

HOTT Activities

Project Name: Fast Food Analysis

Date: 5-6-08

Grade Level: 9-12

Core Content Standards:

Language Arts Standards

LVS = Listening, viewing, & speaking; W = Writing; R = Reading)

9-12.R.2.2
9-12.R.5.1
9.LVS.1.3
10.LVS.1.4

Math Standards

(A = Algebra; G = Geometry; M = Measurement; N = Number Sense; S = Statistics and Probability)

9-12.N.2.1
9-12.N.3.1
9-12.S.1.1

Science Standards

(N = Nature of Science; P = Physical Science; L = Life Science; E = Earth & Space Science; S = Science, Technology, Environment & Society)

9-12.N.2.1

Professions: Dietician/Nutritionist

Purpose: The students will compare fast food restaurant items by using a nutrition guide.

Materials needed: Worksheet, fast food restaurant nutrition guide, and fast food restaurant menu

Duration: 1 class period

Instructions:

- The teacher will put students in groups of 3
- The teacher will assign a fast food restaurant to each group.
- The teacher will hand out fast food restaurant menu.

- The students will answer the first two questions on the worksheet using the menu.
- Once the students have answered the first two questions, the teacher will give the group the nutrition guide for their restaurant.
- The students will complete the worksheet using the nutrition guide.
- When the students have finished the worksheet, the teacher will then discuss the items chosen by the groups as the unhealthiest and healthiest meal.
- Ask the groups why they chose the items.
- As a class, decide the healthiest and unhealthiest fast food restaurant based on the nutrition guide, food options, and recommended daily amounts of sodium, fat, cholesterol, and carbohydrates.
- The teacher will then ask the class what information surprised them and what information did not.

Adaptations: None

References:

- South Dakota Office of Rural Health


Wendy's Menu

Sandwiches
Jr. Hamburger
Jr. Cheeseburger
Jr. Cheeseburger Deluxe
Jr. Bacon Cheeseburger
Jr. Smokey Cheddarburger
Hamburger, Kid's Meal
Cheeseburger, Kid's Meal
Classic Single® with Everything
Big Bacon Classic®
Ultimate Chicken Grill Sandwich
Spicy Chicken Fillet Sandwich
Homestyle Chicken Fillet Sandwich
Sandwich Components
2 oz. Hamburger Patty
¼ lb. Hamburger Patty
Ultimate Chicken Grill Fillet
Spicy Chicken Fillet
Homestyle Chicken Fillet
Sandwich Bun
Kaiser Roll
American Cheese Jr.
American Cheese
Smokey Cheddar Cheese
Bacon
Mayonnaise
Sweet & Savory Sauce
Creamy Tangy Sauce
Dill Pickles
Ketchup
Mustard
Iceberg Lettuce
Tomato
Onion
Romaine Lettuce
Red Onion
Side Selections
Side Salad
Caesar Salad
Homestyle Garlic Croutons
Caesar Dressing
Mandarin Orange Cup
Fresh Fruit Cup
Low Fat Strawberry Flavored Yogurt
Granola Topping

Plain Baked Potato
Sour Cream & Chives Baked Potato
Broccoli & Cheese Baked Potato
Bacon & Cheese Baked Potato
Buttery Best Spread
Small Chili
Large Chili
Saltine Crackers
Cheddar Cheese, Shredded
Kid's Meal French Fries
Medium French Fries
Biggie® French Fries
Great Biggie French Fries
Homestyle Chicken Strips & Crispy Chicken Nuggets
Homestyle Chicken Strips
Deli Honey Mustard Sauce
Spicy Southwest Chipotle Sauce
Heartland Ranch sauce
4 Piece Kid's Meal Nuggets
5 Piece Nuggets
Barbecue Sauce
Sweet & Sour Sauce
Honey Mustard Nugget Sauce
Garden Sensations® Salads and Fresh Fruit
Mandarin Chicken® Salad
Crispy Noodles
Roasted Almonds
Oriental Sesame Dressing
Spring Mix Salad
Homestyle Croutons
Honey Mustard Dressing
Chicken BLT Salad
Homestyle Garlic Croutons
Honey Mustard Dressing
Taco Supreme Salad
Salsa
Reduced Fat Acidified Sour Cream
Taco Chips
Homestyle Chicken Strips Salad
Creamy Ranch Dressing
Fat Free French Dressing
Reduced Fat Creamy Ranch Dressing
Low Fat Honey Mustard Dressing
Fresh Fruit Bowl
Low Fat Strawberry Flavored Yogurt
Beverages and Frosty™
Coffee

Tea
Milk, 2% Reduced Fat Milk
Milk, 1% Low Fat Chocolate Milk
Diet Coke®, Medium Cup
Sprite®, Medium Cup
Coca-Cola®, Medium Cup
Junior Frosty
Small Frosty
Medium Frosty
Fix 'n Mix Frosty
Oreo® Cookie Crumbles
Butterfinger® Candy Crumbles
M&M's® Candy Crumbles

Wendy's Nutrition Guide

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwiches									
Jr. Hamburger	280	9	3.5	30	600	34	1	7	15
Jr. Cheeseburger	320	13	6	40	820	34	1	7	17
Jr. Cheeseburger Deluxe	360	16	6	45	880	37	2	8	18
Jr. Bacon Cheeseburger	380	18	7	55	810	34	2	7	20
Jr. Smokey Cheddarburger	340	14	6	45	710	36	2	8	18
Hamburger, Kid's Meal	270	9	3.5	30	600	33	1	6	15
Cheeseburger, Kid's Meal	320	13	6	44	820	34	1	6	17
Classic Single® with Everything	420	19	7	65	900	37	2	8	25
Big Bacon Classic®	580	29	12	95	1400	46	3	11	35
Ultimate Chicken Grill Sandwich	360	7	1.5	75	1100	44	2	10	31
Spicy Chicken Fillet Sandwich	510	18	3.5	55	1470	57	2	8	29
Homestyle Chicken Fillet Sandwich	540	22	4	55	1350	57	2	8	29
Sandwich Components									
2 oz. Hamburger Patty	100	7	3	30	130	0	0	0	10
¼ lb. Hamburger Patty	210	14	6	60	260	0	0	0	19
Ultimate Chicken Grill Fillet	120	2.5	2.5	70	630	2	0	0	23
Spicy Chicken Fillet	260	12	2.5	50	1050	16	0	0	22
Homestyle Chicken Fillet	260	12	2.5	50	880	17	0	0	21
Sandwich Bun	160	2	0	0	290	31	1	5	5
Kaiser Roll	200	2.5	0	0	350	38	2	6	7
American Cheese Jr.	45	3.5	2.5	10	220	0	0	0	2
American Cheese	70	5	3.5	15	320	1	0	0	3
Smokey Cheddar Cheese	45	3.5	2	10	220	0	0	0	2
Bacon	20	1.5	0.5	5	55	0	0	0	1
Mayonnaise	30	3	0.5	5	60	1	0	0	0
Sweet & Savory Sauce	35	2	0	10	110	3	0	2	0
Creamy Tangy Sauce	70	7	1	5	115	1	0	1	1
Dill Pickles	0	0	0	0	150	0	0	0	0
Ketchup	5	0	0	0	80	2	0	1	0
Mustard	5	0	0	0	50	0	0	0	0
Iceberg Lettuce	0	0	0	0	0	0	0	0	0
Tomato	5	0	0	0	0	1	0	1	0

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Item

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwich Components									
Onion	5	0	0	0	0	1	0	1	0
Romaine Lettuce	0	0	0	0	0	0	0	0	0
Red Onion	0	0	0	0	0	0	0	0	0
Side Selections									
Side Salad	35	0	0	0	25	8	2	4	1
Caesar Salad	70	4.5	2	15	135	3	2	1	5
Homestyle Garlic Croutons	70	3	0	0	125	9	0	0	2
Caesar Dressing	120	13	2.5	20	220	1	0	0	1
Mandarin Orange Cup	80	0	0	0	15	19	1	17	1
Fresh Fruit Cup	80	0	0	0	20	20	2	17	1
Low Fat Strawberry Flavored Yogurt	200	2	1	10	120	37	0	15	8
Granola Topping	110	4.5	0.5	0	0	15	1	6	2
Plain Baked Potato	270	0	0	0	25	61	7	3	7
Sour Cream & Chives Baked Potato	320	4	2	10	55	63	7	4	9
Broccoli & Cheese Baked Potato	340	3.5	1	10	430	69	9	6	10
Bacon & Cheese Baked Potato	460	13	5	40	740	69	8	6	16
Buttery Best Spread	50	6	1	0	90	0	0	0	0
Small Chili	220	6	2.5	35	780	23	5	6	17
Large Chili	330	9	3.5	55	1170	35	8	9	25
Saltine Crackers	25	0.5	0	0	95	4	0	0	0
Cheddar Cheese, Shredded	70	6	3.5	15	110	1	0	0	4
Kid's Meal French Fries	280	14	2.5	0	270	37	3	0	3
Medium French Fries	440	21	3.5	0	430	58	5	0	5
Biggie® French Fries	490	24	4	0	480	64	6	0	5
Great Biggie French Fries	590	28	5	0	570	77	7	0	6
Homestyle Chicken Strips & Crispy Chicken Nuggets									
Homestyle Chicken Strips	410	18	3.5	60	1470	33	0	0	28
Deli Honey Mustard Sauce	170	16	2.5	15	220	6	0	5	1
Spicy Southwest Chipotle Sauce	150	15	2.5	25	180	5	0	1	1
Heartland Ranch sauce	200	22	3.5	15	280	1	0	1	0
4 Piece Kid's Meal Nuggets	180	11	2.5	25	390	10	0	1	8
5 Piece Nuggets	220	14	3	35	490	13	0	1	10
Barbecue Sauce	45	0	0	0	170	10	0	8	1
Sweet & Sour Sauce	50	0	0	0	120	13	0	11	0
Honey Mustard Nugget Sauce	130	12	2	10	220	6	0	5	0

