian Principles" idea when they continue to Poison people.

 Reply



stewie says:

July 5, 2023 at 4pm

hate to break the bad news as former chik fila management applicant can tell you that all of it is just a front. the company has the worse employee testament including verbal, sexual assaults, under pay wages. basiclly the religion is just a front to cover the horrid behavior.



CO says:

August 21, 2019 at 10pm

Jesus wouldn't eat a chicken from a brutal factory farm.

← Reply



Kevin says:

[September 5, 2020 at 9pm](#)

Amen!! LOL



Kevin says:

[September 5, 2020 at 9pm](#)

I wouldn't eat at Chick-fil-A because 1) their food tastes gross and it kills people. 2) they go out of their way to marginalize/hate people who identify as gay while using "Christianity" as a marketing ploy! Chick-fil-A sucks!

← Reply



x says:

[November 12, 2021 at 5pm](#)

This might come as a shock to you, but the Bible explicitly forbids homosexuality. It's in the Old Testament, and Jesus reaffirms the prohibition in the New Testament. There is no "marketing ploy" here, it's right on the tin.

What I don't like is the fact that you're mischaracterizing how Chick-fil-A treats homosexuals. They do not discriminate against employees based on sexual-orientation, and many have come out and said nothing but positive things about their employment. Either provide evidence or stop slandering them.



Elle says:

[March 23, 2023 at 1pm](#)

Kevin – you are right. Don't listen to what some people are saying about your post. All they have to do is read the Wikipedia article about that situation. Also, why do Bible thumpers think they are so superior to everyone else and that they know what Jesus thought? Also, they need to quit referencing the Bible in every controversy. I do not care! What I do care about is how a company treats a certain group of people and they are definitely guilty of that. I have no problem with anyone being a Christian but as a company who serves the public, keep it to yourself. That's not the only reason I do not eat there though. I realized how much salt was in their food and, for my own health, had to quit eating there. When you can taste salt over the other ingredients in their food, it's time to question your eating choices.



Kimberly Vanaelst says:

[August 16, 2019 at 2pm](#)

You are what you eat. Keep doing what you are doing Food Babe! Our food industry needs to change along with the obesity and illness in this country. You are helping so much and it is very much appreciated by those who care about their health.

 Reply



Ashley says:

[August 16, 2019 at 6pm](#)

My friend, who works on a college campus, showed me a video of squirrels at her school stealing Chick-fil-A food bags away from students and displaying other erratic behavior to get to the food. There are numerous videos on social media. When school is closed the squirrels will lay around all day and are very lethargic. I started to wonder what is in the food and also how it affects our kids. Thank you for shedding light on Chick-fil-A and the food industry!

 Reply



Robin Turner says:

[August 17, 2019 at 2pm](#)

I could not care less about what is in their food. I eat what I like, and no he will scare me away fro what I like!

 Reply



Arthur Terry says:

[December 22, 2019 at 8am](#)

That is very true. One thing I have learned is humans will kill themselves just for temporary satisfaction. The poorest people in our country are also the most obese. Just think about thst for a minute

 Reply



Chris says:

[July 17, 2021 at 2pm](#)

Robin will be singing a different tunewhen her 7 year old starts menstruating from all the illegal hormones that are STILL in our cheap quality meats. I was shocked as a teacher to meet or in-

formed of little girls already menstruating. Europeans make fun of our ignorance.

↩ Reply



Casey says:

[August 17, 2019 at 4pm](#)

I live in the south, and a friend raises chickens that are bought by Chick fil A. He told me the company uses more strict feed rules, they inspect the chicken houses without notice and their chicken is better than what you get in the store (regular chicken). I'm sure they will come out with an organic option. Chickens don't need to be outdoors down here, they will literally die of a heat stroke outside in southern Alabama.

↩ Reply



Debra says:

[August 18, 2019 at 2pm](#)

My daughter raises chickens in Phoenix, Arizona. The temperature in Phoenix today, August 18th is 97 degrees with an "excessive heat warning" in effect. They are allowed to wander on the 8 acres away from their completely enclosed coop during the day and are closed up in the coop at night to protect them from coyotes and bobcats. The coop area has evaporative coolers so they can "take a chill"! Chick-fila could do the same, if they wanted to.

↩ Reply



Anne Schnedl says:

[August 17, 2019 at 8pm](#)

I really appreciate the culture and ethos of CFA but I don't eat much from their menu these days – ice tea (unsweetened), fries, fruit salad. I love their breakfast burritos but have stopped eating them b/c I get pain afterward – a bit of a deterrent, eh?!

↩ Reply



Donna Roy says:

[August 20, 2019 at 9pm](#)

Would the grilled chicken be any better ingredient-wise? It wouldn't have the 17 chicken breeding ingredients but not sure if it is marinated or "pre-prepped" in some way that wouldn't be healthful. Thank you for all you do, Vani!

