

Fast Food Facts



From the Office of
Minnesota Attorney General
Mike Hatch

Attorney General's Office
Consumer Protection
20 NCL Tower
5 Minnesota Street
Paul, MN 55101

From the Office of Minnesota Attorney General Mike Hatch

For quick fast food facts, check out the Minnesota Attorney General's interactive online fast food database at: www.ag.state.mn.us.

This brochure is also available on the Minnesota Attorney General's Web site.



For a listing of other consumer publications available from the Minnesota Attorney General's Office, contact: Minnesota Attorney General's Office, Consumer Protection, 1400 NCL Tower, 445 Minnesota Street, St. Paul, MN 55105. Consumer Hotline: (651) 296-3353 or 1-800-657-3787. TTY numbers: (651) 297-7206 or 1-800-366-4812.

"Fast Food Facts" was published in April 1999 in St. Paul, Minnesota by the Minnesota Attorney General's Office. This handbook is available in other formats upon request.

The Attorney General's Office is an equal opportunity employer who values diversity.



Table of Contents

Introduction	4
Arby's	8
Baskin-Robbins.....	11
Blimpies.....	12
Boston Market.....	12
Bruegger's	15
Burger King.....	16
Dairy Queen.....	17
Domino's	20
Godfather's	21
Hardee's.....	21
KFC.....	23
Leeann Chin.....	25
McDonald's	25
Papa John's	27
Pizza Hut.....	27
Subway	31
Taco Bell	33
Taco John's	35
Wendy's	37
White Castle	39

Know the Figures on Fast Food

This brochure was designed by the Minnesota Attorney General's Office to arm you with the latest fast food facts. If you have dietary restrictions or simply want to monitor your diet, this brochure will provide you with the calorie, fat, sodium, fiber, cholesterol and protein counts of menu items from popular fast food restaurants, taken from the companies' own nutritional analysis.

Countin' Calories

Millions of Americans are considered overweight. Many of these individuals will try to lose weight. And many will make the common mistake of only counting calories. While cutting calories can lead to weight loss, cutting calories along with cutting fat and cholesterol are the cornerstones to a healthy diet and weight loss.

On the average, to maintain desirable weight, an individual can consume between 2,000 and 3,000 calories per day depending on their body size and level of activity. It is not well understood why some people can eat much more than others and still maintain a desirable body weight. However, one thing is certain — to lose weight, you must take in fewer calories than you burn. This means that you must either choose foods with fewer calories, or you must increase your physical activity, or both.

Sorting Out the Facts About Fats

To many people, fat has become a nasty word. But, fat is a fundamental nutrient in a diet because the body cannot produce it. Fat supplies the body with energy for daily activities and essential vitamins needed for healthy skin and growth. Research, however, shows that eating too many fatty foods contributes to high blood cholesterol levels. This can cause hardening of the arteries, coronary heart disease and stroke. High-fat diets may also contribute to a greater risk for gallbladder disease and some types of cancer, particularly cancers of the breast and colon. The American Heart Association, the American Cancer Society, and the American Dietetics Association recommend limiting fat intake to less than 30 percent of daily calories.

Saturated Fat

There are several types of fat, some of them worse than others. Research shows that excessive intake of saturated fat tends to raise blood cholesterol levels, increasing the risk for heart disease. Saturated fat is found primarily in animal products such as meat and milk products. Monounsaturated and polyunsaturated fats are found in foods of plant origin and some seafood, which do not promote the formation of artery-clogging fatty deposits the way saturated fats do. Some studies indicate that increasing your intake of monounsaturated and polyunsaturated fats may reduce cholesterol, however, most health professionals agree that reducing total fat intake is the most important dietary change one can make to lose weight, lower cholesterol levels and have better health. This does not mean eating a "fat-free" diet, it means reducing the total fat consumption to less than 10 percent of daily calories.

Calories from Fat

To calculate the calories from fat, multiply the grams of fat by nine (there are nine calories per gram of fat).

Cutting Cholesterol

The American Heart Association recommends eating less than 300 milligrams of cholesterol per day, but

sources. It's produced in your body, mostly in the liver to build cell membranes and brain and nerve tissues. And it's found in foods that come from animals, such as meats, poultry, fish, seafood and dairy products, which are the chief culprits in raising blood cholesterol and increasing your risk of heart disease.

If your blood cholesterol level is high, cholesterol and other fatty substances are more likely to collect on the walls of blood vessels which can lead to heart disease, a heart attack or a stroke. Research shows that the most effective defense against high blood cholesterol is eating a diet that is low in fat, especially saturated fats.

Salt

Everyone needs some sodium in their diet to replace routine losses and regulate fluids and blood pressure. However, most Americans consume more sodium than is needed. Federal government dietary guidelines recommend 2,400 milligrams of sodium per day. For some people, consuming high amounts of sodium can cause high blood pressure. And evidence suggests that many people at risk for high blood pressure may reduce their chances of developing this condition by consuming less salt or sodium.

Sugars

Most people enjoy adding sugar to their foods, not for the nutritional value, but for the sweet taste. Sugar is a carbohydrate and provides the body with energy. While it is a common misperception that a diet high in sugar intake can cause diabetes or hyperactivity, research indicates that neither of these conditions are caused by sugar. While sugar does not cause weight gain by itself, health professionals often recommend diets low in fat and sugar. Unlike other nutrients, sugars do not have a recommended level of daily intake.

Carbohydrates

Current dietary guidelines recommend that 55-60 percent of calories derive from carbohydrates, which are an important energy source for the central nervous system and muscles. Scientists classify carbohydrates into two categories: simple and complex. Sugars are simple carbohydrates and naturally occur in fruits, vegetables, and other foods, as well as in a refined state such as table sugar. Complex carbohydrates are found in grain foods, fruits and vegetables. Foods high in complex carbohydrates are usually low in calories and have a wide variety of vitamins and minerals. And, studies indicate that diets high in complex carbohydrates and fiber can reduce the risk of heart disease and certain types of cancer.

Fiber

Fiber helps control blood cholesterol levels, reduces the risk of heart disease and some types of cancer, and is a rich source of complex carbohydrates for energy. Fiber is found in grain foods such as breads, cereal, beans, or pasta and in fruits and vegetables. The Dietary Guidelines for Americans recommends eating 25-30 grams of fiber each day.

Protein

Protein plays an essential part in fighting infections, growth and maintaining tissue. Protein is primarily found in animal sources such as eggs, dairy products, meat, fish and poultry. Americans eat 4 to 5 times more protein than the body needs. Dietary requirements for protein increase with activity, but it is recommended that protein consumption be limited to 25-100 grams a day.

Fast Food Meals

While fast food saves time, it can also be packed full of calories and fat. If you aren't careful when you order fast food, you can eat your recommended daily amount of fats, sodium and cholesterol in just one meal! See how easily these red-flag items add up:

Taco (Taco Bell)

Big Beef Burrito Supreme, Taco, Cinnamon Twists, 32 oz. Mountain Dew

1,294 calories	2,206 mg sodium
350 calories from fat	207 g carbohydrate
39 g total fat, 14 g saturated fat	14 g fiber 69 g sugar
80 mg cholesterol	127 g sugar
	34 g protein

Sandwich (Arby's)

Roast Chicken & Pesto Panini, Medium Fries, 32 oz. Coke

1,505 calories	2,883 mg sodium
481 calories from fat	211 g carbohydrates
54 g total fat, 15 g saturated fat	3 g fiber
75 mg cholesterol	86 g sugar
	54 g protein

Pizza (Pizza Hut)

2 Pieces of Stuffed Crust Pepperoni, 1 Slice of Garlic Bread, 32 oz. Pepsi

1,370 calories	2,834 mg sodium
370 calories from fat	212 g carbohydrates
42 g total fat, 16 g saturated fat	9 g fiber
80 mg cholesterol	120 g sugar
	43 g protein

Burger (Burger King)

Whopper with Cheese, King Size Fries, Medium Vanilla Shake

1,780 calories	2,890 mg sodium
780 calories from fat	194 g carbohydrates
87 g total fat, 16 g saturated fat	10 g fiber
140 mg cholesterol	74 g sugar
	53 g protein

Bigger is Not Always Better

Today's fast food chains are offering customers the chance to feed their hunger with "Super Size" and "Biggie Size" portions for little additional cost. But, unless you're sharing, bigger portions only mean more calories, cholesterol and fat. Don't let your growling stomach make your decision — use your head and limit your portions to regular sizes.

Lighter is Better

This brochure is not meant to scare you away from fast food. Rather, it is intended to help you make wiser choices. In addition, many fast food chains have changed their menus to incorporate several lighter menu options that offer consumers healthier choices. Here are examples of some better alternatives:

Burger (McDonald's)

Hamburger, Small Fries, 32 oz. Diet Coke

470 calories	775 mg sodium
170 calories from fat	60 g carbohydrates
19 g fat, 6 g saturated fat	4 g fiber
30 mg cholesterol	7 g sugar
	16 g protein

Sandwich (Subway)

Subway Club, 16 oz. Diet Pepsi

312 calories	1,399 mg sodium
45 calories from fat	46 g carbohydrates
5 g total fat, 1 g saturated fat	3 g fiber
26 mg cholesterol	3 g sugar
	21 g protein

Chicken (Wendy's)


Grilled Chicken Sandwich, Small Chili, and 16 oz. Coke

675 calories	1,605 mg sodium
130 calories from fat	99 carbohydrates
15 g fat, 5 g saturated fat	7 g fiber
95 mg cholesterol	56 g sugar
	42 g protein