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Item

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garden Sensations® Salads and Fresh Fruit									
Mandarin Chicken® Salad	170	2	0.5	60	480	18	3	13	23
Crispy Noodles	60	2	0	0	170	10	0	1	1
Roasted Almonds	130	11	1	0	70	4	2	1	5
Oriental Sesame Dressing	190	11	1.5	0	490	21	0	19	1
Spring Mix Salad	180	11	6	30	230	13	4	7	10
Homestyle Croutons	70	3	0	0	125	9	0	0	2
Honey Mustard Dressing	190	18	2.5	0	740	8	0	7	0
Chicken BLT Salad	340	18	9	105	840	12	4	6	34
Homestyle Garlic Croutons	70	3	0	0	125	9	0	0	2
Honey Mustard Dressing	280	26	4	25	370	11	0	10	1
Taco Supreme Salad	380	17	9	65	1000	33	9	10	27
Salsa	30	0	0	0	440	6	1	4	1
Reduced Fat Acidified Sour Cream	50	3.5	2	10	30	2	0	1	1
Taco Chips	210	9	1	0	230	29	2	0	3
Homestyle Chicken Strips Salad	450	22	8	70	1190	35	4	7	29
Creamy Ranch Dressing	230	23	4	15	580	5	0	3	1
Fat Free French Dressing	80	0	0	0	210	19	0	16	0
Reduced Fat Creamy Ranch Dressing	100	8	1.5	15	550	6	1	3	1
Low Fat Honey Mustard Dressing	110	3	0	0	340	21	0	16	0
Fresh Fruit Bowl	130	0	0	0	35	33	3	28	2
Low Fat Strawberry Flavored Yogurt	90	1	0	5	50	16	0	7	4
Beverages and Frosty™									
Coffee	0	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	0	0	0
Milk, 2% Reduced Fat Milk	120	4.5	3	20	135	13	0	12	8
Milk, 1% Low Fat Chocolate Milk	170	2.5	1.5	15	200	28	0	26	8
Diet Coke®, Medium Cup	0	0	0	0	0	0	0	0	0
Sprite®, Medium Cup	130	0	0	0	30	34	0	34	0
Coca-Cola®, Medium Cup	140	0	0	0	0	37	0	37	0
Junior Frosty	160	4	2.5	15	75	28	0	21	4
Small Frosty	330	8	5	35	150	56	0	42	8
Medium Frosty	430	11	7	45	200	74	0	55	10
Fix 'n Mix Frosty	170	4	2.5	20	80	29	0	22	4
Oreo® Cookie Crumbles	100	4.5	1	0	110	15	1	8	1
Butterfinger® Candy Crumbles	130	5	2.5	0	65	20	1	14	2
M&M's® Candy Crumbles	140	6	3.5	5	15	20	1	18	1


This information was collected from: <http://www.wendys.com/food/Family.jsp?family=8>

KFC Menu

Salads and More
Roasted Caesar Salad Without Dressing & Croutons
Crispy Caesar Salad Without Dressing & Croutons
Caesar Side Salad Without Dressing & Croutons
Roasted BLT Salad Without Dressing
Crispy BLT Salad Without Dressing
House Side Salad Without Dressing
Tender Roast® Filet Meal
Hidden Valley® The Original Ranch® Dressing (1)
Hidden Valley® The Original Ranch® Fat Free Dressing
Hidden Valley® Golden Italian Light Dressing (1)
KFC® Creamy Parmesan Caesar Dressing (1)
KFC® Parmesan Garlic Croutons Pouch (1)
Sandwiches
KFC® Snacker
Honey BBQ KFC® Snacker
Honey BBQ Sandwich
Triple Crunch Sandwich
Double Crunch Sandwich
Crispy Twister®
Oven Roasted Twister®
Tender Roast® Sandwich
Tender Roast® Sandwich Without Sauce
Chicken
OR Chicken – Whole Wing
OR Chicken – Breast
OR Chicken – Breast Without Skin or Breading
OR Chicken – Drumstick
OR Chicken – Thigh
EC Chicken – Whole Wing
EC Chicken – Breast
EC Chicken – Drumstick
EC Chicken – Thigh
Strips
Crispy Strips (3)
Crispy Strips (2)
Popcorn Chicken
Popcorn Chicken – Kids
Popcorn Chicken – Individual
Popcorn Chicken – Large
Popcorn Chicken - Family
Pot Pie
Chicken Pot Pie
Wings
HBBQ Wings (6)


Boneless HBBQ Wings (6)
Fiery Buffalo Wings (6)
Boneless Fiery Buffalo Wings (6)
Sweet & Spicy Wings (6)
Boneless Sweet & Spicy Wings (6)
Hot Wings™ (6)
Breads
Biscuit
Sides (Individual)
Green Beans
Seasoned Rice
Mashed Potatoes Without Gravy
Mashed Potatoes With Gravy
Macaroni and Cheese
Potato Wedges
Corn on the Cob (3")
Corn on the Cob (5.5")
Baked Beans
Potato Salad
Cole Slaw
Baked Cheetos®
Desserts
Quaker Chewy® S'mores Granola Bar
Apple Pie Mini's (3)
Double Chocolate Chip Cake
Lil' Bucket™ Fudge Brownie
Lil' Bucket™ Lemon Crème
Lil' Bucket™ Chocolate Cream
Lil' Bucket™ Strawberry Shortcake
Pecan Pie Slice
Apple Pie Slice
Lemon Meringue Pie Slice
Sweet Potato Pie Slice
Beverages
Tropicana® Fruit Punch
Pepsi® (Small)
Pepsi® (Medium)
Pepsi® (Large)
Diet Pepsi® (Small)
Diet Pepsi® (Medium)
Diet Pepsi® (Large)
Mt. Dew® (Small)
Mt. Dew® (Medium)
Mt. Dew® (Large)

KFC Nutrition Guide

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salads and More									
Roasted Caesar Salad Without Dressing & Croutons	220	9	4.5	75	850	6	3	4	29
Crispy Caesar Salad Without Dressing & Croutons	370	19	7	65	1110	20	3	3	29
Caesar Side Salad Without Dressing & Croutons	50	3	2	10	135	2	1	1	4
Roasted BLT Salad Without Dressing	210	7	2.5	70	900	8	4	6	28
Crispy BLT Salad Without Dressing	250	17	4.5	60	1170	21	4	5	27
House Side Salad Without Dressing	15	0	0	0	5	2	1	1	1
Tender Roast® Filet Meal	360	7	2	85	2010	41	4	4	33
Hidden Valley® The Original Ranch® Dressing (1)	200	20	3	25	470	3	0	1	1
Hidden Valley® The Original Ranch® Fat Free Dressing	35	0	0	0	410	8	0	2	1
Hidden Valley® Golden Italian Light Dressing (1)	45	2.5	0	0	660	6	0	5	0
KFC® Creamy Parmesan Caesar Dressing (1)	260	26	5	15	530	5	0	3	2
KFC® Parmesan Garlic Croutons Pouch (1)	70	3	0	0	160	9	0	0	1
Sandwiches									
KFC® Snacker	320	16	3	25	700	31	2	5	14
Honey BBQ KFC® Snacker	220	3.5	1	35	490	32	2	10	15
Honey BBQ Sandwich	300	6	1.5	55	920	41	1	19	22
Triple Crunch Sandwich	650	34	7	75	1640	49	3	4	36
Double Crunch Sandwich	530	28	6	55	1240	42	3	4	27
Crispy Twister®	670	38	7	60	1650	55	3	7	27
Oven Roasted Twister®	510	23	4	70	1400	46	4	10	29
Tender Roast® Sandwich	390	19	4	70	810	24	1	0	31
Tender Roast® Sandwich Without Sauce	260	5	1.5	65	690	23	1	0	31
Chicken									
OR Chicken – Whole Wing	150	9	2.5	60	370	5	0	0	11
OR Chicken – Breast	380	19	6	145	1150	11	0	0	40
OR Chicken – Breast Without Skin or Breading	140	3	1	95	410	0	0	0	29
OR Chicken – Drumstick	140	8	2	75	440	4	0	0	14
OR Chicken – Thigh	360	25	7	165	1060	12	0	0	22



Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken (continued)									
EC Chicken – Whole Wing	190	12	4	55	390	10	0	0	10
EC Chicken – Breast	460	28	8	135	1230	19	0	0	34
EC Chicken – Drumstick	160	10	2.5	70	420	5	0	0	12
EC Chicken – Thigh	370	26	7	120	710	12	0	0	21
Strips									
Crispy Strips (3)	400	24	5	75	1250	17	0	0	29
Crispy Strips (2)	270	16	3.5	50	850	11	0	0	19
Popcorn Chicken									
Popcorn Chicken – Kids	240	14	3	40	770	15	0	0	15
Popcorn Chicken – Individual	380	21	5	60	1200	23	0	0	24
Popcorn Chicken – Large	560	31	7	90	1790	34	1	0	36
Popcorn Chicken - Family	1210	68	16	200	3870	73	1	0	77
Pot Pie									
Chicken Pot Pie	770	40	15	115	1680	70	5	2	33
Wings									
HBBQ Wings (6)	540	33	7	150	1130	36	1	15	25
Boneless HBBQ Wings (6)	510	24	4.5	65	1670	42	1	6	30
Fiery Buffalo Wings (6)	440	26	7	155	1800	26	3	1	27
Boneless Fiery Buffalo Wings (6)	520	25	4.5	35	2520	44	1	1	30
Sweet & Spicy Wings (6)	460	26	7	155	950	32	3	15	27
Boneless Sweet & Spicy Wings (6)	540	24	4.5	65	1850	50	1	14	30
Hot Wings™ (6)	450	29	6	145	1120	23	1	1	24
Breads									
Biscuit	190	10	2	1.5	580	23	0	1	2
Sides (Individual)									
Green Beans	50	1.5	0	5	570	7	2	2	2
Seasoned Rice	150	1	0	0	640	32	2	1	4
Mashed Potatoes Without Gravy	110	4	1	0	260	16	1	0	2
Mashed Potatoes With Gravy	120	4.5	1	0	380	18	1	<1	2
Macaroni and Cheese	400	18	5	15	1920	45	4	3	15
Potato Wedges	240	12	3	0	830	30	3	0	4
Corn on the Cob (3")	70	1.5	0.5	0	5	13	3	5	2
Corn on the Cob (5.5")	150	3	1	0	10	26	7	10	5
Baked Beans	230	1	1	0	720	46	7	22	8
Potato Salad	180	9	1.5	5	470	22	1	5	2
Cole Slaw	190	11	2	5	300	22	3	13	1
Baked Cheetos®	120	4.5	1	0	210	17	0	1	2

