

# Medical Minute

## MAYO VS. MIRACLE WHIP



The great family debate: **Miracle Whip vs. Mayonnaise.**

Relationships have been tested. Holidays have gotten tense. Sandwiches have been judged. On one side, you've got **Miracle Whip**—the sweet, tangy overachiever that shows up like, *"I brought flavor AND personality."*

On the other side, there's **Mayonnaise**—cool, calm, and collected, like, *"I don't need to be sweet. I'm already rich."*

Now, the real question: which one is less fattening?

Here's the scoop:

- **Mayonnaise** is basically oil living its best life. Delicious? Yes. Light? Not even a little.
- **Miracle Whip** cuts back on the oil and adds sugar and spices, so it's lower in fat and calories.

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**Typical stats (per tablespoon):**

- Mayo: ~100 calories, 10g fat
- Miracle Whip: ~50 calories, 3–5g fat

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So technically, **Miracle Whip is less fattening.**

But plot twist: it's also sweeter, thanks to added sugar, which makes some people side-eye it like it just put ketchup on a steak. Now just to throw a wrench into everything...Miracle Whip is not even mayonnaise, it's salad dressing!!

**Final verdict:**

- Want fewer calories? Go Miracle Whip.
- Want rich, creamy, "I regret nothing" in your potato salad? Go mayo.

Either way, let's be honest—you're probably using more than one tablespoon, so we're all just out here making choices, and my choice is Miracle Whip!!