Item Name	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Arby's											
Biscuit (plain)	82 grams	280	135	15	3	0	730	34	1	-	6
Blueberry Muffin	64 grams	230	81	9	2	25	290	35	0	-	2
Cinnamon Nut Danish	100 grams	360	99	11	1	0	105	60	1	-	6
Croissant (plain)	57 grams	220	108	12	7	25	230	25	0	-	4
French Toastix (6) w/syrup	164 grams	530	189	21	5	0	580	77	3	-	10
Arby's Melt with Cheddar	148 grams	368	162	18	6	31	937	36	2	-	18
Arby-Q	182 grams	431	162	18	6	37	1321	48	3	-	20
Bac'n Cheddar Deluxe	231 grams	539	306	34	10	44	1140	38	3	-	22
Beef'n Cheddar	189 grams	507	252	28	9	50	1216	40	2	-	25
Big Montana	313 grams	686	315	35	15	121	2295	47	3	-	48
Giant Roast Beef	228 grams	555	252	28	11	71	1561	43	5	-	35
Junior Roast Beef	126 grams	324	126	14	5	30	779	35	2	-	17
Regular Roast Beef	154 grams	388	171	19	7	43	1009	33	3	-	23
Super Roast Beef	247 grams	523	243	27	9	43	1189	50	5	-	25
Breaded Chicken Fillet	205 grams	536	252	28	5	45	1016	46	5	-	28
Chicken Cordon Bleu	240 grams	623	297	33	8	77	1594	46	5	-	38
Chicken Fingers (2)	102 grams	290	144	16	2	32	677	20	<1	-	16
Grilled Chicken BBQ	201 grams	388	117	13	3	43	1002	47	2	-	23
Grilled Chicken Deluxe	230 grams	430	180	20	4	61	848	41	3	-	23
Roast Chicken Club	241 grams	546	279	31	9	58	1103	37	2	-	31
Roast Chicken Deluxe	216 grams	433	198	22	5	34	763	36	2	-	24

Roast Chicken Santa Fe	182 grams	463	198	22	6	54	818	38	1	-	29
French Dip Sub Roll	195 grams	475	198	22	8	55	1411	40	3	-	30
Hot Ham 'n Swiss Sub Roll	263 grams	500	207	23	7	68	1664	43	2	-	30
Italian Sub Roll	286 grams	633	324	36	13	83	2089	46	2	-	30
Philly Beef 'n Swiss Sub Roll	294 grams	755	423	47	15	91	2025	48	3	-	39
Roast Beef Sub Roll	306 grams	700	378	42	14	84	2034	44	4	-	38
Triple Cheese Melt Sub Roll	238 grams	720	405	45	16	91	1797	46	2	-	37
Turkey Sub Roll	277 grams	550	243	27	7	65	2084	47	2	-	31
Roast Beef Deluxe	182 grams	296	90	10	3	42	826	33	6	-	18
Light Roast Chicken Delux	195 grams	276	54	6	2	33	777	33	4	-	20
Roast Turkey Deluxe	195 grams	260	63	7	2	33	1262	33	4	-	20
Fish Fillet	220 grams	529	243	27	7	43	864	50	2	-	23
Ham 'n Cheese	169 grams	359	126	14	5	53	1283	34	2	-	24
Ham 'n Cheese Melt	141 grams	329	117	13	4	40	1013	34	2	-	20
Roast Beef & Havarti Panini	423 grams	847	306	34	20	109	1979	87	-	-	48
Roast Chicken & Pesto Panini	388 grams	855	342	38	12	75	2188	79	-	-	50
Sicilian Meat & Cheese Panini	361 grams	825	324	36	14	86	2576	82	-	-	39
Garden Salad	337 grams	61	5	<1	0	0	40	12	5	-	3
Roast Chicken Salad	408 grams	149	18	2	<1	29	418	12	5	-	20
Side Salad	142 grams	23	3	<1	0	0	15	4	2	-	1
Cheddar Curly Fries	120 grams	333	162	18	4	3	1016	40	0	-	5
Curly Fries	100 grams	300	135	15	3	0	853	38	0	-	4
Small Homestyle Fries	71 grams	212	87	10	2	0	414	29	2	-	3
Medium Homestyle Fries	114 grams	340	139	16	3	0	665	46	3	-	4
Large Homestyle Fries	142 grams	423	17	19	4	0	828	57	4	-	6
6 Potato Cakes (2)	85 grams	204	108	12	2	0	397	20	0	-	2

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Baked Potato (plain)	326 grams	355	0	<1	0	0	26	82	7	-	7
Baked Potato w/sour cream/margarine	397 grams	578	216	24	9	25	209	85	7	-	9
Broccoli 'n Cheddar Baked Potato	447 grams	571	180	20	5	12	565	89	9	-	14
Deluxe Baked Potato	432 grams	736	324	36	16	59	499	86	7	-	19
Wisconsin Cheese Soup	227 grams	280	162	18	7	35	1065	20	2	-	10
Boston Clam Chowder Soup	227 grams	190	81	9	3	25	965	18	1	-	9
Cream of Broccoli Soup	227 grams	160	72	8	4	25	1005	15	2	-	7
Lumberjack Mixed Vegetable Soup	227 grams	90	36	4	2	5	1150	10	1	-	2
Old Fashion Chicken Noodle Soup	227 grams	80	18	2	0	20	850	11	1	-	6
Potato Soup	227 grams	170	63	7	3	20	905	23	2	-	6
Timberline Chili	227 grams	220	90	10	4	30	1130	17	7	-	18
Apple Turnover	89 grams	330	126	14	7	0	180	48	0	-	4
Cherry Turnover	89 grams	320	117	13	5	0	190	46	0	-	4
Cheesecake (plain)	87 grams	320	207	23	14	95	240	23	0	-	5
Chocolate Chip Cookie	27 grams	125	54	6	2	10	85	16	0	-	2
Chocolate Shake	340 grams	451	108	12	3	36	341	76	0	-	15
Jamocha Shake	340 grams	384	90	10	3	36	262	62	0	-	15
Vanilla Shake	340 grams	360	108	12	4	36	281	50	0	-	15
Nonfat Vanilla Shake	453 grams	470	19	2	2	5	460	82	1	-	15
Butterfinger Polar Swirl	329 grams	457	162	18	8	28	318	62	0	-	15
Heath Polar Swirl	329 grams	543	195	22	5	39	346	76	0	-	15
Oreo Polar Swirl	329 grams	482	198	22	10	35	521	66	0	-	15

Peanut Butter Cup Polar Swirl	329 grams	517	216	24	8	34	385	61	1	-	20
Snickers Polar Swirl	329 grams	511	171	19	7	33	351	73	1	-	15
Arby's Sauce	14 grams	15	2	<1	0	0	113	4	0	-	<1
Barbeque Sauce	28 grams	30	0	0	0	0	185	7	0	-	0
Horsey Sauce	14 grams	60	45	5	1	5	150	2	0	-	0
Baskin-Robbins											
Daiquiri Ice	0.5 cup	110	0	0	0	0	10	27	0	27	0
Chocolate Ice Cream	4 ounces	270	140	16	10	55	110	31	-	29	-
Vanilla Ice Cream	4 ounces	250	150	16	10	80	80	24	-	23	-
Very Berry Strawberry Ice Cream	4 ounces	220	110	12	7	45	45	27	-	26	-
Choc Vanilla Twist Non-Fat Ice Cream	4 ounces	160	0	0	0	5	160	33	-	31	-
Daiquiri Ice	4 ounces	200	0	0	0	0	15	49	-	48	-
Pink Raspberry Lemonade Sorbet	4 ounces	140	0	0	0	0	10	35	-	33	-
Rainbow Sherbet	4 ounces	160	20	2	2	10	35	34	-	32	-
Espresso 'n Cream Low-Fat Ice Cream	4 ounces	180	40	4	2	10	105	31	-	29	-
Maui Brownie Madness Low-Fat Yogurt	4 ounces	210	35	4	2	10	130	38	-	33	-
Thin Mint No Sugar Added Ice Cream	4 ounces	160	40	5	3	10	90	27	-	7	-
Small Choc Non-Fat Yogurt	5 ounces	190	5	<1	0	5	125	39	-	36	-
Small Mocha Truly Free Yogurt	5 ounces	140	5	<1	<1	5	130	27	-	11	-
Just Peachy Smoothie (hard)	16 ounces	280	0	<1	0	5	160	60	-	55	10
Very Strawberry Smoothie (hard)	16 ounces	370	0	<1	0	5	160	81	-	74	8
Aloha Berry Banana Smoothie (hard)	16 ounces	320	20	3	1	5	110	71	-	61	6
Berries Gone Banana Smoothie (hard)	16 ounces	400	5	<1	0	5	160	89	-	79	8
Just Peachy Smoothie (soft)	16 ounces	220	10	1	<1	5	160	46	-	23	9
Very Strawberry Smoothie (soft)	16 ounces	320	10	1	<1	5	160	70	-	47	7
 Aloha Berry Banana Smoothie (soft)	16 ounces	310	10	2	<1	5	135	70	-	60	7

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Berries Gone Banana Smoothie (soft)	16 ounces	350	10	1	<1	5	160	77	-	52	7
Cappuccino Blast w/whipped cream	16 ounces	330	130	15	9	65	110	44	-	43	-
Cappuccino Blast w/out whipped cream	16 ounces	290	90	10	7	50	100	43	-	42	-
Chocolate Blast w/whipped cream	16 ounces	520	150	17	10	55	230	92	-	90	-
Blimpies											
Blimpie Best	242 grams	410	120	13	5	50	1480	47	4	3	26
Roast Beef	241 grams	340	40	5	1	20	870	47	2	3	27
Tuna	290 grams	570	290	32	5	50	790	50	2	5	21
Club	280 grams	450	120	13	6	40	1350	53	3	4	30
Turkey	235 grams	320	40	5	1	10	890	51	3	3	19
Ham & Swiss	234 grams	400	120	13	7	35	970	47	5	2	25
Ham, Salami & Provolone	280 grams	590	250	28	11	70	1880	52	3	3	32
Cheese Trio	233 grams	510	200	23	13	60	1060	51	2	3	26
Vegimax	85 grams	130	30	3	<1	0	480	11	5	1	14
Chicken Fajita	278 grams	420	140	16	6	50	520	48	3	3	21
Steak & Cheese	203 grams	550	230	26	4	70	1080	51	2	3	27
Italian Meatball	223 grams	500	200	22	8	25	970	52	2	6	23
Grilled Chicken	260 grams	400	80	9	2	30	950	52	2	2	28
Grilled Chicken Salad		350	110	12	0	140	1190	13	0	3	47
Boston Market											
1/4 White Meat Chicken w/out skin or wing	140 grams	170	35	4	1	85	480	2	0	1	33
1/4 White Meat Chicken w/skin and wing	152 grams	280	110	12	4	135	510	2	0	2	40