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Desserts									
Quaker Chewy® S'mores Granola Bar	110	2	0.5	0	70	22	1	10	1
Apple Pie Mini's (3)	400	22	5	0	250	46	2	20	3
Double Chocolate Chip Cake	400	29	5	45	230	31	2	27	4
Lil' Bucket™ Fudge Brownie	270	9	4	30	170	44	1	39	2
Lil' Bucket™ Lemon Crème	400	14	7	5	210	65	2	51	4
Lil' Bucket™ Chocolate Cream	270	13	8	0	180	37	2	28	2
Lil' Bucket™ Strawberry Shortcake	200	6	4	20	110	34	0	34	2
Pecan Pie Slice	480	21	4.5	40	360	68	2	21	5
Apple Pie Slice	290	11	3	0	230	44	2	23	2
Lemon Meringue Pie Slice	240	9	2.5	0	230	40	1	23	1
Sweet Potato Pie Slice	340	16	4	5	210	44	1	24	5
Beverages									
Tropicana® Fruit Punch	120	0	0	0	20	27	0	26	0
Pepsi® (Small)	140	0	0	0	35	37	0	37	0
Pepsi® (Medium)	180	0	0	0	45	47	0	47	0
Pepsi® (Large)	280	0	0	0	70	74	0	74	0
Diet Pepsi® (Small)	0	0	0	0	35	0	0	0	0
Diet Pepsi® (Medium)	0	0	0	0	45	0	0	0	0
Diet Pepsi® (Large)	0	0	0	0	70	0	0	0	0
Mt. Dew® (Small)	150	0	0	0	50	43	0	43	0
Mt. Dew® (Medium)	190	0	0	0	60	54	0	54	0
Mt. Dew® (Large)	300	0	0	0	95	85	0	85	0

This information was collected from: http://www.yum.com/nutrition/documents/kfc_nutrition.pdf

McDonald's Menu


Sandwiches
Hamburger
Cheeseburger
Double Cheeseburger
Quarter Pounder®
Quarter Pounder® with Cheese
Double Quarter Pounder® with Cheese
Big Mac®
Big N' Tasty®
Big N' Tasty® with Cheese
Filet-O-Fish®
McChicken®
Hot N' Spicy McChicken®
Premium Grilled Chicken Classic Sandwich
Premium Crispy Chicken Classic Sandwich
Premium Grilled Chicken Club Sandwich
Premium Crispy Chicken Club Sandwich
Premium Grilled Chicken Ranch BLT Sandwich
Premium Crispy Chicken Ranch BLT Sandwich
French Fries
Small French Fries
Medium French Fries
Large French Fries
Ketchup Packet
Salt Packet
Chicken McNuggets®/Chicken Selects® Premium Breast Strips
Chicken McNuggets® (4 piece)
Chicken McNuggets® (6 piece)
Chicken McNuggets® (10 piece)
Chicken McNuggets® (20 piece)
Barbeque Sauce
Honey
Hot Mustard Sauce
Sweet N' Sour Sauce
Chicken Selects® Premium Breast Strips (3 piece)
Chicken Selects® Premium Breast Strips (5 Piece)
Chicken Selects® Premium Breast Strips (10 piece)
Spicy Buffalo Sauce
Creamy Ranch Sauce
Tangy Honey Mustard Sauce
Southwestern Chipotle Barbeque Sauce
Salads
Bacon Ranch Salad with Grilled Chicken
Bacon Ranch Salad with Crispy Chicken

Bacon Ranch Salad without Chicken
Caesar Salad with Grilled Chicken
Caesar Salad with Crispy Chicken
Caesar Salad without Chicken
California Cobb Salad with Grilled Chicken
California Cobb Salad with Crispy Chicken
California Cobb Salad without Chicken
Fruit & Walnut Salad
Side salad
Butter Garlic Croutons
Salad Dressings
Newman's Own® Cobb Dressing
Newman's Own® Creamy Caesar Dressing
Newman's Own® Low Fat Balsamic Vinaigrette
Newman's Own® Low Fat Family Recipe Italian Dressing
Newman's Own® Ranch Dressing
Breakfast
Egg McMuffin®
Sausage McMuffin®
Sausage McMuffin® with Egg
English Muffin
Bacon, Egg & Cheese Biscuit
Sausage Biscuit with Egg
Sausage Biscuit
Biscuit
Bacon, Egg & Cheese McGriddles®
Sausage, Egg & Cheese McGriddle®
Sausage McGriddle®
Big Breakfast®
Deluxe Breakfast
Sausage Burrito
Hotcakes and Sausage
Hotcakes (margarine 2 pats & syrup)
Sausage Patty
Scrambled Eggs (2)
Hash Browns
Warm Cinnamon Roll
Deluxe Warm Cinnamon Roll
Grape Jam
Strawberry Preserves
Desserts/Shakes
Fruit 'n Yogurt Parfait
Fruit 'n yogurt Parfait without Granola
Apple Dippers with Low Fat Carmel Dip
Apple Dippers
Low Fat Carmel Dip
Vanilla Reduced Fat Ice Cream Cone

Kiddie Cone
Strawberry Sundae
Hot Carmel Sundae
Hot Fudge Sundae
Peanuts (for Sundaes)
McFlurry® with M&M's® Candies (12 fl oz cup)
McFlurry® with OREO® Cookies (12 fl oz cup)
Chocolate Triple Thick® Shake (12 fl oz cup)
Chocolate Triple Thick® Shake (16 fl oz cup)
Chocolate Triple Thick® Shake (21 fl oz cup)
Chocolate Triple Thick® Shake (32 fl oz cup)
Strawberry Triple Thick® Shake (12 fl oz Cup)
Strawberry Triple Thick® Shake (16 fl oz Cup)
Strawberry Triple Thick® Shake (21 fl oz Cup)
Strawberry Triple Thick® Shake (32 fl oz Cup)
Vanilla Triple Thick® Shake (12 fl oz Cup)
Vanilla Triple Thick® Shake (16 fl oz Cup)
Vanilla Triple Thick® Shake (21 fl oz Cup)
Vanilla Triple Thick® Shake (32 fl oz Cup)
Baked Apple Pie
McDonaldland® Chocolate Chip Cookies
McDonaldland® Cookies
Chocolate Chip Cookie
Oatmeal Raisin Cookie
Sugar Cookie
Beverages
1% Low Fat Milk Jug
1% Low Fat Chocolate Milk Jug
Minute Maid® Apple Juice Box
Orange Juice (small)
Orange Juice (medium)
Orange Juice (large)
Coca-Cola® Classic (child)
Coca-Cola® Classic (small)
Coca-Cola® Classic (medium)
Coca-Cola® Classic (large)
Diet Coke® (child)
Diet Coke® (small)
Diet Coke® (medium)
Diet Coke® (large)
Sprite® (child)
Sprite® (small)
Sprite® (medium)
Sprite® (large)
Hi-C® Orange Lavaburst (child)
Hi-C® Orange Lavaburst (small)
Hi-C® Orange Lavaburst (medium)

Hi-C® Orange Lavaburst (large)
POWERAde® Mountain Blast (child)
POWERAde® Mountain Blast (small)
POWERAde® Mountain Blast (medium)
POWERAde® Mountain Blast (large)
Iced Tea (child)
Iced Tea (small)
Iced Tea (medium)
Iced Tea (large)
Coffee (small)
Coffee (large)
Half & Half Creamer
Sugar Packet

McDonald's Nutrition Guide

 Item	Calories (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwiches									
Hamburger	260	9	3.5	30	530	33	1	7	13
Cheeseburger	310	12	6	40	740	35	1	7	15
Double Cheeseburger	460	23	11	80	1140	37	1	8	25
Quarter Pounder®	420	18	7	70	730	40	3	8	24
Quarter Pounder® with Cheese	510	25	12	95	1150	43	3	9	29
Double Quarter Pounder® with Cheese	730	40	19	160	1330	46	3	9	47
Big Mac®	560	30	10	80	1010	47	3	8	25
Big N' Tasty®	470	23	8	80	790	41	3	9	24
Big N' Tasty® with Cheese	520	26	10	95	1010	43	3	9	27
Filet-O-Fish®	400	18	4	40	640	42	1	8	14
McChicken®	370	16	3.5	50	810	41	1	5	15
Hot N' Spicy McChicken®	380	17	3.5	45	970	42	1	5	14
Premium Grilled Chicken Classic Sandwich	420	9	2	80	1240	52	3	11	32
Premium Crispy Chicken Classic Sandwich	500	16	3	60	1380	63	3	11	27
Premium Grilled Chicken Club Sandwich	590	22	8	120	1690	54	3	12	45
Premium Crispy Chicken Club Sandwich	680	29	9	100	1830	64	3	11	40
Premium Grilled Chicken Ranch BLT Sandwich	490	13	4	90	1610	54	3	13	39
Premium Crispy Chicken Ranch BLT Sandwich	580	20	5	70	1750	64	3	12	34
French Fries									
Small French Fries	230	11	2	0	140	30	3	0	2
Medium French Fries	350	16	3	0	220	47	5	0	4
Large French Fries	520	25	5	0	330	70	7	0	6
Ketchup Packet	10	0	0	0	100	3	0	2	0
Salt Packet	0	0	0	0	270	0	0	0	0
Chicken McNuggets®/Chicken Selects® Premium Breast Strips									
Chicken McNuggets® (4 piece)	170	10	2	25	450	10	0	0	10
Chicken McNuggets® (6 piece)	250	15	3	35	670	15	0	0	15
Chicken McNuggets® (10 piece)	420	24	5	60	1120	26	0	0	25
Chicken McNuggets® (20 piece)	840	49	11	125	2240	51	0	0	50
Barbeque Sauce	45	0	0	0	260	11	0	10	0
Honey	50	0	0	0	0	12	0	11	0
Hot Mustard Sauce	50	2	0	0	260	9	1	6	1
Sweet N' Sour Sauce	50	0	0	0	160	11	0	10	0



Item

Calories (g)

Total Fat (g)

Saturated Fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

Chicken McNuggets®/Chicken Selects® Premium Breast Strips (continued)

Chicken Selects® Premium Breast Strips (3 piece)	380	20	3.5	55	930	28	0	0	23
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Chicken McNuggets®/Chicken Selects® Premium Breast Strips