↩ Reply



Xristina says:

August 21, 2019 at 8am

Food Babe won't do a brand new article for pet foods (I have already read the old blog post for pet food) but yet has mentioned Chick-fil-A several times. I appreciate in reminding everyone that the sandwich is still incredibly unhealthy and has bad ingredients but I'm hoping to see a new article on pet food. Or maybe an article on chips again with some new additions such as the Takis brand of chips (incredibly popular in the city in where I reside and surrounding cities), or maybe an article on different fast food places again* even if they have been done before but haven't been redone in two years or more.

I also miss the petitions. It would be awesome to see Food Babe start a petition on changing the ingredients to the fries in McDonald's or removing artificial coloring in foods in the US (as it is in the UK), etc. Food Babe could help make the change happen and I would be in full support of them.

 Reply



Assistant to Food Babe (Pam) says:

August 21, 2019 at 3pm

Thank you for the great suggestions Xristina, and stay tuned! Make sure you're subscribed so you are the first to hear what's coming up next: <https://foodbabe.com/subscribe/>

 Reply



Robert Andaluz says:

August 30, 2019 at 11am

Wow. I can't believe Chick-fil-a has so many preservatives in their sandwiches. The fact that they use soybean oil so many times made me disgusted and grossed out by the fact this oil is very very bad for your body. I am currently learning about how to keep your body healthy and strong in my class and reading this article has informed me that Chick-fil-a is not a healthy choice at all and is as bad as McDonald's!

 Reply



Chris says:

September 25, 2019 at 8am

If thats in Chick fil a I would hate to see whats in McD's BK or Taco Bell.

 Reply



Carolyn Jones says:

[October 8, 2019 at 12pm](#)

Thanks for teaching the public about toxins in our food. I need to be more careful. I usually just make sure that there is no EDTA listed in the ingredients list. EDTA is banned in France. So, I buy French lotion, shampoo, and conditioner etc. How do you feel about EDTA?

 Reply



Melissa says:

[May 7, 2020 at 7pm](#)

thank you for your excellent investigations into foods that we eat. I am extremely sensitive to MSG... gives me severe palpitations, shaking chills, and anxiety. It took me many years to figure it out, so i really appreciate when I am able to make healthy choices and knowing the ingredients in foods helps.

 Reply



Chloe says:

[September 8, 2020 at 8am](#)

Has anyone made a copycat recipe using all of these ingredients (harmful included)? I dont mean an alternative one that uses other ingredients but is similar, i mean exactly like a chic fil a sandwich. If this exists and someone could link me I would appreciate it! Ive tried similar recipes but it just never has that same cancery goodness. <3

 Reply



Eeeeeee says:

[August 24, 2023 at 8pm](#)

Based

 Reply



Brenda Owens says:

[October 20, 2020 at 11pm](#)

Yesterday I decided to give Chic Fil A a try for dinner. Haven't eaten there for years since I have many food allergies. I bought a side salad with no dressing and decided to try mac and cheese, was not thinking! Woke up this morning with hives on one side of my face and it's gotten worse through the day. This evening I thought what did I eat or have

contact with to make this happen? I just got finished reading the ingredients for Chick-fil-A's mac and cheese and it has so many bad additives and I should have known better! I will not be purchasing any of their food in the future. It is far from real food.

 Reply



Harriet Cannon says:

[November 3, 2021 at 10am](#)

It's made by Stouffers.

 Reply



Chris says:

[July 17, 2021 at 3pm](#)

Robin will be singing a different tune when her 7 year old starts menstruating from all the illegal hormones that are STILL in our cheap quality meats. I was shocked as a teacher to meet or informed of little girls already menstruating. Europeans make fun of our ignorance.

 Reply



Chick Fila Fan says:

[August 28, 2023 at 3am](#)

I have been eating chick fila for over 50 years , never had any problems. If there is another fast food that's healthier it should be brought up. I work in the funeral business and it doesn't matter what you eat or not we all die. One life, enjoy. The act of homosexuality is against God. Thank you Chick fila.

 Reply



K.C. says:

[September 6, 2021 at 3pm](#)

All three household members get extreme migraines due to MSG. One migraine suffered due to dinner at Chick Fil a. They are on our naughty list along with KFC, Domino's, and East of Chicago Pizza. All of which have caused us a night of pure misery. Never again.

 Reply



Eileen Wright, MD. says:

[February 20, 2022 at 12pm](#)

Thank you for your research and your commitment to informing the public about the toxic fast food industry. As a physician who believes in prevention before treatment is needed I see the average American diet and sedentary lifestyles at the root of so much ill health and unnecessary suffering. Over my 46 years in medicine I have witnessed the sad decline in health in all age groups. Every person you help to wake up to the reality that we need to eat unadulterated food for health should be forever grateful.

 **Reply**

[← Previous Comments](#)

Leave a Reply

Your email address will not be published. Required fields are marked *

Comment *

Name *

Email *

Website

Submit Comment

Are you eating harmful food additives?

Get my 54 page report for FREE

GET ACCESS

GET STARTED

Start Cooking!
Meal Plans,
Grocery Lists
and More

Read the Blog

Get the Book

LEARN WITH US

Investigations

Recipes

Shop

GET IN TOUCH

Contact

Ask Vani to
Speak

FAQ

FOLLOW US



Vani Hari