1/4 Dark Meat Chicken w/out skin	95 grams	190	90	10	3	115	440	1	0	1	22
1/4 Dark Meat Chicken w/skin	125 grams	320	190	21	6	155	500	2	0	2	30
1/2 Chicken w/skin	277 grams	590	300	33	10	290	1010	4	0	4	70
Skinless Rotisserie Turkey Breast	142 grams	170	10	1	<1	100	850	1	0	0	36
Hearth Honey Ham	142 grams	210	80	9	4	75	1490	9	0	7	25
Meat Loaf & Chunky Tomato Sauce	227 grams	370	160	18	8	120	1170	22	2	5	30
Meat Loaf & Brown Gravy	198 grams	390	200	22	8	120	1040	19	1	4	30
Chicken Pot Pie	425 grams	780	410	46	13	135	1480	61	4	5	32
Chicken Sandwich w/cheese and sauce	352 grams	750	300	33	12	135	1860	72	5	13	41
Chicken Sandwich w/out cheese or sauce	281 grams	430	40	5	1	65	910	62	4	12	34
Chicken Salad Sandwich	327 grams	680	270	30	5	120	1360	63	4	12	39
Turkey Sandwich w/cheese and sauce	337 grams	710	260	28	10	110	1390	68	4	17	45
Turkey Sandwich w/out cheese or sauce	266 grams	400	30	4	1	60	1070	61	4	12	45
Ham Sandwich w/cheese and sauce	337 grams	750	310	34	12	100	1730	72	5	20	38
Ham Sandwich w/out cheese or sauce	266 grams	440	70	8	3	45	1450	66	4	16	25
Meat Loaf Sandwich w/cheese	383 grams	860	290	33	16	165	2270	95	6	21	46
Meat Loaf Sandwich w/out cheese	351 grams	690	190	21	7	120	1610	86	6	21	40
Ham & Turkey Club w/cheese and sauce	379 grams	890	390	43	20	150	2280	76	16	15	48
Ham & Turkey Club w/out cheese or sauce	266 grams	420	50	6	2	50	1260	64	4	14	29
Chunky Chicken Salad	158 grams	370	240	27	5	120	800	3	1	1	28
Caesar Side Salad	113 grams	200	159	17	5	15	450	7	1	2	7
Caesar Salad Entree	283 grams	510	380	42	11	35	1130	17	3	5	17
Caesar Salad w/out dressing	225 grams	230	110	12	6	20	500	14	3	4	16
Chicken Caesar Salad	369 grams	650	410	45	12	105	1580	17	3	5	43
Chicken Noodle Soup	257 grams	130	40	5	1	40	1310	12	2	2	11
13 Chicken Tortilla Soup	238 grams	220	100	11	4	35	1410	19	2	2	10

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Steamed Vegetables	105 grams	35	5	<1	0	0	35	7	3	3	2
New Potatoes	131 grams	130	20	3	0	0	150	25	2	2	3
Whole Kernel Corn	146 grams	180	40	4	<1	0	170	30	2	13	5
Baked Italian Pasta	170 grams	190	80	9	4	5	460	20	2	6	7
Homestyle Mashed Potatoes	161 grams	190	80	9	6	25	570	24	1	4	3
Homestyle Mashed Potatoes & Gravy	189 grams	210	90	10	6	25	740	26	1	4	4
Rice Pilaf	145 grams	180	45	5	1	0	600	32	2	0	5
Creamed Spinach	181 grams	260	180	20	13	55	740	11	2	2	9
Savory Stuffing	174 grams	310	110	12	2	0	1140	44	3	3	6
Butternut Squash	193 grams	160	60	6	4	15	580	25	3	13	2
Macaroni & Cheese	192 grams	280	100	11	6	30	830	32	1	8	13
BBQ Baked Beans	201 grams	270	45	5	2	0	540	48	12	20	8
Green Bean Casserole	170 grams	130	80	9	5	20	440	10	2	3	2
Fruit Salad	156 grams	70	5	<1	0	0	10	15	1	14	1
Old-Fashioned Potato Salad	176 grams	340	210	24	4	30	870	30	2	8	2
Cranberry Relish	225 grams	370	45	5	<1	0	5	84	5	72	2
Hot Cinnamon Apples	181 grams	250	40	5	<1	0	45	56	3	48	0
Cole Slaw	184 grams	300	170	19	3	20	540	30	3	26	2
Corn Bread (1 loaf)	68 grams	200	50	6	2	25	390	33	1	13	3
Cinnamon Apple Pie (1/5)	136 grams	390	200	23	4	0	250	46	2	2	2
Chocolate Chip Cookie	79 grams	340	150	17	6	25	240	48	1	29	4
Brownie	95 grams	450	240	27	7	80	190	47	3	32	6

Bruegger's

Plain Bagel	101 grams	280	15	2	0	0	430	56	2	5	10
Onion Bagel	102 grams	280	10	2	0	0	430	57	2	4	10
Sesame Bagel	103 grams	290	20	3	<1	0	440	57	2	5	11
Salt Bagel	102 grams	270	15	2	0	0	1670	55	2	5	10
Cinnamon Raisin Bagel	101 grams	290	10	2	0	0	400	60	3	9	10
Honey Grain Bagel	103 grams	300	25	3	<1	0	390	58	3	7	11
Everything Bagel	104 grams	290	20	2	0	0	700	58	2	5	11
Jalapeno Cheese Bagel	122 grams	340	45	5	3	10	910	60	3	3	14
Plain Cream Cheese	26 grams	100	80	9	6	35	65	2	0	1	2
Garden Veggie Cream Cheese	26 grams	100	70	8	5	25	100	4	0	2	2
Honey Walnut Cream Cheese	26 grams	100	70	8	5	25	95	3	0	1	2
Light Plain Cream Cheese	26 grams	70	40	5	3	15	95	3	<1	2	4
Light Garden Veggie Cream Cheese	26 grams	50	30	4	3	15	60	2	0	1	3
Light Strawberry Cream Cheese	26 grams	60	30	4	2	10	70	3	0	2	3
Chicken Fajita Sandwich	250 grams	460	90	10	5	80	830	66	3	13	28
Herby Turkey Sandwich	235 grams	510	120	13	5	45	1100	67	3	8	30
Santa Fe Turkey Sandwich	264 grams	450	80	9	4	45	1040	63	3	9	27
Garden Veggie Sandwich	218 grams	330	20	2	0	0	450	65	4	13	13
Tuna Salad w/mayo	116 grams	260	170	19	3	30	580	9	2	4	12
Grilled Chicken Salad w/o mayo	116 grams	140	25	3	1	95	440	4	1	3	24
Gazpacho Soup	8 fl. ounces	50	10	1	0	0	590	10	2	3	2
Clam Chowder	8 fl. ounces	180	80	9	5	35	990	19	1	7	9
Tuscan Minestrone Soup	8 fl. ounces	200	35	3	<1	0	700	34	15	3	11
Ratatouille Stew	8 fl. ounces	60	15	2	0	0	700	11	2	3	2
15 Savory Vegetable Soup	8 fl. ounces	60	15	2	0	0	700	11	3	3	2

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Chicken Wild Rice Soup	8 fl. ounces	260	170	19	11	75	1170	16	1	2	9
Cheesy Tom Soup	8 fl. ounces	200	120	14	9	40	950	14	1	4	8
Burger King											
Croissan'wich w/sausage, egg, cheese	152 grams	530	370	41	13	185	1120	23	1	4	18
Croissan'wich w/sausage & cheese	106 grams	450	320	35	12	45	940	21	1	3	13
Biscuit	86 grams	300	140	15	3	0	830	35	1	3	6
Biscuit w/egg	132 grams	380	190	21	5	140	1010	37	<1	3	11
Biscuit w/sausage	130 grams	490	300	33	10	35	1240	36	1	3	13
Biscuit w/sausage, egg, cheese	188 grams	620	390	43	14	185	1650	37	1	4	20
French Toast Sticks (5)	113 grams	440	210	23	5	2	490	51	3	12	7
Cini-minis (4 rolls)	108 grams	440	210	23	6	25	710	51	1	20	6
Small Hash Brown Rounds	75 grams	240	140	15	6	0	440	25	2	0	2
Large Hash Brown Rounds	128 grams	410	230	26	10	0	750	42	4	0	3
Whopper Sandwich	270 grams	660	360	40	12	85	900	47	3	8	29
Whopper Sandwich w/cheese	295 grams	760	430	48	17	110	1380	47	3	8	35
Double Whopper	349 grams	920	530	59	21	155	980	47	3	8	49
Double Whopper w/cheese	374 grams	1010	600	67	26	180	1460	47	3	8	55
Whopper Jr.	158 grams	400	220	24	8	55	530	28	2	5	19
Whopper Jr. w/cheese	171 grams	450	250	28	10	65	770	28	2	5	22
Big King Sandwich	218 grams	640	380	42	18	125	980	28	1	4	38
Hamburger	120 grams	320	140	15	6	50	520	27	1	4	19
Cheeseburger	133 grams	360	170	19	9	60	760	27	1	4	21