Chicken Selects® Premium Breast Strips (5 Piece)	630	33	6	90	1550	46	0	0	39
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Chicken Selects® Premium Breast Strips (10 piece)	1270	66	12	180	3100	92	0	0	77
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Spicy Buffalo Sauce	60	6	1	0	910	1	1	0	0
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Creamy Ranch Sauce	200	21	3.5	10	300	3	0	1	0
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Tangy Honey Mustard Sauce	70	2	0	0	160	13	1	9	1
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Southwestern Chipotle Barbeque Sauce	70	0	0	0	260	16	0	14	0
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Salads

Bacon Ranch Salad with Grilled Chicken	260	9	4	90	1000	12	3	5	33
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Bacon Ranch Salad with Crispy Chicken	340	16	5	70	1140	23	3	4	28
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Bacon Ranch Salad without Chicken	140	7	3.5	25	290	10	3	4	9
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Caesar Salad with Grilled Chicken	220	6	3	75	880	12	3	5	30
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Caesar Salad with Crispy Chicken	300	13	4	55	1020	22	3	4	25
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Caesar Salad without Chicken	90	4	2.5	10	180	9	3	4	7
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California Cobb Salad with Grilled Chicken	280	11	5	150	1110	12	4	5	35
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California Cobb Salad with Crispy Chicken	360	18	6	130	1250	22	4	5	30
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California Cobb Salad without Chicken	160	9	4	85	410	9	4	5	11
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Fruit & Walnut Salad	310	13	2	5	85	44	6	32	5
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Side salad	20	0	0	0	10	4	1	2	1
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Butter Garlic Croutons	60	1	0	0	160	10	1	1	2
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Salad Dressings

Newman's Own® Cobb Dressing	120	9	1.5	10	440	9	0	5	1
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Newman's Own® Creamy Caesar Dressing	190	18	3.5	20	500	4	0	2	2
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Newman's Own® Low Fat Balsamic Vinaigrette	40	3	0	0	730	4	0	3	0
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Newman's Own® Low Fat Family Recipe Italian Dressing	50	2.5	0.5	5	680	7	0	2	1
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Newman's Own® Ranch Dressing	170	15	2.5	20	530	9	0	4	1
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Breakfast

Egg McMuffin®	290	11	4.5	235	850	30	2	2	17
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Sausage McMuffin®	370	21	9	45	790	31	2	2	14
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Sausage McMuffin® with Egg	450	26	10	260	930	31	2	2	20
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Item

	Calories (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breakfast (continued)									
English Muffin	150	2	1	0	260	27	2	2	5
Bacon, Egg & Cheese Biscuit	440	24	8	245	1250	36	1	3	19
Sausage Biscuit with Egg	500	32	10	250	1080	36	1	2	18
Sausage Biscuit	410	26	8	30	990	34	1	2	10
Biscuit	240	11	2.5	0	680	31	1	2	4
Bacon, Egg & Cheese McGriddles®	450	21	7	245	1260	46	1	16	20
Sausage, Egg & Cheese McGriddle®	560	32	11	260	1290	48	1	16	21
Sausage McGriddle®	420	22	7	30	990	44	1	15	11
Big Breakfast®	730	46	14	465	1460	53	3	2	27
Deluxe Breakfast	1220	60	17	480	1900	136	4	42	33
Sausage Burrito	300	16	6	175	760	26	1	3	13
Hotcakes and Sausage	770	33	9	50	930	104	2	45	15
Hotcakes (margarine 2 pats & syrup)	600	17	4	20	620	102	2	45	9
Sausage Patty	170	15	6	30	310	2	0	0	7
Scrambled Eggs (2)	180	11	4	435	180	5	0	0	15
Hash Browns	140	8	1.5	0	290	15	2	0	1
Warm Cinnamon Roll	420	18	4.5	60	400	57	2	26	8
Deluxe Warm Cinnamon Roll	590	24	7	55	660	86	4	36	9
Grape Jam	35	0	0	0	0	9	0	9	0
Strawberry Preserves	35	0	0	0	0	9	0	9	0
Desserts/Shakes									
Fruit 'n Yogurt Parfait	160	2	1	5	85	31	1	21	4
Fruit 'n yogurt Parfait without Granola	130	2	1	5	55	25	0	19	4
Apple Dippers with Low Fat Carmel Dip	100	1	0.5	5	35	22	0	15	0
Apple Dippers	35	0	0	0	0	8	0	6	0
Low Fat Carmel Dip	70	0.5	0	5	40	15	0	9	0
Vanilla Reduced Fat Ice Cream Cone	150	3.5	2	15	60	24	0	18	4
Kiddie Cone	45	1	0.5	5	20	8	0	6	1
Strawberry Sundae	280	6	3.5	25	85	51	0	45	6
Hot Carmel Sundae	340	7	4.5	30	140	62	0	43	7
Hot Fudge Sundae	330	9	6	25	170	55	1	48	8
Peanuts (for Sundaes)	45	3.5	0.5	0	0	2	1	0	2
McFlurry® with M&M's® Candies (12 fl oz cup)	620	20	12	55	190	96	1	85	14
McFlurry® with OREO® Cookies (12 fl oz cup)	560	16	9	50	250	88	0	71	14
Chocolate Triple Thick® Shake (12 fl oz cup)	440	10	6	40	190	76	1	63	10



Item

Calories (g)

Total Fat (g)

Saturated Fat (g)

Cholesterol (mg)

Sodium (mg)


Carbohydrates (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

Desserts/Shakes (continued)									
Chocolate Triple Thick® Shake (16 fl oz cup)	580	14	8	50	250	102	1	84	13
Chocolate Triple Thick® Shake (21 fl oz cup)	770	18	11	70	330	134	1	111	18
Chocolate Triple Thick® Shake (32 fl oz cup)	1160	27	16	100	510	203	2	168	27
Strawberry Triple Thick® Shake (12 fl oz Cup)	420	10	6	40	130	73	0	63	10
Strawberry Triple Thick® Shake (16 fl oz Cup)	560	13	8	50	170	97	0	84	13
Strawberry Triple Thick® Shake (21 fl oz Cup)	740	18	11	70	230	128	0	111	17
Strawberry Triple Thick® Shake (32 fl oz Cup)	1110	26	16	100	350	194	0	168	25
Vanilla Triple Thick® Shake (12 fl oz Cup)	420	10	6	40	140	72	0	54	9
Vanilla Triple Thick® Shake (16 fl oz Cup)	550	13	8	50	190	96	0	72	13
Vanilla Triple Thick® Shake (21 fl oz Cup)	740	18	11	70	250	128	0	96	17
Vanilla Triple Thick® Shake (32 fl oz Cup)	1110	26	16	100	370	193	0	145	25
Baked Apple Pie	250	11	3	0	150	34	2	13	2
McDonaldland® Chocolate Chip Cookies	270	11	6	35	170	39	1	19	3
McDonaldland® Cookies	250	8	2	0	270	42	1	14	4
Chocolate Chip Cookie	160	7	2	10	95	22	1	14	2
Oatmeal Raisin Cookie	140	5	1	10	125	22	1	12	2
Sugar Cookie	150	6	1	5	115	22	0	11	2
Beverages									
1% Low Fat Milk Jug	100	2.5	1.5	10	125	12	0	12	8
1% Low Fat Chocolate Milk Jug	170	3	1.5	5	150	26	1	25	9
Minute Maid® Apple Juice Box	90	0	0	0	15	23	0	21	0
Orange Juice (small)	140	0	0	0	5	33	0	29	2
Orange Juice (medium)	180	0	0	0	5	42	0	37	3
Orange Juice (large)	250	0	0	0	10	57	0	51	4
Coca-Cola® Classic (child)	110	0	0	0	5	29	0	29	0
Coca-Cola® Classic (small)	150	0	0	0	10	40	0	40	0
Coca-Cola® Classic (medium)	210	0	0	0	15	58	0	58	0
Coca-Cola® Classic (large)	310	0	0	0	20	86	0	86	0

 Item	Calories (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beverages (continued)									
Diet Coke® (child)	0	0	0	0	15	0	0	0	0
Diet Coke® (small)	0	0	0	0	20	0	0	0	0
Diet Coke® (medium)	0	0	0	0	30	0	0	0	0
Diet Coke® (large)	0	0	0	0	45	0	0	0	0
Sprite® (child)	110	0	0	0	30	28	0	28	0
Sprite® (small)	150	0	0	0	40	39	0	39	0
Sprite® (medium)	210	0	0	0	55	56	0	56	0
Sprite® (large)	310	0	0	0	80	83	0	83	0
Hi-C® Orange Lavaburst (child)	120	0	0	0	0	32	0	32	0
Hi-C® Orange Lavaburst (small)	160	0	0	0	5	44	0	44	0
Hi-C® Orange Lavaburst (medium)	240	0	0	0	10	64	0	64	0
Hi-C® Orange Lavaburst (large)	350	0	0	0	10	94	0	94	0
POWERade® Mountain Blast (child)	70	0	0	0	65	20	0	16	0
POWERade® Mountain Blast (small)	100	0	0	0	85	27	0	21	0
POWERade® Mountain Blast (medium)	150	0	0	0	130	39	0	31	0
POWERade® Mountain Blast (large)	220	0	0	0	190	58	0	46	0
Iced Tea (child)	0	0	0	0	5	0	0	0	0
Iced Tea (small)	0	0	0	0	10	0	0	0	0
Iced Tea (medium)	0	0	0	0	15	0	0	0	0
Iced Tea (large)	0	0	0	0	20	1	0	0	0
Coffee (small)	0	0	0	0	0	0	0	0	0
Coffee (large)	0	0	0						
Half & Half Creamer	15	1.5	1						
Sugar Packet	15	0	0						

This information was collected from: http://www.mcdonalds.com/app_controller.nutrition.index1.html


Pizza Hut Menu

12" Medium Pan Pizza (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
12" Medium Thin 'N Crispy® Pizza (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
12" Medium Hand-Tossed Style Pizza (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
14" Large Pan Pizza (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
14" Large Thin 'N Crispy® Pizza (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme

Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
14" Large Hand-Tossed Style Pizza (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
14" Large Stuffed Crust Pizza (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
16" Full House XL Pizza™ (1 Slice)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
6" Personal Pan Pizza® (4 Slices)
Cheese Only
Pepperoni
Quartered Ham
Supreme
Super Supreme
Chicken Supreme
Meat Lover's®
Veggie Lover's®
Pepperoni Lover's®
12" Fit n' Delicious Pizza™ (1 Slice)
Diced Chicken, Red Onion & Green Pepper
Diced Chicken, Mushrooms & Jalapeno

Ham, Red Onion & Mushrooms
Ham, Pineapple & Diced Red Tomato
Green Pepper, Red Onion & Diced Red Tomato
Tomato, Mushrooms & Jalapeno
14' Fit n' Delicious Pizza™ (1 Slice)
Diced Chicken, Red Onion & Green Pepper
Diced Chicken, Mushrooms & Jalapeno
Ham, Red Onion & Mushrooms
Ham, Pineapple & Diced Red Tomato
Green Pepper, Red Onion & Diced Red Tomato
Tomato, Mushrooms & Jalapeno
Appetizers
Hot Wings (2 Pieces)
Mild Wings (2 Pieces)
Wing Ranch Dipping Sauce (1.5oz)
Wing Blue Cheese Dipping Sauce (1.5oz)
Breadsticks (each)
Cheese Breadsticks (each)
Dressings & Dipping Sauces
Breadstick Dipping Sauce (3oz)
Ranch Dressing (2 tbsp)
Thousand Island Dressing (2 tbsp)
French Dressing (2 tbsp)
Italian Dressing (2 tbsp)
Caesar Dressing (2 tbsp)
Lite Ranch Dressing (2 tbsp)
Lite Italian Dressing (2 tbsp)
Desserts
Cinnamon Sticks (2 pieces)
White Icing Dipping Cup (2oz)
Apple Dessert Pizza (1 Slice)
Cherry Dessert Pizza (1 Slice)
Soft Drinks
Pepsi® (Small)
Pepsi® (Medium)
Pepsi® (Large)
Diet Pepsi® (Small)
Diet Pepsi® (Medium)
Diet Pepsi® (Large)
Mt. Dew® (Small)
Mt. Dew® (Medium)
Mt. Dew® (Large)

Pizza Hut Nutrition Guide

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
12" Medium Pan Pizza (1 Slice)									
Cheese Only	280	13	5	25	500	29	1	6	11
Pepperoni	290	15	5	25	560	29	2	6	11
Quartered Ham	260	11	4	20	540	29	1	6	11
Supreme	320	16	6	25	650	30	2	7	13
Super Supreme	340	18	6	35	760	30	2	7	14
Chicken Supreme	280	12	4	25	530	30	2	7	13
Meat Lover's®	340	19	7	35	750	29	2	6	15
Veggie Lover's®	260	12	4	15	470	30	2	7	10
Pepperoni Lover's®	340	19	7	40	700	29	2	6	15
12" Medium Thin 'N Crispy® Pizza (1 Slice)									
Cheese Only	200	8	4.5	25	490	21	1	4	10
Pepperoni	210	10	4.5	25	550	21	1	5	10
Quartered Ham	180	6	3	20	530	21	1	5	9
Supreme	240	11	5	25	640	22	2	5	11
Super Supreme	260	13	6	35	760	23	2	6	13
Chicken Supreme	200	7	3.5	25	520	22	1	5	12
Meat Lover's®	270	14	6	35	740	21	2	5	13
Veggie Lover's®	180	7	3	15	480	23	2	5	8
Pepperoni Lover's®	260	14	7	40	690	21	2	5	13
12" Medium Hand-Tossed Style Pizza (1 Slice)									
Cheese Only	240	8	4.5	25	520	30	2	5	12
Pepperoni	250	9	4.5	25	570	29	2	6	12
Quartered Ham	220	6	3	20	550	29	2	5	12
Supreme	270	11	5	25	660	30	2	6	13
Super Supreme	300	13	6	35	780	31	2	6	15
Chicken Supreme	230	6	3	25	550	30	2	6	14
Meat Lover's®	300	13	6	35	760	29	2	6	15
Veggie Lover's®	220	6	3	15	490	31	2	6	10
Pepperoni Lover's®	300	13	7	40	710	30	2	6	15
14" Large Pan Pizza (1 Slice)									
Cheese Only	270	13	5	25	470	27	1	6	11
Pepperoni	280	14	5	25	530	26	1	6	11
Quartered Ham	250	11	4	20	510	26	1	6	11
Supreme	300	16	6	25	600	27	2	6	12




Item

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
14" Large Pan Pizza (1 Slice)									
Super Supreme	320	17	6	30	700	28	2	6	13
Chicken Supreme	260	11	4	20	490	27	1	6	12
Meat Lover's®	320	18	6	35	690	27	2	6	14
Veggie Lover's®	250	11	4	15	440	28	2	6	9
Pepperoni Lover's®	330	18	7	35	670	27	2	6	14
14" Large Thin 'N Crispy® Pizza (1 Slice)									
Cheese Only	190	8	4.5	25	460	20	1	4	9
Pepperoni	200	9	4.5	25	520	19	1	4	9
Quartered Ham	170	6	3	20	500	19	1	4	9
Supreme	220	11	5	25	600	21	2	5	11
Super Supreme	240	12	5	30	710	21	2	5	12
Chicken Supreme	180	6	3	20	480	21	1	5	11
Meat Lover's®	250	13	6	35	700	20	2	5	12
Veggie Lover's®	170	7	3	15	450	21	2	5	8
Pepperoni Lover's®	250	14	6	35	660	20	1	5	12
14" Large Hand-Tossed Style Pizza (1 Slice)									
Cheese Only	220	8	4.5	25	480	27	1	5	11
Pepperoni	230	9	4.5	25	540	27	2	5	11
Quartered Ham	200	6	3	20	520	27	1	5	11
Supreme	250	10	5	25	620	28	2	6	13
Super Supreme	270	12	5	30	720	28	2	6	14
Chicken Supreme	210	6	3	20	500	28	2	6	13
Meat Lover's®	280	12	6	35	710	27	2	5	14
Veggie Lover's®	200	6	3	15	460	28	2	6	9
Pepperoni Lover's®	280	13	6	35	680	27	2	5	14
14" Large Stuffed Crust Pizza (1 Slice)									
Cheese Only	360	13	8	40	920	43	2	9	18
Pepperoni	370	15	8	45	970	42	3	8	18
Quartered Ham	340	11	6	40	960	42	2	8	18
Supreme	400	16	8	45	1070	44	3	9	20
Super Supreme	440	20	9	50	1270	45	3	10	21
Chicken Supreme	380	13	7	40	1020	44	3	10	20
Meat Lover's®	450	21	10	55	1250	43	3	9	21
Veggie Lover's®	360	14	7	35	980	45	3	10	16
Pepperoni Lover's®	420	19	10	55	1120	43	3	8	21



Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
16" Full House XL Pizza™ (1 Slice)									
Cheese Only	280	12	6	25	760	30	3	3	12
Pepperoni	290	13	5	25	810	30	3	3	12
Quartered Ham	260	10	4	25	790	30	3	3	12
Supreme	310	15	6	30	890	31	3	4	13
Super Supreme	330	16	6	35	1000	32	3	4	15
Chicken Supreme	270	10	4	25	770	31	3	4	13
Meat Lover's®	380	21	8	45	1120	30	3	4	17
Veggie Lover's®	260	11	4	20	740	32	3	4	10
Pepperoni Lover's®	310	15	6	30	880	30	3	3	13
6" Personal Pan Pizza® (4 Slices)									
Cheese Only	630	27	12	60	1240	71	4	14	27
Pepperoni	660	30	12	60	1370	70	4	14	27
Quartered Ham	580	22	9	55	1330	70	4	14	26
Supreme	750	36	15	70	1680	73	6	15	32
Super Supreme	790	40	15	85	1940	74	6	16	35
Chicken Supreme	620	23	9	55	1310	73	4	15	31
Meat Lover's®	800	41	16	90	1910	71	5	15	36
Veggie Lover's®	580	23	9	40	1150	73	5	15	22
Pepperoni Lover's®	800	42	17	95	1760	71	4	15	35
12" Fit n' Delicious Pizza™ (1 Slice)									
Diced Chicken, Red Onion & Green Pepper	170	4.5	2	15	460	23	2	6	10
Diced Chicken, Mushrooms & Jalapeno	170	5	2	15	690	22	2	5	10
Ham, Red Onion & Mushrooms	160	4.5	2	15	470	22	2	6	8
Ham, Pineapple & Diced Red Tomato	160	4	2	15	470	24	2	7	8
Green Pepper, Red Onion & Diced Red Tomato	150	4	1.5	10	360	24	2	6	6
Tomato, Mushrooms & Jalapeno	150	4	2	10	590	22	2	5	6
14" Fit n' Delicious Pizza™ (1 Slice)									
Diced Chicken, Red Onion & Green Pepper	160	4	2	15	420	22	2	6	9
Diced Chicken, Mushrooms & Jalapeno	160	4.5	2	15	630	20	2	5	9
Ham, Red Onion & Mushrooms	150	4	2	15	440	21	2	6	8
Ham, Pineapple & Diced Red Tomato	150	4	2	15	440	22	1	7	7
Green Pepper, Red Onion & Diced Red Tomato	140	3.5	1.5	10	330	22	2	6	6
Tomato, Mushrooms & Jalapeno	140	4	1.5	10	540	21	2	5	6