Bacon Cheeseburger	140 grams	400	200	22	10	70	940	27	1	4	24
Double Cheeseburger	198 grams	580	320	36	17	120	1060	27	1	5	38
Double Bacon Cheeseburger	206 grams	620	340	38	18	125	1230	28	1	5	41
BK Big Fish	252 grams	720	390	43	9	80	1180	59	3	4	23
BK Broiler	247 grams	530	230	26	5	105	1060	45	2	5	29
Chicken Sandwich	229 grams	710	390	43	9	60	1400	54	2	4	26
Chicken Tenders (8 pieces)	123 grams	350	200	22	7	65	940	17	1	0	22
Small French Fries	74 grams	250	120	13	5	0	550	32	2	0	2
Medium French Fries	116 grams	400	190	21	8	0	820	50	4	0	3
King Size French Fries	170 grams	590	270	30	12	0	1180	74	5	0	5
Medium Onion Rings	94 grams	380	170	19	4	2	550	46	4	4	5
King Size Onion Rings	151 grams	600	270	30	7	4	880	74	6	7	8
Dutch Apple Pie	113 grams	300	140	15	3	0	230	39	2	22	3
Small Vanilla Shake	305 grams	330	60	7	4	20	250	56	1	51	10
Medium Vanilla Shake	397 grams	430	80	9	5	30	330	73	2	66	13
Small Chocolate Shake	305 grams	330	60	7	4	25	250	58	3	51	9
Medium Chocolate Shake	397 grams	440	90	10	6	30	330	75	4	67	12
Dairy Queen/Brazier											
Hamburger	138 grams	290	110	12	5	45	630	29	2	5	17
Cheeseburger	152 grams	340	150	17	8	55	850	29	2	5	20
Double Cheeseburger	219 grams	540	280	31	16	115	1130	30	2	5	35
Bacon Double Cheeseburger	255 grams	610	320	36	18	130	1380	31	2	6	41
DQ Ultimate Burger	269 grams	670	390	43	19	135	1210	29	2	6	40
Hot Dog	99 grams	240	120	14	5	25	730	19	1	4	9
Chili 'n' Cheese Dog	142 grams	330	190	21	9	45	1090	22	2	4	14
Chicken Breast Fillet Sandwich	191 grams	430	180	20	4	55	760	37	2	5	24

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Chicken Strip Basket w/fries & toast	414 grams	1000	450	50	13	55	2260	102	5	3	35
Grilled Chicken Sandwich	184 grams	310	90	10	3	50	1040	30	3	5	24
Medium French Fries	112 grams	350	160	18	4	0	630	42	3	<1	4
Large French Fries	140 grams	440	200	23	5	0	790	53	4	<1	5
Onion Rings	113 grams	320	140	16	4	0	180	39	3	4	5
Vanilla Soft Serve (1/2 cup)	94 grams	140	40	5	3	15	70	22	0	19	3
Chocolate Soft Serve (1/2 cup)	94 grams	150	45	5	4	15	75	22	0	17	4
Small Vanilla Cone	142 grams	230	60	7	5	20	115	38	0	27	6
Medium Vanilla Cone	198 grams	330	90	9	6	30	160	53	0	38	8
Large Vanilla Cone	253 grams	410	110	12	8	40	200	65	0	49	10
Small Chocolate Cone	142 grams	240	70	8	5	20	115	37	0	25	6
Medium Chocolate Cone	198 grams	340	100	11	7	30	160	53	0	34	8
Small Dipped Cone	156 grams	340	150	17	9	20	130	42	1	31	6
Medium Dipped Cone	220 grams	490	220	24	13	30	190	59	1	43	8
Nonfat Frozen Yogurt (1/2 cup)	85 grams	100	0	0	0	<1	70	21	0	16	3
Medium Yogurt Cone	198 grams	260	10	1	<1	5	160	56	0	36	9
Medium Cup of Yogurt	191 grams	230	5	<1	0	5	150	48	0	36	8
Medium Yogurt Strawberry Sundae	234 grams	280	5	<1	0	5	160	61	1	49	8
Small Chocolate Malt	418 grams	650	150	16	10	55	370	111	0	95	15
Medium Chocolate Malt	567 grams	880	200	22	14	70	500	153	0	131	19
Small Chocolate Shake	397 grams	560	140	15	10	50	310	94	0	81	13
Medium Chocolate Shake	539 grams	770	180	20	13	70	420	130	0	113	17

ze is to fit one serving size
pizza, regardless of crust)

Small Misty Slush	454 grams	220	0	0	0	0	20	56	0	56	0
Medium Misty Slush	595 grams	290	0	0	0	0	30	74	0	74	0
Small Chocolate Sundae	163 grams	280	60	7	5	20	140	49	0	42	5
Medium Chocolate Sundae	234 grams	400	90	10	6	30	210	71	0	61	8
Banana Split	369 grams	510	100	12	8	30	180	96	3	82	8
Peanut Buster Parfait	305 grams	730	280	31	17	35	400	99	2	85	16
Fudge Cake Supreme	318 grams	890	340	38	22	65	960	124	3	98	11
Strawberry Shortcake	241 grams	430	120	14	9	60	360	70	1	57	7
DQ Sandwich	61 grams	150	45	5	2	5	115	24	1	13	3
Chocolate Dilly Bar	85 grams	210	120	13	7	10	75	21	0	17	3
Buster Bar	149 grams	450	260	28	12	15	280	41	2	33	10
Starkiss	85 grams	80	0	0	5	0	10	21	0	21	0
DQ Fudge Bar	66 grams	50	0	0	0	0	70	13	0	3	4
DQ Vanilla Orange Bar	66 grams	60	0	0	0	0	40	17	0	2	2
Lemon DQ Freez'r (1/2 cup)	92 grams	80	0	0	0	0	10	20	0	20	0
Small Choc. Sandwich Cookie Blizzard	276 grams	520	160	18	9	40	380	79	1	61	10
Medium Choc. Sandwich Cookie Blizzard	326 grams	640	210	23	11	45	500	97	1	74	12
Small Choc. Chip Cookie Dough Blizzard	312 grams	660	220	24	13	55	440	99	1	74	12
Medium Choc. Chip Cookie Dough Blizzard	439 grams	950	320	36	19	75	660	143	2	106	17
Small Strawberry Breeze	266 grams	320	5	<1	<1	5	190	68	1	54	10
Medium Strawberry Breeze	383 grams	460	10	1	1	10	270	99	1	79	13
Small Heath Breeze	291 grams	470	90	10	6	10	380	85	1	70	11
Medium Heath Breeze	404 grams	710	170	18	11	20	580	123	1	103	15
Heath DQ Treatzza Pizza (1/8)	65 grams	180	60	7	4	5	160	28	1	18	3
M&M's DQ Treatzza Pizza (1/8)	68 grams	190	70	7	4	5	160	29	1	20	3
DQ Frozen 8" Round Cake (1/8)	177 grams	340	100	12	7	25	250	53	1	39	7

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Domino's											
6" Deep Dish Pizza	215	595	243	27	11	24	1300	68	4	6	23
Lg. Deep Dish Cheese Pizza (2/12)	173	455	180	20	8	18	1029	54	3	5	18
Lg. Hand Tossed Cheese Pizza (2/12)	137	317	90	10	5	14	669	45	3	3	13
Lg. Thin Crust Pizza (1/6)	99	253	99	11	5	14	757	29	2	2	11
Toppings Serving size is to fit on one serving of a large pizza.											
Anchovies		23	9	1	<1	9	395	0	0	0	3
Bacon		75	54	6	2	11	207	<1	0	<1	4
Banana Peppers		3	<3	<1	-	-	81	<1	-	-	<1
Beef		44	36	4	2	8	123	<1	<1	<1	2
Canned Mushrooms		3	<3	<1	<1	0	50	1	<1	<1	<1
Cheddar Cheese		48	36	4	2	12	73	<1	0	<1	3
Extra Cheese		45	36	4	2	7	140	<1	<1	<1	3
Fresh Mushrooms		3	<3	<1	<1	0	<1	<1	<1	<1	<1
Green Olives		11	9	1	<1	0	227	<1	<1	<1	<1
Green Peppers		2	<2	<1	0	0	<1	<1	<1	0	<1
Ham		17	<9	<1	<1	7	156	<1	0	<1	2
Italian Sausage		44	27	3	1	9	137	1	<1	<1	2
Onions		3	<3	<1	0	0	<1	<1	<1	0	<1
Pepperoni		66	54	6	2	14	212	<1	<1	<1	3
Pineapple Tidbits		8	0	0	0	0	<1	2	<1	2	<1
Ripe Olives		12	9	1	<1	0	63	1	<1	<1	<1

Barbeque Wings	25	50	18	2	<1	26	175	2	<1	1	6
Hot Wings	25	45	18	2	<1	26	354	<1	<1	<1	5
Breadsticks (1)	22	78	27	3	<1	0	158	11	<1	<1	2
Cheesy Bread (1)	28	103	45	5	2	5	187	11	<1	<1	3
Godfather's											
Original Crust Mini Cheese (1/4)	55 grams	131	27	3	-	8	183	19	-	-	7
Original Crust Medium Cheese (1/8)	100 grams	231	45	5	-	14	338	34	-	-	13
Original Crust Mini Combo (1/4)	84 grams	176	63	7	-	16	382	21	-	-	10
10 Original Crust Medium Combo (1/8)	145 grams	306	99	11	-	27	660	36	-	-	17
Golden Crust Medium Cheese (1/8)	88 grams	212	72	8	-	12	311	26	-	-	10
Golden Crust Medium Combo (1/8)	124 grams	271	108	12	-	22	562	28	-	-	13
Hardee's											
Biscuit	83 grams	390	190	21	6	0	1000	44	-	-	6
Jelly Biscuit	100 grams	440	190	21	6	0	1000	57	-	-	6
Apple Cinnamon 'N' Raisin Biscuit	75 grams	250	70	8	2	0	350	42	-	-	2
Sausage Biscuit	114 grams	550	320	36	11	25	1310	44	-	-	12
Sausage/Egg Biscuit	156 grams	620	370	41	13	225	1370	45	-	-	19
Bacon/Egg/Cheese Biscuit	142 grams	520	270	30	11	210	1420	45	-	-	17
Country Ham Biscuit	103 grams	440	200	22	7	30	1710	44	-	-	14
Biscuit 'N' Gravy	221 grams	530	270	30	9	15	1550	56	-	-	10
Omelet Biscuit	150 grams	550	290	32	12	225	1350	45	-	-	20
Chicken Biscuit	190 grams	590	240	27	7	45	1820	62	-	-	24
Steak Biscuit	148 grams	580	290	32	10	30	1580	56	-	-	15
Frisco Breakfast Sandwich	187 grams	450	200	22	8	225	1290	42	-	-	22
Ham Biscuit	109 grams	410	180	20	6	25	1200	45	-	-	13
21 Regular Hash Rounds (16)	79 grams	230	130	14	3	0	560	24	-	-	3

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Hamburger	110 grams	270	100	11	4	35	550	29	-	-	13
Cheeseburger	123 grams	320	140	15	7	40	780	30	-	-	16
Big Deluxe Burger	255 grams	650	400	44	11	75	870	40	-	-	24
Big Deluxe Burger w/cheese	271 grams	710	440	49	14	95	1140	40	-	-	28
Double Cheeseburger	171 grams	480	250	28	13	75	1055	31	-	-	26
Monster Burger	288 grams	1060	710	79	29	185	1860	37	-	-	49
Chicken Fillet Sandwich	196 grams	480	210	23	4	55	1190	44	-	-	24
Grilled Chicken Sandwich	175 grams	350	150	16	3	65	860	28	-	-	23
Regular Roast Beef	123 grams	310	140	16	6	40	800	26	-	-	17
Big Roast Beef Sandwich	165 grams	410	220	24	9	40	1140	26	-	-	24
Frisco Burger	219 grams	720	440	49	15	95	1180	37	-	-	31
Classic Bacon Cheeseburger	267 grams	720	430	48	15	105	1200	42	-	-	30
Classic Bacon Double Cheeseburger	353 grams	1000	630	70	25	185	1575	42	-	-	50
Hot Ham 'N' Cheese Sandwich	145 grams	300	110	12	6	50	1390	34	-	-	16
Fisherman's Fillet Sandwich	221 grams	530	250	28	7	75	1280	45	-	-	25
Hot Dog w/condiments	160 grams	450	290	32	12	55	1240	25	-	-	15
Chicken Breast	148 grams	370	130	15	4	75	1190	29	-	-	29
Chicken Wing	66 grams	200	70	8	2	30	740	23	-	-	10
Chicken Thigh	121 grams	330	130	15	4	60	1000	30	-	-	19
Chicken Leg	69 grams	170	60	7	2	45	570	15	-	-	13
Small Cole Slaw	113 grams	240	180	20	3	10	340	13	-	-	2
Small Mashed Potatoes	113 grams	70	0	<1	<1	0	330	14	-	-	2

Regular French Fries	113 grams	340	140	16	2	0	390	45	-	-	4
Large French Fries	150 grams	440	190	21	3	0	520	59	-	-	5
Monster French Fries	170 grams	510	220	24	3	0	590	67	-	-	6
Medium Crispy Curly Potatoes	96 grams	340	160	18	4	0	950	41	-	-	5
Large Crispy Curly Potatoes	147 grams	520	250	28	5	0	1450	62	-	-	7
Monster Crispy Curly Potatoes	166 grams	590	280	31	6	0	1640	70	-	-	8
Small Peach Cobbler	179 grams	310	60	7	1	0	360	60	-	-	2
Vanilla Shake	349 grams	350	50	5	3	20	300	65	-	-	12
Chocolate Shake	349 grams	370	50	5	3	30	270	67	-	-	13
Twist Cone	118 grams	180	20	2	1	10	120	34	-	-	4
Apple Turnover	91 grams	270	110	12	4	0	250	38	-	-	4

KFC

Original Recipe Breast	153 grams	400	220	24	6	135	1116	16	1	0	29
Original Recipe Drumstick	61 grams	140	80	9	2	75	422	4	0	0	13
Original Recipe Thigh	91 grams	250	160	18	5	95	747	6	1	0	16
Original Recipe Whole Chicken Wing	47 grams	140	90	10	3	55	414	5	0	0	9
Tender Roast Breast w/skin	139 grams	251	97	11	3	151	830	1	0	1	37
Tender Roast Breast w/out skin	118 grams	169	39	4	1	112	797	1	0	0	31
Tender Roast Drumstick w/skin	55 grams	97	39	4	1	85	271	1	0	1	15
Tender Roast Drumstick w/out skin	38 grams	67	22	2	1	63	259	1	0	0	11
Tender Roast Thigh w/skin	90 grams	207	126	12	4	120	504	2	0	1	18
Tender Roast Thigh w/out skin	59 grams	106	50	6	2	84	312	1	0	1	13
Tender Roast Wing w/skin	50 grams	121	69	8	2	74	331	1	0	1	12
Hot & Spicy Breast	180 grams	530	310	35	8	110	1110	23	2	0	32
Hot & Spicy Drumstick	64 grams	190	100	11	3	50	300	10	1	0	13
Hot & Spicy Thigh	107 grams	370	240	27	7	90	570	13	1	0	18

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Hot & Spicy Whole Wing	55 grams	210	130	15	4	50	340	9	1	0	10
Extra Tasty Crispy Breast	168 grams	470	250	28	7	80	930	25	1	0	31
Extra Tasty Crispy Drumstick	67 grams	190	100	11	3	60	260	8	1	0	13
Extra Tasty Crispy Thigh	118 grams	370	220	25	6	70	540	18	2	0	19
Extra Tasty Crispy Whole Wing	55 grams	200	120	13	4	45	290	10	1	0	10
Original Recipe Chicken Sandwich	206 grams	497	201	22	5	52	1213	46	3	2	29
Value BBQ Chicken Sandwich	149 grams	256	74	8	1	57	782	28	2	18	17
Crispy Strips (3)	92 grams	261	142	16	4	40	658	10	3	0	20
Spicy Buffalo Strips	120 grams	350	170	19	4	35	1110	22	2	1	22
Hot Wings Pieces (6)	135 grams	471	297	33	8	150	1230	18	2	0	27
Kentucky Nuggets (6)	95 grams	284	162	18	4	66	865	15	1	0	16
Chunky Chicken Pot Pie	368 grams	770	378	42	13	70	2160	69	5	8	29
Macaroni & Cheese	153 grams	180	70	8	3	10	860	21	2	2	7
Potato Wedges	135 grams	280	120	13	4	5	750	28	5	1	5
Mashed Potatoes w/Gravy	136 grams	120	50	6	1	<1	440	17	2	0	1
Potato Salad	160 grams	230	130	14	2	15	540	23	3	9	4
Cole Slaw	142 grams	180	80	9	2	5	280	21	3	20	2
BBQ Baked Beans	156 grams	190	25	3	1	5	760	33	6	13	6
Corn on the Cob w/out savory	162 grams	150	15	2	0	0	20	35	2	8	5
Green Beans	132 grams	45	15	2	<1	5	730	7	3	3	1
Mean Greens	152 grams	70	30	3	1	10	650	11	5	1	4
Biscuit (1)	56 grams	180	80	10	3	0	560	20	<1	2	4

Combread (1)	56 grams	228	117	13	2	42	194	25	1	10	3
Leeann Chin											
Cream Cheese Puffs	3 pieces	331	261	29	-	-	-	-	-	-	-
Shrimp Toast	2 pieces	150	99	11	-	-	-	-	-	-	-
Eggrolls	1 roll	210	99	11	-	-	-	-	-	-	-
Large Chinese Chicken Salad	1 salad	191	90	10	-	-	-	-	-	-	-
Lemon Chicken w/sauce	3 ounces	260	108	12	-	-	-	-	-	-	-
Leeann Lite Chicken & Vegetables	6 ounces	128	45	5	-	-	-	-	-	-	-
Sichuan Noodles w/vegetables	6 ounces	276	162	18	-	-	-	-	-	-	-
Peking Chicken	5.5 ounces	510	315	35	-	-	-	-	-	-	-
Vegatable Fried Rice	1 cup	181	63	7	-	-	-	-	-	-	-
Spicy Chicken w/zucchini	3 ounces	214	81	9	-	-	-	-	-	-	-
Shrimp w/vegetables	3 ounces	428	81	9	-	-	-	-	-	-	-
McDonald's											
Egg McMuffin	136 grams	290	110	12	5	235	790	27	1	3	17
Sausage McMuffin	112 grams	360	210	23	8	45	740	26	1	2	13
Sausage McMuffin w/egg	162 grams	440	250	28	10	255	890	27	1	3	19
English Muffin	55 grams	140	20	2	0	0	210	25	1	1	4
Sausage Biscuit	127 grams	470	280	31	9	35	1080	35	1	3	11
Sausage Biscuit/Egg	178 grams	550	330	37	10	245	1160	35	1	3	18
Bacon/Egg/Cheese Biscuit	157 grams	470	250	28	8	235	1250	36	1	3	18
Biscuit	84 grams	290	130	15	3	0	780	34	1	2	5
Sausage	43 grams	170	150	16	5	35	290	0	0	0	6
Scambled Eggs (2)	102 grams	160	100	11	4	425	170	1	0	1	13
Hash Browns	53 grams	130	70	8	2	0	330	14	1	0	1
Hotcakes w/margarine & syrup	222 grams	570	140	16	3	15	750	100	2	42	9

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Breakfast Burrito	117 grams	320	180	20	7	195	600	23	2	2	13
Hamburger	107 grams	260	80	9	4	30	580	34	2	7	13
Cheeseburger	121 grams	320	120	13	6	40	820	35	2	7	15
Quarter Pounder	172 grams	420	190	21	8	70	820	37	2	8	23
Quarter Pounder w/cheese	200 grams	530	270	30	13	95	1290	38	2	9	28
Big Mac	216 grams	560	280	31	10	85	1070	45	3	8	26
Arch Deluxe	239 grams	550	280	31	11	90	1010	39	4	8	28
Arch Deluxe w/bacon	247 grams	590	310	34	12	100	1150	39	4	8	32
Crispy Chicken Deluxe	223 grams	500	220	25	4	55	1100	43	4	5	26
Fish Filet Deluxe	228 grams	560	250	28	6	60	1060	54	4	5	23
Filet-O-Fish	156 grams	450	220	25	5	50	870	42	2	5	16
Grilled Chicken Deluxe	223 grams	440	180	20	3	60	1040	38	4	6	27
Chicken McNuggets (4)	71 grams	190	100	11	3	40	340	10	0	0	12
Chicken McNuggets (6)	106 grams	290	150	17	4	60	510	15	0	0	18
Chicken McNuggets (9)	159 grams	430	230	26	5	90	770	23	0	0	27
Garden Salad w/out dressing	177 grams	35	0	0	0	0	20	7	3	3	2
Grilled Chicken Salad w/out dressing	257 grams	120	10	2	0	45	240	7	3	3	21
Small French Fries	68 grams	210	90	10	2	0	135	26	2	0	3
Large French Fries	147 grams	450	200	22	4	0	290	57	5	0	6
Super Size French Fries	176 grams	540	230	26	5	0	350	68	6	0	8
Vanilla Reduced Fat Cone	90 grams	150	40	5	3	20	75	23	0	17	4
Strawberry Sundae	178 grams	290	70	7	5	30	95	50	<1	46	7