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Appetizers									
Hot Wings (2 Pieces)	110	6	2	70	450	1	0	0	11
Mild Wings (2 Pieces)	110	7	2	70	320	<1	0	0	11
Wing Ranch Dipping Sauce (1.5oz)	210	22	3.5	10	340	4	0	2	<1
Wing Blue Cheese Dipping Sauce (1.5oz)	230	24	5	25	550	2	0	2	2
Breadsticks (each)	150	6	1	0	220	20	<1	4	4
Cheese Breadsticks (each)	200	10	3.5	15	340	21	<1	4	7
Dressings & Dipping Sauces									
Breadstick Dipping Sauce (3oz)	45	0	0	0	380	9	2	6	2
Ranch Dressing (2 tbsp)	100	10	2	5	240	2	0	1	<1
Thousand Island Dressing (2 tbsp)	110	9	1.5	10	300	6	0	6	0
French Dressing (2 tbsp)	140	11	2	0	220	11	0	9	0
Italian Dressing (2 tbsp)	140	15	2.5	0	360	2	0	2	0
Caesar Dressing (2 tbsp)	150	16	3	5	280	1	0	<1	<1
Lite Ranch Dressing (2 tbsp)	70	7	1.5	10	200	0	0	<1	<1
Lite Italian Dressing (2 tbsp)	60	5	1	0	410	5	0	0	0
Desserts									
Cinnamon Sticks (2 pieces)	170	5	1	0	170	27	<1	10	4
White Icing Dipping Cup (2oz)	190	0	0	0	0	46	0	39	0
Apple Dessert Pizza (1 Slice)	260	3.5	0.5	0	250	53	1	14	4
Cherry Dessert Pizza (1 Slice)	240	3.5	0.5	0	250	47	1	24	4
Soft Drinks									
Pepsi® (Small)	140	0	0	0	35	37	0	37	0
Pepsi® (Medium)	180	0	0	0	45	47	0	47	0
Pepsi® (Large)	280	0	0	0	70	74	0	74	0
Diet Pepsi® (Small)	0	0	0	0	35	0	0	0	0
Diet Pepsi® (Medium)	0	0	0	0	45	0	0	0	0
Diet Pepsi® (Large)	0	0	0	0	70	0	0	0	0
Mt. Dew® (Small)	150	0	0	0	50	43	0	43	0
Mt. Dew® (Medium)	190	0	0	0	60	54	0	54	0
Mt. Dew® (Large)	300	0	0	0	95	85	0	85	0

The following information was collected from: http://www.yum.com/nutrition/documents/ph_nutrition.pdf

Subway Menu

6-inch Sandwiches (Values include : Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives)

Ham
Oven Roasted Chicken Breast
Roast Beef
Turkey Breast
Turkey Breast and Ham
Subway Club®
Sweet Onion Chicken Teriyaki
Veggie Delight®
Cheese Steak
Chicken & Bacon Ranch
Chipotle Southwest Cheese Steak
Tuna
Cold Cut Combo
Italian BMT®
Meatball Marinara
Spicy Italian
Subway Melt®

Deli Style Sandwiches (Values include: deli roll, lettuce, tomatoes, onions, green peppers, pickles, and olives)

Tuna (with cheese)
Ham
Roast Beef
Turkey Breast

Wraps

Chicken & Bacon Ranch (with cheese)
Tuna (with cheese)
Turkey Breast & Bacon Melt (with Chipotle Sauce)
Turkey Breast

Salads (Dressing and croutons not included)

Grilled Chicken & Baby Spinach
Subway Club®
Tuna (with cheese)
Veggie Delight

Salad Dressing

Atkins Honey Mustard (1 net carb)
Fat Free Italian
Ranch (.5 net carb)

6-inch Double Meat (DM)


DM Turkey Breast
DM Turkey Breast & Ham
DM Ham
DM Roast Beef
DM Subway Club®

DM Oven Roasted Chicken
DM Classic Tuna
DM Seafood Sensation
DM Italian BMT®
DM Cold Cut Combo
DM Turkey Breast, Ham & Bacon Melt
DM Cheese Steak
DM Meatball Marinara
DM Sweet Onion Chicken Teriyaki
DM Chipotle Southwest Cheese Steak
Breakfast Sandwiches on Deli Round
Cheese
Chipotle Steak & Cheese
Double Bacon & Cheese
Honey Mustard Ham & Egg
Western with Cheese
Breakfast Sandwiches on 6-inch Bread
Cheese
Chipotle Steak & Cheese
Double Bacon & Cheese
Honey Mustard Ham & Egg
Western with Cheese
Cookies & Desserts
Chocolate Chip
Chocolate Chunk
Double Chocolate Chip
Cookies & Desserts
M & M®
Oatmeal Raisin
Peanut Butter
Sugar
White Chip Macadamia Nut
Apple Pie
Fruit Roll Up
Fruizle Express (small)
Berry Lishus
Berry Lishus (with banana)
Pineapple Delight
Pineapple Delight (with banana)
Peach Pizzazz
Sunrise Refresher
Soup (1 cup)
Brown and Wild Rice with Chicken
Cheese with Ham and Bacon
Chicken and Dumpling
Chili Con Carne
Cream of Broccoli


Cream of Potato with Bacon
Golden Broccoli & Cheese
Minestrone
New England Style Clam Chowder
Roasted Chicken Noodle
Spanish Style Chicken with Rice
Tomato Garden Vegetable with Rotini
Vegetable Beef
Breads
6" Italian (White) Bread
6" Wheat Bread
6" Parmesan Oregano Bread
6" Honey Oat
6" Hearty Italian Bread
6" Monterey Cheddar
Breads
6" Italian Herbs & Cheese
Deli Style Roll
Carb Conscious Wrap
Sandwich Condiments (amount on 6-inch sub)
Bacon (2 Strips)
Chipotle Southwest Sauce
Honey Mustard Sauce, Fat Free
Light Mayonnaise (1 T)
Mayonnaise (1 T)
Mustard Yellow or Deli Brown (2 tsp)
Olive Oil Blend (1 tsp)
Ranch Dressing
Red Vinaigrette, Fat Free
Sweet Onion Sauce, Fat Free
Vinegar (1 tsp)
Vegetables (amount on 6-inch sub)
Banana Peppers (3 Rings)
Cucumbers (3 Slices)
Green Peppers (3 Strips)
Jalapeno Peppers (3 Rings)
Lettuce
Onions
Pickles (3 Chips)
Olives (3 Rings)
Tomatoes (3 Wheels)
Cheese (amount on 6-inch sub, wrap or salad)
American, Processed
Monterey Cheddar, Shredded
Natural Cheddar
Pepperjack
Provolone


Swiss
Individual Meats (amount on 6-inch sub or salad)
Turkey Breast
Ham
Individual Meats (amount on 6-inch sub or salad)
Roast Beef
Subway Club® Meats
Tuna
Seafood Sensation
Cold Cut Combo Meats
Italian BMT® Meats
Meatball
Steak (with out cheese)
Roasted Chicken
Chicken Strips
Soft Drinks
Pepsi® (Small)
Pepsi® (Medium)
Pepsi® (Large)
Diet Pepsi® (Small)
Diet Pepsi® (Medium)
Diet Pepsi® (Large)
Mt. Dew® (Small)
Mt. Dew® (Medium)
Mt. Dew® (Large)


Subway Nutrition Guide

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
6-inch Sandwiches									
(Values include : Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives)									
Ham	290	5	1.5	25	1280	47	4	8	18
Oven Roasted Chicken Breast	330	5	1.5	45	1020	47	4	9	24
Roast Beef	290	5	2	20	920	45	4	8	19
Turkey Breast	280	4.5	1.5	20	1020	46	4	7	18
Turkey Breast and Ham	290	5	1.5	25	1230	47	4	8	20
Subway Club®	320	6	2	35	1310	47	4	8	24
Sweet Onion Chicken Teriyaki	370	5	1.5	50	1220	59	4	19	26
Veggie Delight®	230	3	1	0	520	44	4	7	9
Cheese Steak	360	10	4.5	35	1090	47	5	9	24
Chicken & Bacon Ranch	530	25	10	90	1400	47	5	7	36
Chipotle Southwest Cheese Steak	450	20	6	45	1310	48	6	10	24
Tuna	530	31	7	45	1030	45	4	7	22
Cold Cut Combo	410	17	7	60	1550	47	4	8	21
Italian BMT®	450	21	8	55	1790	47	4	8	23
Meatball Marinara	560	24	11	45	1610	63	7	13	24
Spicy Italian	480	25	9	55	1670	46	4	8	21
Subway Melt®	380	12	5	45	1610	48	4	8	25
Deli Style Sandwiches									
(Values include: deli roll, lettuce, tomatoes, onions, green peppers, pickles, and olives)									
Tuna (with cheese)	350	18	5	30	750	35	3	3	14
Ham	210	4	1.5	10	770	36	3	4	11
Roast Beef	220	4.5	2	15	660	35	3	4	13
Turkey Breast	210	3.5	1.5	15	730	36	3	4	13
Wraps									
Chicken & Bacon Ranch (with cheese)	440	27	10	90	1670	18	9	1	41
Tuna (with cheese)	440	32	6	45	1310	16	9	1	27
Turkey Breast & Bacon Melt (with Chipotle Sauce)	440	28	10	65	1870	20	9	2	34
Turkey Breast	190	6	1	20	1290	18	9	2	24
Salads (Dressing and croutons not included)									
Grilled Chicken & Baby Spinach	140	3	1	50	450	11	4	4	20
Subway Club®	160	4	1.5	35	880	15	4	7	18
Tuna (with cheese)	360	29	6	45	600	12	4	5	16
Veggie Delight	60	1	0	0	90	12	4	5	3


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 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)
Salad Dressing									
Atkins Honey Mustard (1 net carb)	200	22	3	0	510	1	0	0	1
Fat Free Italian	35	0	0	0	720	7	0	4	1
Ranch (.5 net carb)	200	22	3.5	10	550	1	0.5	0	1
6-inch Double Meat (DM)									
DM Turkey Breast	340	6	1.5	40	1520	48	4	8	28
DM Turkey Breast & Ham	360	7	2	50	1950	50	4	9	31
DM Ham	380	7	2.5	50	2180	57	4	16	28
DM Roast Beef	360	7	3.5	40	1320	46	4	9	29
DM Subway Club®	420	8	3.5	65	2100	50	4	10	39
DM Oven Roasted Chicken	430	8	2	90	1520	50	4	11	39
DM Classic Tuna	790	55	11	80	1340	45	4	7	32
DM Seafood Sensation	640	38	8	40	1580	58	5	10	20
DM Italian BMT®	630	35	14	100	2890	49	4	10	34
DM Cold Cut Combo	550	28	10	110	2380	49	4	8	31
DM Turkey Breast, Ham & Bacon Melt	450	14	6	70	2330	51	4	9	36
DM Cheese Steak	450	14	6	60	1470	50	6	11	37
DM Meatball Marinara	960	42	18	85	2490	82	10	18	37
DM Sweet Onion Chicken Teriyaki	490	7	2	100	1630	68	4	27	43
DM Chipotle Southwest Cheese Steak	540	24	7	70	1680	51	7	12	37
Breakfast Sandwiches on Deli Round									
Cheese	270	9	4	15	670	35	3	2	16
Chipotle Steak & Cheese	470	25	9	50	1200	38	4	4	28
Double Bacon & Cheese	460	23	12	60	1320	37	3	3	29
Honey Mustard Ham & Egg	270	5	1.5	15	1080	42	3	9	18
Western with Cheese	360	14	7	40	1140	38	3	3	25
Breakfast Sandwiches on 6-inch Bread									
Cheese	310	9	3.5	15	740	43	3	5	19
Chipotle Steak & Cheese	510	25	9	50	1270	46	4	7	30
Double Bacon & Cheese	500	23	12	60	1400	45	4	5	31
Honey Mustard Ham & Egg	310	5	1.5	15	1150	50	3	11	20
Western with Cheese	400	14	7	40	1210	46	4	6	27
Cookies & Desserts									
Chocolate Chip	210	10	4	15	160	30	1	18	2
Chocolate Chunk	220	10	3.5	10	105	30	1	17	2
Double Chocolate Chip	210	10	4	15	170	30	1	20	2
Continued on the next page...									

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)
Cookies & Desserts									
M & M®	210	10	3.5	15	105	30	1	17	2
Oatmeal Raisin	200	8	2.5	15	170	30	2	16	3
Peanut Butter	220	12	4	10	200	26	1	16	4
Sugar	230	12	3.5	15	135	28	0	14	2
White Chip Macadamia Nut	220	11	3.5	15	160	28	1	17	2
Apple Pie	245	10	2	0	290	37	1	25	0
Fruit Roll Up	50	1	0	0	55	12	0	7	0
Fruizle Express (small)									
Berry Lishus	110	0	0	0	30	28	1	27	1
Berry Lishus (with banana)	140	0	0	0	30	35	2	27	1
Pineapple Delight	130	0	0	0	25	33	1	33	1
Pineapple Delight (with banana)	160	0	0	0	25	40	2	33	1
Peach Pizzazz	100	0	0	0	25	26	0	26	0
Sunrise Refresher	120	0	0	0	20	29	1	28	1
Soup (1 cup)									
Brown and Wild Rice with Chicken	190	11	4.5	20	990	17	2	3	6
Cheese with Ham and Bacon	240	15	6	20	1160	17	1	5	8
Chicken and Dumpling	130	4.5	2.5	30	1030	16	1	2	7
Chili Con Carne	240	10	5	15	860	23	8	14	15
Cream of Broccoli	130	6	2	10	860	15	2	0	5
Cream of Potato with Bacon	200	11	4	15	840	21	2	3	4
Golden Broccoli & Cheese	180	11	4	15	1120	16	2	3	5
Minestrone	90	4	1	20	1180	7	1	1	7
New England Style Clam Chowder	110	3.5	0.5	10	990	16	1	1	5
Roasted Chicken Noodle	60	1.5	0.5	10	940	7	1	1	6
Spanish Style Chicken with Rice	90	2	0.5	5	800	13	1	1	5
Tomato Garden Vegetable with Rotini	100	0.5	0	0	2340	20	2	7	3
Vegetable Beef	90	1	0.5	5	1050	15	3	3	5
Breads									
6" Italian (White) Bread	200	2.5	1.5	0	340	38	3	5	7
6" Wheat Bread	200	2.5	1	0	360	40	3	5	8
6" Parmesan Oregano Bread	210	3.5	1.5	0	500	40	3	5	8
6" Honey Oat	250	3.5	1	0	380	48	4	9	10
6" Hearty Italian Bread	210	2.5	1.5	0	340	41	3	5	8
6" Monterey Cheddar	240	6	3.5	10	400	39	3	5	10
Continued on the next page...									

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)
Breads									
6" Italian Herbs & Cheese	240	6	3	8	540	40	3	5	10
Deli Style Roll	170	2.5	1	0	280	32	3	2	6
Carb Conscious Wrap	120	4.5	0.5	0	680	13	8	0	14
Sandwich Condiments (amount on 6-inch sub)									
Bacon (2 Strips)	45	3.5	1.5	10	180	0	0	0	3
Chipotle Southwest Sauce	100	10	1.5	10	220	1	0	1	0
Honey Mustard Sauce, Fat Free	30	0	0	0	140	7	0	6	0
Light Mayonnaise (1 T)	50	5	1	10	100	1	0	0	0
Mayonnaise (1 T)	110	12	3	10	80	0	0	0	0
Mustard Yellow or Deli Brown (2 tsp)	5	0	0	0	115	1	0	0	0
Olive Oil Blend (1 tsp)	45	5	1	0	0	0	0	0	0
Ranch Dressing	70	8	1	5	210	0	0	0	0
Red Vinaigrette, Fat Free	30	0	0	0	340	6	0	3	0
Sweet Onion Sauce, Fat Free	40	0	0	0	100	9	0	8	0
Vinegar (1 tsp)	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub)									
Banana Peppers (3 Rings)	0	0	0	0	20	0	0	0	0
Cucumbers (3 Slices)	0	0	0	0	0	0	0	0	0
Green Peppers (3 Strips)	0	0	0	0	0	0	0	0	0
Jalapeno Peppers (3 Rings)	0	0	0	0	70	0	0	0	0
Lettuce	<5	0	0	0	0	0	0	0	0
Onions	5	0	0	0	0	1	0	0	0
Pickles (3 Chips)	0	0	0	0	125	0	0	0	0
Olives (3 Rings)	<5	0	0	0	25	0	0	0	0
Tomatoes (3 Wheels)	5	0	0	0	0	2	0	0	0
Cheese (amount on 6-inch sub, wrap or salad)									
American, Processed	40	3.5	2	10	200	1	0	0	2
Monterey Cheddar, Shredded	110	9	6	30	180	1	0	0	7
Natural Cheddar	60	5	3	15	95	0	0	0	4
Pepperjack	50	4	2.5	15	140	0	0	0	3
Provolone	50	4	2	10	125	0	0	0	4
Swiss	50	4.5	2.5	15	30	0	0	0	4
Individual Meats (amount on 6-inch sub or salad)									
Turkey Breast	50	1	0	20	500	2	0	1	9
Ham	60	2	1	25	760	3	0	1	9

Continued on the next page...

 Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugars (g)	Protein (g)
Individual Meats (amount on 6-inch sub or salad)									
Roast Beef	70	2	1	20	400	1	0	1	10
Subway Club® Meats	100	3	1	35	790	3	0	2	15
Tuna	260	24	4	35	310	0	0	0	10
Seafood Sensation	190	16	2.5	15	430	7	0	1	5
Cold Cut Combo Meats	140	11	3.5	50	830	2	0	1	10
Italian BMT® Meats	180	14	5	45	1070	2	0	2	12
Meatball	300	18	7	35	890	19	3	6	13
Steak (with out cheese)	90	3.5	1	25	370	3	1	2	13
Roasted Chicken	100	2.5	0.5	45	500	3	0	2	15
Chicken Strips	80	1.5	0.5	50	320	0	0	0	16
Soft Drinks									
Pepsi® (Small)	140	0	0	0	35	37	0	37	0
Pepsi® (Medium)	180	0	0	0	45	47	0	47	0
Pepsi® (Large)	280	0	0	0	70	74	0	74	0
Diet Pepsi® (Small)	0	0	0	0	35	0	0	0	0
Diet Pepsi® (Medium)	0	0	0	0	45	0	0	0	0
Diet Pepsi® (Large)	0	0	0	0	70	0	0	0	0
Mt. Dew® (Small)	150	0	0	0	50	43	0	43	0
Mt. Dew® (Medium)	190	0	0	0	60	54	0	54	0
Mt. Dew® (Large)	300	0	0	0	95	85	0	85	0

The following information was collected from: <http://subway.com/subwayroot/MenuNutrition/Nutrition/pdf/NutritionValues.pdf>

Taco Bell's Menu

BIG BELL VALUE MENU™

Grande Soft Taco

DOUBLE DECKER® Taco

Spicy Chicken Soft Taco

Spicy Chicken Burrito

½ lb. Bean Burrito Especial

½ lb. Beef Combo Burrito

½ lb. Beef & Potato Burrito

Cheesy Fiesta Potatoes

Caramel Apple Empanada

TACOS

Taco

Taco Supreme®

DOUBLE DECKER® Taco Supreme®

Soft Taco – Beef

Soft Taco Supreme® - Beef

Ranchero Chicken Soft Taco

Grilled Steak Soft Taco

GORDITAS

Gordita Supreme® - Beef

Gordita Supreme® - Chicken

Gordita Supreme® - Steak

Gordita Baja® - Beef

Gordita Baja® - Chicken

Gordita Baja® - Steak

Gordita Nacho Cheese – Beef

Gordita Nacho Cheese – Chicken

Gordita Nacho Cheese – Steak

CHALUPAS

Chalupa Supreme – Beef

Chalupa Supreme – Chicken

Chalupa Supreme – Steak

Chalupa Baja – Beef

Chalupa Baja – Chicken

Chalupa Baja – Steak

Chalupa Nacho Cheese – Beef

Chalupa Nacho Cheese – Chicken

Chalupa Nacho Cheese – Steak

BURRITOS

Bean Burrito

7-layer Burrito

Chili Cheese Burrito

Burrito Supreme® - Beef

Burrito Supreme® - Chicken


Burrito Supreme® - Steak

Fiesta Burrito – Beef

Fiesta Burrito – Chicken
Fiesta Burrito – Steak
Grilled Stuft Burrito – Beef
Grilled Stuft Burrito – Chicken
Grilled Stuft Burrito – Steak
SPECIALTIES
Tostada
Mexican Pizza
Enchirito® - Beef
Enchirito® - Chicken
Enchirito® - Steak
MexiMelt®
Fiesta Taco Salad™
Fiesta Taco Salad™ without Shell
Fiesta Taco Salad™ without Shell or Red Strips
Express Taco Salad
Express Taco Salad without Chips
Cheese Quesadilla
Chicken Quesadilla
Steak Quesadilla
Zesty Chicken BORDER BOWL®
Zesty Chicken BORDER BOWL® without Dressing
Southwest Steak BORDER BOWL®
NACHOS AND SIDES
Nachos
Nachos Supreme
Nachos BellGrande®
Pintos ‘n Cheese
Mexican Rice
Cinnamon Twists
Order any item “Fresco Style”; these item are “Fresco Style” and under 10 Grams of fat
Crunchy Taco
Soft Taco – Beef
Ranchero Chicken Soft Taco
Grilled Steak Soft Taco
Gordita Baja® - Beef
Gordita Baja® - Chicken
Gordita Baja® - Steak
Bean Burrito
Burrito Supreme® - Chicken
Burrito Supreme® - Steak
Fiesta Burrito – Chicken
Tostada
Enchirito® - Beef
Enchirito® - Chicken
Enchirito® - Steak
Soft Drinks