Hot Caramel Sundae	182 grams	360	90	10	6	35	180	61	0	47	7
Hot Fudge Sundae	179 grams	340	100	12	9	30	170	52	1	47	8
Baked Apple Pie	77 grams	260	120	13	4	0	200	34	<1	13	3
McDonaldland Cookies	42 grams	180	45	5	1	0	190	32	1	12	3
Small Vanilla Shake	414 ml	360	80	9	6	40	250	59	0	55	11
Small Chocolate Shake	414 ml	360	80	9	6	40	250	60	1	54	11
Small Strawberry Shake	414 ml	360	80	9	6	40	180	60	0	55	11

Papa John's Serving size is one slice of a medium pizza.

Original Crust All The Meats Pizza	146 grams	410	160	18	7	35	1040	42	3	-	21
Original Crust Cheese Pizza	108 grams	286	80	9	3	18	540	37	2	-	14
Original Crust Garden Special Pizza	135 grams	298	100	11	4	20	570	36	3	-	14
Thin Crust All The Meats Pizza	109 grams	330	178	20	9	39	919	23	2	-	15
Original Crust Sausage Pizza	130 grams	340	120	13	6	25	910	40	2	-	15
Original Crust The Works Pizza	145 grams	369	149	17	6	29	840	37	3	-	18
Original Crust Pepperoni Pizza	117 grams	310	110	13	5	25	570	35	2	-	15
Thin Crust Cheese Pizza	80 grams	220	98	11	5	18	480	22	2	-	9
Thin Crust Garden Special Pizza	106 grams	238	110	12	6	19	540	23	3	-	9
Thin Crust Pepperoni Pizza	88 grams	266	135	15	7	24	580	22	2	-	11
Thin Crust Sausage Pizza	94 grams	270	130	15	7	29	730	22	2	-	12
Thin Crust The Works Pizza	120 grams	319	166	19	8	35	760	24	3	-	14
Breadsticks (1)	54 grams	170	25	3	0	0	270	27	<1	-	6
Cheesesticks (2)	47 grams	160	50	6	2	10	290	21	<1	-	7
Garlic Sauce (1 tablespoon)	14 grams	75	75	9	2	0	115	2	<1	-	0

Pizza Hut Serving size is one slice of a medium pizza.

Personal Pan Cheese Pizza (whole)	230 grams	630	210	24	11	45	1160	76	4	6	28
Personal Pan Pepperoni Pizza (whole)	230 grams	670	260	29	12	60	1250	73	4	6	29

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Personal Pan Supreme Pizza (whole)	270 gram	710	280	31	13	60	1380	76	3	7	32
Thin 'N Crispy Cheese Pizza	74 grams	210	80	9	5	20	530	21	2	1	12
Thin 'N Crispy Beef Pizza	87 grams	240	100	11	5	20	790	22	2	1	13
Thin 'N Crispy Ham Pizza	68 grams	190	60	6	3	15	560	23	1	1	10
Thin 'N Crispy Pepperoni Pizza	66 grams	220	90	9	4	20	610	22	2	1	10
Thin 'N Crispy Italian Sausage Pizza	96 grams	300	140	16	6	35	740	24	3	1	15
Thin 'N Crispy Pork Pizza	92 grams	270	120	13	6	25	780	22	2	1	14
Thin 'N Crispy Meat Lover's Pizza	106 grams	310	150	16	7	35	900	25	3	1	16
Thin 'N Crispy Veggie Lover's Pizza	74 grams	170	50	6	2	10	460	23	3	3	25
Thin 'N Crispy Pepperoni Lover's Pizza	87 grams	270	110	12	6	25	780	26	2	1	20
Thin 'N Crispy Supreme Pizza	96 grams	250	100	11	5	20	710	24	3	2	13
Thin 'N Crispy Super Supreme Pizza	114 grams	280	120	13	5	30	810	26	4	2	15
Thin 'N Crispy Chicken Supreme Pizza	98 grams	220	60	7	3	25	550	26	2	2	14
Hand Tossed Cheese Pizza	110 grams	280	90	10	5	25	770	32	2	2	16
Hand Tossed Beef Pizza	110 grams	280	90	10	5	20	860	32	3	2	15
Hand Tossed Ham Pizza	97 grams	230	60	6	3	25	710	30	2	2	13
Hand Tossed Pepperoni Pizza	97 grams	260	80	9	4	30	750	31	3	2	12
Hand Tossed Italian Sausage Pizza	113 grams	300	110	12	5	30	780	32	3	3	15
Hand Tossed Pork Pizza	110 grams	290	100	11	5	25	850	33	3	2	14
Hand Tossed Meat Lover's Pizza	112 grams	290	100	11	5	35	820	32	3	3	1
Hand Tossed Veggie Lover's Pizza	115 grams	240	60	7	3	20	650	34	3	3	20
Hand Tossed Pepperoni Lover's Pizza	114 grams	320	120	13	6	35	910	31	4	2	30

Hand Tossed Supreme Pizza	112 grams	270	90	9	5	25	760	32	3	2	13
Hand Tossed Super Supreme Pizza	133 grams	290	90	10	5	35	830	34	4	4	15
Hand Tossed Chicken Supreme Pizza	119 grams	240	60	6	3	25	660	31	3	3	14
Pan Cheese Pizza	111 grams	300	120	14	6	25	610	30	2	2	15
Pan Beef Pizza	110 grams	310	130	14	5	20	720	31	2	2	14
Pan Ham Pizza	97 grams	250	80	9	4	10	590	31	2	1	12
Pan Pepperoni Pizza	98 grams	280	110	12	5	20	640	31	3	2	12
Pan Italian Sausage Pizza	123 grams	350	160	18	6	40	740	31	3	2	16
Pan Pork Pizza	110 grams	300	120	13	5	30	720	31	3	2	14
Pan Meat Lover's Pizza	124 grams	360	170	19	6	40	870	30	3	2	17
Pan Veggie Lover's Pizza	112 grams	240	80	9	4	10	480	31	3	3	15
Pan Pepperoni Lover's Pizza	116 grams	350	150	17	8	20	800	32	2	1	25
Pan Supreme Pizza	115 grams	300	120	13	5	25	670	32	3	2	13
Pan Super Supreme Pizza	131 grams	340	140	16	5	30	790	33	4	2	15
Pan Chicken Supreme Pizza	118 grams	280	100	11	4	25	570	32	3	2	14
Stuffed Crust Cheese Pizza	155 grams	380	100	11	5	25	1160	49	4	5	21
Stuffed Crust Beef Pizza	161 grams	410	130	14	6	30	1270	49	4	5	20
Stuffed Crust Ham Pizza	155 grams	380	120	14	6	45	1250	43	4	5	22
Stuffed Crust Pepperoni Pizza	152 grams	410	150	17	7	40	1250	46	4	5	20
Stuffed Crust Italian Sausage Pizza	163 grams	430	170	19	8	35	1200	46	4	5	20
Stuffed Crust Pork Pizza	160 grams	420	150	16	7	30	1290	46	4	5	22
Stuffed Crust Meat Lover's Pizza	189 grams	500	210	23	10	60	1510	47	4	5	25
Stuffed Crust Veggie Lover's Pizza	169 grams	390	120	14	6	25	1140	48	5	5	25
Stuffed Crust Pepperoni Lover's Pizza	174 grams	480	190	22	9	60	1440	47	4	5	40
Stuffed Crust Supreme Pizza	182 grams	440	140	16	7	40	1380	51	4	5	23
Stuffed Crust Super Supreme Pizza	205 grams	470	180	20	8	50	1440	49	5	6	24

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Stuffed Crust Chicken Supreme Pizza	181 grams	390	120	13	6	40	1130	46	4	6	21
Sicilian Cheese Pizza	110 grams	290	120	13	6	10	740	31	2	3	12
Sicilian Beef Pizza	120 grams	320	140	15	6	20	930	31	3	3	13
Sicilian Ham Pizza	104 grams	260	90	10	4	15	750	31	2	3	11
Sicilian Pepperoni Pizza	106 grams	290	120	13	5	20	760	31	2	3	11
Sicilian Italian Sausage Pizza	120 grams	330	150	16	6	25	850	32	2	3	14
Sicilian Pork Topping Pizza	120 grams	320	140	16	6	20	890	31	3	3	13
Sicilian Meat Lover's Pizza	126 grams	350	160	18	7	30	990	32	3	3	15
Sicilian Veggie Lover's Pizza	118 grams	270	100	11	4	5	670	32	3	4	8
Sicilian Pepperoni Lover's Pizza	120 grams	330	150	17	7	30	910	31	2	3	10
Sicilian Supreme Pizza	125 grams	310	130	15	6	20	860	32	3	4	13
Sicilian Super Supreme Pizza	133 grams	320	140	16	6	25	930	32	3	4	14
Sicilian Chicken Supreme Pizza	122 grams	270	90	10	4	15	730	32	3	4	13
Large Edge Chicken/Veggie Pizza	84 grams	160	40	4	2	10	430	21	23		8
Large Edge Meaty Pizza	66 grams	200	90	10	4	25	580	19	1	1	9
Large Edge Veggies Pizza	72 grams	140	35	4	2	5	340	21	2	2	6
Large Edge Works Pizza	83 grams	180	60	7	3	15	470	21	2	2	8
Spaghetti w/Marinara Sauce	473 grams	490	50	6	1	0	730	91	8	10	18
Spaghetti w/Meat Sauce	467 grams	600	120	13	5	25	910	98	9	10	23
Spaghetti w/Meatballs	537 grams	850	220	24	10	50	1120	120	11	12	37
Cavatini Pasta	357 grams	480	130	14	6	25	1170	66	9	12	21
Cavatini Supreme Pasta	396 grams	560	170	19	8	30	1400	73	10	1	24

Ham & Cheese Sandwich	276 grams	550	190	21	7	65	2150	57	4	6	33
Supreme Sandwich	292 grams	640	250	28	10	85	2150	62	4	7	34
Mild Buffalo Wings (5)	84 grams	200	110	12	4	150	510	<1	0	0	23
Hot Buffalo Wings (4)	87 grams	210	110	12	3	130	900	4	<1	0	22
Bread Stick (1)	38 grams	130	35	4	1	0	170	20	1	1	3
Bread Stick Dip Sauce (1 serving)	34 grams	30	5	1	0	0	170	5	<1	2	<1
Garlic Bread (1 slice)	37 grams	150	70	8	2	0	240	16	1	<1	3
Apple Dessert Pizza (1 slice)	81 grams	250	40	5	1	0	230	48	2	25	3
Subway Standard sandwich includes onions, tomatoes, pickles, green peppers and olives. Values do not include cheese or other condiments.											
Veggie Delite	182 grams	237	25	3	0	0	593	44	3	2	9
Turkey Breast	239 grams	289	36	4	1	19	1403	46	3	2	18
Turkey Breast & Ham	239 grams	295	42	5	1	24	1361	46	3	3	18
Ham	239 grams	302	48	5	1	28	1319	45	3	3	19
Roast Beef	239 grams	303	42	5	1	20	939	45	3	3	20
Subway Club	253 grams	312	45	5	1	26	1352	46	3	3	21
Spicy Italian	239 grams	482	22	25	9	57	1604	44	3	2	21
Seafood & Crab w/light mayo	253 grams	347	89	10	2	32	884	45	3	2	20
Seafood & Crab w/light mayo	246 grams	332	88	10	2	32	873	39	3	2	19
B.L.T.	198 grams	327	95	10	3	16	957	44	3	2	14
Cold Cut Trio	253 grams	378	118	13	4	64	1412	46	3	2	20
Tuna w/light mayo	253 grams	542	291	32	5	36	886	44	3	2	19
Classic Italian B.M.T.	253 grams	460	194	22	7	56	1664	45	3	3	21
Roasted Chicken Breast	253 grams	348	54	6	1	48	978	47	3	3	27
Steak & Cheese	264 grams	398	88	10	6	70	1117	47	3	4	30
Subway Melt	258 grams	382	107	12	5	42	1746	46	3	3	23
31 Meatball	267 grams	419	145	16	6	33	1046	51	3	4	19

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Chicken Taco Sub	293 grams	436	144	16	5	52	1275	49	4	4	25
Pizza Sub	257 grams	464	196	22	9	50	1621	48	3	4	19
Super Turkey Breast	295 grams	340	46	5	2	37	2212	48	3	3	26
Super Chicken Breast	324 grams	458	82	9	2	96	1363	50	3	3	44
Super Ham	295 grams	367	71	8	2	57	2045	46	3	4	28
Super Roast Beef	295 grams	369	59	7	2	40	1285	47	3	4	30
Super Subway Club	324 grams	387	64	7	2	53	2111	48	3	4	33
Super Cold Cut Trio	324 grams	518	210	23	7	128	2230	48	3	3	30
Super Tuna w/light mayo	324 grams	546	246	27	4	64	1286	48	3	2	28
Super Meatball	352 grams	601	265	29	11	67	1499	57	4	6	28
Super Subway Melt	334 grams	526	190	21	9	84	2899	48	3	4	36
Turkey Deli Style Sandwich	180 grams	235	35	4	1	12	944	38	2	3	12
Ham Deli Style Sandwich	171 grams	234	40	4	1	14	773	37	2	3	11
Roast Beef Deli Style Sandwich	180 grams	245	40	4	1	13	638	38	2	4	13
Seafood & Crab Deli Style Sandwich	178 grams	298	103	11	2	17	544	37	2	3	12
Tuna Deli Style Sandwich w/light mayo	178 grams	279	84	9	2	16	583	38	2	3	11
Bologna Deli Style Sandwich	171 grams	292	104	12	4	20	744	38	2	3	10
Veggie Delite Salad	260 grams	51	7	1	0	0	308	10	1	1	2
Turkey Breast Salad	316 grams	102	17	2	1	19	1117	12	1	1	11
Subway Club Salad	331 grams	126	26	3	1	26	1067	12	1	2	14
Roast Beef Salad	316 grams	117	24	3	1	20	654	11	1	2	12
Ham Salad	316 grams	116	30	3	1	28	1034	11	1	2	12

Turkey Breast & Ham Salad	316 grams	109	24	3	1	24	1076	11	1	2	11
Roasted Chicken Breast Salad	331 grams	162	35	4	1	48	693	13	1	2	20
Subway Seafood & Crab Salad	331 grams	161	71	8	1	32	599	11	2	1	13
Steak & Cheese Salad	342 grams	212	69	8	5	70	832	13	1	3	22
Subway Melt Salad	336 grams	195	89	10	4	42	1461	12	1	2	16
Cold Cut Trio Salad	330 grams	191	100	11	3	64	1127	11	1	1	13
Tuna Salad	331 grams	205	117	13	2	32	654	11	1	1	12
Meatball Salad	345 grams	233	127	14	5	33	761	16	2	3	12
Pizza Salad	335 grams	277	177	20	8	50	1336	13	2	3	12
Classic Italian BMT Salad	331 grams	274	176	20	7	56	1379	11	1	2	14
Cheese (2 triangles)	11 grams	41	27	3	2	10	201	0	0	0	2
Oatmeal Raisin Cookie	1 cookie	233	81	9	2	12	152	32	1	17	3
Chocolate Chip Cookie	1 cookie	234	90	10	4	10	148	33	1	17	3

Taco Bell

Fiesta Breakfast Burrito	3.5 ounces	280	140	16	6	25	580	25	2	1	9
Country Breakfast Burrito	4 ounces	270	130	14	5	195	690	26	2	1	8
Grande Breakfast Burrito	6.25 ounces	420	200	22	7	205	1050	43	3	2	13
Double Bacon & Egg Burrito	6.25 ounces	480	250	27	9	400	1240	39	2	2	18
Breakfast Cheese Quesadilla	5.5 ounces	380	190	21	9	280	1010	33	1	1	15
Breakfast Quesadilla w/bacon	6 ounces	450	240	27	11	290	1200	33	2	1	19
Breakfast Quesadilla w/sausage	6 ounces	430	230	25	10	285	1090	33	1	1	17
Hash Brown Nuggets	3.5 ounces	280	160	18	5	0	570	29	1	0	2
Taco	2.75 ounces	180	90	10	4	25	330	12	3	1	9
Soft Taco	3.5 ounces	220	90	10	5	25	580	21	3	1	11
Taco Supreme	4 ounces	220	120	14	7	35	350	14	3	2	10
Soft Taco Supreme	5 ounces	260	120	14	7	35	590	23	3	3	12

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Double Decker Taco	5.75 ounces	340	130	15	5	25	750	38	9	2	14
Double Decker Taco Supreme	7 ounces	390	170	19	8	35	760	40	9	3	15
Grilled Steak Soft Taco	4.5 ounces	230	90	10	3	25	1020	20	2	1	15
Grilled Steak Soft Taco Supreme	5.75 ounces	290	130	14	5	35	1040	24	3	4	16
Grilled Chicken Soft Taco	4.5 ounces	200	60	7	3	35	540	21	2	2	14
Bean Burrito	7 ounces	380	110	12	4	10	1100	55	13	3	13
Burrito Supreme	9 ounces	440	170	19	8	35	1230	51	10	4	17
Big Beef Burrito Supreme	10.5 ounces	520	210	23	10	55	1520	54	11	4	24
7-Layer Burrito	10 ounces	530	200	23	7	25	1280	66	13	4	16
Chili Cheese Burrito	5 ounces	330	120	13	6	35	870	37	5	2	14
Grilled Chicken Burrito	7 ounces	400	120	14	4	40	1250	50	3	2	19
Big Chicken Burrito Supreme	9 ounces	500	180	20	7	70	1660	51	3	3	27
Gordita Supreme w/beef	5.5 ounces	300	120	13	6	35	390	31	3	3	14
Gordita Supreme w/grilled chicken	5.5 ounces	300	120	14	5	45	540	28	3	4	17
Gordita Supreme w/grilled steak	5.5 ounces	310	130	14	5	35	550	27	3	3	17
Gordita Fiesta w/beef	5 ounces	290	120	13	4	25	880	31	3	2	14
Gordita Fiesta w/grilled chicken	5 ounces	260	90	10	3	30	580	28	3	3	16
Gordita Fiesta w/grilled steak	5 ounces	270	90	10	3	25	600	27	3	3	17
Gordita Santa Fe w/beef	5.5 ounces	380	180	20	4	35	440	33	4	3	14
Gordita Santa Fe w/grilled chicken	5.5 ounces	370	180	20	4	40	610	30	3	3	17
Gordita Santa Fe w/grilled steak	5.5 ounces	370	190	21	5	35	360	29	3	3	18
Steak Fajita Wrap	8 ounces	470	190	21	6	40	1190	50	3	3	20