Pepsi® (Small)
Pepsi® (Medium)
Pepsi® (Large)
Diet Pepsi® (Small)
Diet Pepsi® (Medium)
Diet Pepsi® (Large)
Mt. Dew® (Small)
Mt. Dew® (Medium)
Mt. Dew® (Large)

Taco Bell Nutrition Guide


 Items	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BIG BELL VALUE MENU™									
Grande Soft Taco	450	21	8	45	1410	44	2	4	19
DOUBLE DECKER® Taco	340	14	5	25	810	39	5	2	14
Spicy Chicken Soft Taco	180	7	2	20	580	21	2	2	10
Spicy Chicken Burrito	430	19	4.5	30	1160	50	4	4	14
½ lb. Bean Burrito Especial	600	21	5	15	1760	82	12	6	21
½ lb. Beef Combo Burrito	470	19	7	45	1620	52	5	4	22
½ lb. Beef & Potato Burrito	540	25	8	30	1660	66	4	4	15
Cheesy Fiesta Potatoes	290	18	6	15	790	28	2	2	4
Caramel Apple Empanada	290	15	3.5	<5	300	37	1	12	2
TACOS									
Taco	170	10	4	25	350	13	<1	<1	8
Taco Supreme®	220	14	7	35	360	14	1	2	9
DOUBLE DECKER® Taco Supreme®	380	18	8	40	820	41	5	4	15
Soft Taco – Beef	210	10	4	25	620	21	<1	2	10
Soft Taco Supreme® - Beef	260	14	7	35	640	23	1	3	11
Ranchero Chicken Soft Taco	270	14	4	35	710	21	2	3	14
Grilled Steak Soft Taco	280	17	4.5	30	650	21	1	3	12
GORDITAS									
Gordita Supreme® - Beef	310	16	7	35	600	30	2	7	14
Gordita Supreme® - Chicken	290	12	5	45	530	28	2	7	17
Gordita Supreme® - Steak	290	13	6	35	520	28	2	7	16
Gordita Baja® - Beef	350	19	5	30	760	31	2	7	13
Gordita Baja® - Chicken	320	15	3.5	40	690	29	2	7	17
Gordita Baja® - Steak	320	16	4	30	680	29	2	7	15
Gordita Nacho Cheese – Beef	300	13	4	2	740	32	2	7	12
Gordita Nacho Cheese – Chicken	270	10	2.5	25	670	30	2	7	16
Gordita Nacho Cheese – Steak	270	11	3	20	660	30	2	7	14
CHALUPAS									
Chalupa Supreme – Beef	400	24	8	35	620	31	2	4	13
Chalupa Supreme – Chicken	370	21	7	45	550	29	2	4	17
Chalupa Supreme – Steak	370	22	7	35	550	29	2	4	15
Chalupa Baja – Beef	430	28	7	30	780	32	2	4	13
Chalupa Baja – Chicken	400	24	5	40	710	30	2	4	17
Chalupa Baja – Steak	410	25	6	30	700	30	2	4	15

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Items	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHALUPAS									
Chalupa Nacho Cheese – Beef	380	22	5	20	760	33	2	4	12
Chalupa Nacho Cheese – Chicken	350	18	4	25	700	31	2	4	16
Chalupa Nacho Cheese – Steak	360	20	4.5	20	690	31	2	4	14
BURRITOS									
Bean Burrito	370	10	3.5	10	1200	55	8	4	14
7-layer Burrito	530	21	8	25	1400	68	9	6	18
Chili Cheese Burrito	390	18	9	40	1080	40	3	3	16
Burrito Supreme® - Beef	440	18	8	40	1330	52	5	5	17
Burrito Supreme® - Chicken	410	14	6	45	1270	50	5	5	21
Burrito Supreme® - Steak	420	16	7	35	1260	50	6	5	19
Fiesta Burrito – Beef	390	14	5	25	1210	51	3	4	14
Fiesta Burrito – Chicken	370	11	3.5	30	1140	49	3	4	18
Fiesta Burrito – Steak	370	12	4	25	1140	49	3	4	16
Grilled Stuft Burrito – Beef	720	32	11	55	2140	80	7	6	27
Grilled Stuft Burrito – Chicken	670	25	7	70	2010	77	7	6	35
Grilled Stuft Burrito – Steak	680	27	8	55	1990	77	7	6	31
SPECIALTIES									
Tostada	250	10	4	15	710	29	7	2	11
Mexican Pizza	540	31	10	45	1040	47	5	3	20
Enchirito® - Beef	380	18	9	45	1430	35	5	3	19
Enchirito® - Chicken	350	14	7	55	1360	33	5	3	23
Enchirito® - Steak	360	16	8	45	1350	33	5	3	21
MexiMelt®	290	16	8	40	880	23	2	2	15
Fiesta Taco Salad™	860	46	14	65	1800	82	12	10	31
Fiesta Taco Salad™ without Shell	490	25	11	65	1530	43	10	9	24
Fiesta Taco Salad™ without Shell or Red Strips	420	21	10	65	1480	34	9	8	24
Express Taco Salad	630	34	12	65	1390	58	10	8	26
Express Taco Salad without Chips	410	21	10	65	1300	32	8	8	23
Cheese Quesadilla	490	28	13	55	1150	39	3	4	19
Chicken Quesadilla	540	30	13	80	1380	40	3	4	28
Steak Quesadilla	540	31	14	70	1370	40	3	4	26
Zesty Chicken BORDER BOWL®	730	40	8	45	1810	69	10	5	23
Zesty Chicken BORDER BOWL® without Dressing	490	16	4	30	1570	64	10	3	22
Southwest Steak BORDER BOWL®	690	28	8	55	2330	79	10	3	30

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 Items	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
NACHOS AND SIDES									
Nachos	320	20	4.5	<5	530	32	2	3	4
Nachos Supreme	460	26	8	30	810	42	5	3	13
Nachos BellGrande®	790	44	12	35	1300	19	10	5	19
Pintos 'n Cheese	180	7	3.5	15	700	20	6	1	10
Mexican Rice	200	9	3.5	15	850	26	2	0	6
Cinnamon Twists	160	5	1	0	220	27	<1	10	1
Order any item "Fresco Style"; these item are "Fresco Style" and under 10 Grams of fat									
Crunchy Taco	150	7	2.5	20	360	14	2	1	7
Soft Taco – Beef	190	8	2.5	20	630	22	2	2	9
Ranchero Chicken Soft Taco	170	4	1	25	710	22	2	3	12
Grilled Steak Soft Taco	170	5	1.5	15	560	21	2	3	11
Gordita Baja® - Beef	250	9	3	20	640	31	2	7	12
Gordita Baja® - Chicken	230	6	1	25	570	29	2	7	15
Gordita Baja® - Steak	230	7	1.5	15	570	29	3	7	13
Bean Burrito	350	8	2	0	1220	56	9	4	13
Burrito Supreme® - Chicken	350	8	2	0	1220	56	9	4	13
Burrito Supreme® - Steak	350	9	2.5	15	1260	50	6	5	17
Fiesta Burrito – Chicken	340	8	2	25	1160	50	3	4	16
Tostada	200	6	1	0	670	30	8	2	8
Enchirito® - Beef	270	9	3	20	1300	35	5	3	12
Enchirito® - Chicken	250	5	1.5	25	1230	34	5	3	16
Enchirito® - Steak	250	7	2	15	1220	34	6	3	14
Soft Drinks									
Pepsi® (Small)	140	0	0	0	35	37	0	37	0
Pepsi® (Medium)	180	0	0	0	45	47	0	47	0
Pepsi® (Large)	280	0	0	0	70	74	0	74	0
Diet Pepsi® (Small)	0	0	0	0	35	0	0	0	0
Diet Pepsi® (Medium)	0	0	0	0	45	0	0	0	0
Diet Pepsi® (Large)	0	0	0	0	70	0	0	0	0
Mt. Dew® (Small)	150	0	0	0	50	43	0	43	0
Mt. Dew® (Medium)	190	0	0	0	60	54	0	54	0
Mt. Dew® (Large)	300	0	0	0	95	85	0	85	0

The following information was collected from: <http://www.tacobell.com/>

Nutrition Guide Worksheet

Name: _____

Fast Food Restaurant: _____

1. In your group, order what you decide to be the unhealthiest meal possible including desserts, side orders, main dish, drink, etc. Write down the items.

2. In your group, order what you decide to be the healthiest meal possible including desserts, side orders, main dish, drink, etc. Write down the items.

3. Using the nutrition guide for your fast food restaurant insert the necessary information into the following table from your unhealthiest meal.

Item	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Total:						

4. Calculate the total amount of Calories in your meal using the following conversion factors:
4 kcal = 1 g of protein; 4 kcal = 1 g of carbohydrates; 9 kcal = 1 g of fat; 1 kcal = 1 Calorie. Show your work. Compare your calculations to the total calories on the nutrition guide.

5. Using the nutrition guide for your fast food restaurant insert the necessary information into the table from your healthiest meal.

Item	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Total:						

6. Calculate the total amount of Calories in your meal using the following conversion factors:
 4 kcal = 1 g of protein; 4 kcal = 1 g of carbohydrates; 9 kcal = 1 g of fat; 1 kcal = 1 Calorie. Show your work. Compare your calculations to the total calories on the nutrition guide.

Calories:		2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

7. Compare the recommended daily amount for sodium, cholesterol, and dietary fiber to your unhealthiest and healthiest meal totals. Explain your thoughts about your comparison. Was your healthiest meal really healthy? Explain.

8. Compare the recommended daily amount for total fat and total carbohydrates to your meal totals. Explain your thoughts about your comparison. Was your healthiest meal really healthy? Explain.

9. Did you realize how unhealthy fast food was for your health before the exercise? Did the exercise help you to understand proper food choices? Explain.

10. As you wait to order at a fast food restaurant, will you think more about the health of your meal? Why or why not?