Chicken Fajita Wrap	8 ounces	460	180	20	5	45	1170	51	3	3	19
Veggie Fajita Wrap	8 ounces	420	170	19	5	20	980	53	3	3	10
Steak Fajita Wrap Supreme	9 ounces	510	220	25	8	50	1200	52	3	4	21
Veggie Fajita Wrap Supreme	9 ounces	510	220	24	8	55	1180	53	3	4	20
Chicken Fajita Wrap Supreme	9 ounces	520	230	26	8	70	1300	53	4	4	18
Tostada	6.25 ounces	300	130	15	5	15	650	31	12	2	10
Mexican Pizza	7.75 ounces	570	320	35	10	45	1040	42	8	1	21
Big Beef MexiMelt	4.75 ounces	290	140	15	7	45	850	23	4	2	16
Taco Salad & Salsa w/shell	19 ounces	850	470	52	15	60	1780	65	16	9	30
Taco Salad & Salsa w/o shell	16.5 ounces	420	200	22	11	60	1520	32	15	9	24
Cheese Quesadilla	4.25 ounces	350	160	18	9	50	860	32	2	1	16
Chicken Quesadilla	6 ounces	410	170	19	10	75	1040	33	2	1	25
Nachos	3.5 ounces	320	170	18	4	5	570	34	3	2	5
Big Beef Nachos Supreme	7 ounces	450	220	24	8	30	810	45	9	3	14
Nachos Bellgrande	11 ounces	770	360	39	11	35	1310	84	17	4	21
Pintos 'n Cheese	4.5 ounces	190	80	9	4	15	650	18	10	1	9
Mexican Rice	4.75 ounces	190	80	9	4	15	760	23	1	1	5
Cinnamon Twists	1 ounce	140	50	6	0	0	190	19	0	0	1
Choco Taco Ice Cream Dessert	4 ounces	310	150	17	10	20	100	37	1	27	3
Taco John's											
Bean Burrito	6.5 ounces	387	100	11	5	18	866	57	-	2	15
Beef Burrito	6.5 ounces	449	180	20	9	52	863	44	-	<1	23
Combination Burrito	6.5 ounces	418	140	16	7	35	865	50	-	1	19
Meat & Potato Burrito	7.5 grams	503	221	24	7	25	1341	53	-	2	17
Ranch Burrito	7 ounces	447	204	23	8	74	804	44	-	2	18
35 Super Burrito	8.5 ounces	465	175	19	9	41	922	53	-	3	20

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Chicken Fajita Burrito	6.25 ounces	370	106	12	5	49	1536	45	-	1	21
Chicken Fajita Salad w/out dressing	12.25 ounces	557	299	33	9	56	1541	44	-	6	22
Chicken Fajita Softshell	4.5 ounces	200	62	7	3	33	903	21	-	<1	13
Crispy Taco	3.25 ounces	182	98	11	4	26	272	12	-	<1	9
Softshell Taco	4.25 ounces	230	93	10	4	26	520	23	-	<1	14
Taco Bravo	6.25 ounces	346	130	14	5	28	677	39	-	1	15
Taco Burger	5 ounces	280	108	12	5	32	576	28	-	4	15
Crispy Taco Kid's Meal	8 ounces	579	305	34	10	35	789	54	-	4	13
Softshell Taco Kid's Meal	8.5 ounces	617	294	33	10	35	1037	64	-	4	15
Chimichanga Platter	18 ounces	979	338	38	15	59	2341	127	-	7	33
Double Enchilada Platter	18.25 ounces	967	381	42	16	89	1921	106	-	6	42
Sampler Platter	25.5 ounces	1406	545	61	24	126	2875	156	-	7	61
Smothered Burrito Platter	19.5 ounces	1031	360	40	16	70	2351	132	-	6	39
Mexi Rolls w/nacho cheese	9.75 ounces	863	435	48	11	54	1392	72	-	1	30
Sierra Chicken Fillet Sandwich	8.5 ounces	534	260	29	8	68	1406	40	-	3	30
Super Nachos	13 ounces	919	508	56	13	48	1484	72	-	3	26
Taco Salad w/shell w/out dressing	12.4 ounces	584	340	38	11	46	766	43	-	6	20
Refried Beans	9.5 ounces	357	77	9	2	17	1032	53	-	-	18
Chili	9.25 ounces	350	190	21	10	56	865	19	-	4	20
Mexican Rice	8 ounces	567	159	18	5	0	1293	40	-	2	8
Nachos	3.5 ounces	333	185	21	2	0	611	27	-	0	7
Nacho Cheese	2 ounces	300	90	10	0	-	600	0	-	-	5

Regular Potato Oles	4.63 ounces	363	203	23	5	-	964	38	-	<1	3
Large Potato Oles	6.12 ounces	484	271	30	7	-	1285	50	-	<1	4
Potato Oles w/nacho cheese	6.63 ounces	483	293	33	5	-	1564	38	-	<1	8
Potato Oles Bravo	8.88 ounces	579	339	38	7	7	1550	47	-	<1	11
Churro	1.5 ounces	147	70	8	2	4	160	17	-	4	2
Apple Flauta	2 ounces	84	10	1	<1	0	72	19	-	3	1
Cherry Flauta	2 ounces	143	32	4	<1	0	110	27	-	3	2
Cream Cheese Flauta	2 ounces	181	71	8	3	10	135	27	-	3	2
Choco Taco	3.5 ounces	320	153	17	11	20	100	38	-	27	3
Italian Ice	4 ounces	80	0	0	0	0	5	1	-	17	0

Wendy's

Plain Single Hamburger	133 grams	360	150	16	6	65	580	31	2	5	24
Single Hamburger w/everything	219 grams	420	180	20	7	70	920	37	3	9	25
Big Bacon Classic Hamburger	282 grams	580	270	30	12	100	1460	46	3	11	34
Jr. Hamburger	118 grams	270	90	10	4	30	610	34	2	7	15
Jr. Cheeseburger	130 grams	320	120	13	6	45	830	34	2	7	17
Jr. Bacon Cheeseburger	166 grams	380	170	19	7	60	850	34	2	7	20
Jr. Cheeseburger Deluxe	180 grams	360	150	17	6	50	890	36	3	8	18
Kids' Meal Hamburger	111 grams	270	90	10	4	30	610	33	2	7	15
Kids' Meal Cheeseburger	123 grams	320	120	13	6	45	830	33	2	7	17
Grilled Chicken Sandwich	189 grams	310	70	8	2	65	790	35	2	8	27
Breaded Chicken Sandwich	208 grams	440	160	18	4	60	840	44	2	6	28
Chicken Club Sandwich	216 grams	470	180	20	4	70	970	44	2	6	31
Spicy Chicken Sandwich	213 grams	410	130	15	3	65	1280	43	2	6	28
Chicken Caesar Pita	237 grams	490	160	18	5	65	1320	48	4	6	34
Classic Greek Pita	234 grams	440	180	20	8	35	1050	50	4	7	15

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein
Garden Ranch Chicken Pita	283 grams	480	160	18	4	70	1180	51	5	7	30
Garden Veggie Pita	257 grams	400	150	17	4	20	760	52	5	8	11
Side Salad w/out dressing	262 grams	60	25	3	0	0	180	5	2	3	4
Caesar Side Salad w/out dressing	89 grams	100	35	4	2	10	620	8	1	1	8
Grilled Chicken Salad w/out dressing	338 grams	200	70	8	2	50	720	9	3	6	25
Deluxe Garden Salad w/out dressing	270 grams	110	50	6	1	0	350	9	3	6	7
Grilled Chicken Caesar Salad	262 grams	260	80	9	3	60	1170	17	2	2	26
Taco Salad	468 grams	380	170	19	10	65	1040	28	7	9	26
Small Chili	227 grams	210	60	7	3	30	800	21	5	5	15
Large Chili	340 grams	310	90	10	4	45	1190	32	7	8	23
Plain Potato	284 grams	310	0	0	0	0	25	71	7	5	7
Cheese Potato	383 grams	570	210	23	8	30	640	78	7	5	14
Broccoli & Cheese Potato	411 grams	470	130	14	3	5	470	80	9	6	9
Sour Cream & Chives Potato	314 grams	380	60	6	4	15	40	74	8	6	8
Bacon & Cheese Potato	380 grams	530	160	18	4	20	1390	78	7	6	17
Chili & Cheese Potato	439 grams	630	220	24	9	40	770	83	9	7	20
Chicken Nuggets (5)	75 grams	210	130	14	3	45	460	7	0	0	14
Small French Fries	91 grams	270	120	13	2	0	85	35	3	0	4
Medium French Fries	130 grams	390	170	19	3	0	120	50	5	0	5
Biggie French Fries	159 grams	470	200	23	4	0	150	61	6	0	6
Taco Chips (15)	42 grams	210	100	11	2	0	180	24	2	0	3
Soft breadstick	44 grams	130	30	3	<1	5	250	23	1	-	4

Small Frosty Dairy	227 grams	330	80	8	5	35	200	56	0	43	8
Medium Frosty Dairy	298 grams	440	100	11	7	50	260	73	0	56	11
Large Frosty Dairy	369 grams	540	120	14	9	60	320	91	0	70	14
White Castle											
Hamburger	1 sandwich	135	65	7	3	10	135	11	2	0	6
Cheeseburger	1 sandwich	160	85	9	4	15	250	11	2	0	7
Double Hamburger	1 sandwich	235	125	14	6	20	200	16	4	0	11
Double Cheeseburger	1 sandwich	285	165	18	8	30	430	16	5	0	14
Bacon Cheeseburger	1 sandwich	200	115	13	6	25	400	12	3	0	10
Fish Sandwich	1 sandwich	160	60	6	1	15	220	18	0	1	8
Chicken Sandwich	1 sandwich	190	70	8	2	20	360	21	-	1	8
Breakfast Sandwich	1 sandwich	340	220	25	10	130	900	17	0	2	14
Chicken Rings	6 rings	310	190	21	4	70	620	14	0	0	16
Onion Chips	1 small	180	80	9	2	0	580	25	-	3	3
French Fries	1 small	115	50	6	1	-	15	15	2	2	-
Cheese Sticks	3 sticks	290	150	17	5	-	730	19	-	-	15
Chocolate Shake	14 fl. ounces	220	60	7	1	25	140	32	-	27	8