

Popular Restaurant & Fast Food Choices "The Calorie Counter"

Blossom Paravattil

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Let's face it: With so much to do, it's hard to eat right on the go. And no matter how compelling you found the movies *Fast Food Nation* or *Super Size Me*, you sometimes find yourself making the occasional purchase at the nearest Wendy's. While avoiding fast food may be the wisest and most health-conscious option, it may not be the most realistic.

With so many Americans being obese, President Obama signed a new law into the health care reform bill that requires every big restaurant chain (more than 20 stores) to post calorie information on every menu and drive-thru sign, as well as the amount of calories a healthy person should eat.¹ The FDA is currently working on implementing this law. The law also requires vending machines to have nutritional information on them.

How many calories should I be consuming a day?

The United States Department of Agriculture (USDA) has recommended dietary guidelines that include the number of calories you should consume a day, depending on your age, level of activity, and whether you are a man or woman. The chart below will help you find out how many calories you should be getting. If you regularly consume more than the recommended amount, you will gain weight.

Recommended Daily Calorie Intake by Gender and Age based on Activity Level

Gender	Age (years)	Activity Level		
		Sedentary	Moderately Active	Active
Child	2-3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

Source: HHS/USDA Dietary Guidelines for Americans, 2005 ²

Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more

calories are needed at older ages. For adults, fewer calories are needed at older ages. So, we, at NRC for Women & Families, give you the skinny on a variety of menu choices offered by some of the most popular fast food chains. Take a look- you may be surprised!

Fast Foods by Category:

Pizza:

California Pizza Kitchen Original BBQ Chicken (whole pizza)	Calories: 1136	Fat: 19 grams
Domino's Medium Ultimate Deep Dish EXtravaganZZa Feast, 1 slice 12"	Calories: 320	Fat: 16 grams
Domino's Cheese, 1 slice 12"	Calories: 210	Fat: 8 grams
Papa John's Garden Fresh on Original Crust, 1 slice 12"	Calories: 200	Fat: 7 grams
Papa John's Spinach Alfredo on Original Crust, 1 slice 12"	Calories: 210	Fat: 8 grams
Pizza Hut Thin n' Crispy, Pepperoni, 1 slice 12'	Calories: 200	Fat: 9 grams
Pizza Hut Fit n' Delicious Pizza with Green Pepper, Red Onion, and Diced Tomato, 1 slice	Calories: 150	Fat: 4 grams

Hamburgers:

Burger King Whopper (with cheese)	Calories: 770	Fat: 48 grams
Five Guys (with cheese)	Calories: 610	Fat: 34 grams
McDonald's Quarter Pound with cheese	Calories: 510	Fat: 26 grams
Wendy's ¼ Pound Single Hamburger	Calories: 470	Fat: 21 grams

Chicken Strips:

Burger King 8 Piece Chicken Tenders	Calories: 360	Fat: 21 grams
McDonalds Chicken Selects Premium Breast Strips (5)	Calories: 660	Fat: 40 grams
Wendy's 10 Piece Chicken Nuggets	Calories: 450	Fat: 29 grams

French Fries:

Burger King Medium Fries	Calories: 440	Fat: 22 grams
Five Guys	Calories: 310	Fat: 15 grams
McDonald's Medium Fries	Calories: 380	Fat: 19 grams
Wendy's Medium Fries	Calories: 410	Fat: 19 grams

Burritos:

Baja Fresh Chicken Burrito Ultimo	Calories: 880	Fat: 36 grams
Baja Fresh Bean and Cheese Burrito	Calories: 840	Fat: 33 grams
Chipotle Chicken (with rice, beans, sour cream and cheese)	Calories: 950	Fat: 37 grams
Taco Bell Burrito Supreme, Chicken	Calories: 390	Fat: 12 grams

Sandwiches:

Burger King Tender Grill Chicken (no mayo)	Calories: 410	Fat: 7 grams
McDonald's Premium Grilled Chicken Classic	Calories: 420	Fat: 10 grams
Panera Turkey Artichoke Panini	Calories: 750	Fat: 24 grams
Panera Bacon Turkey Bravo	Calories: 830	Fat: 29 grams
Quiznos Honey Mustard Chicken Sub, Regular	Calories: 830	Fat: 41 grams
Quiznos Tuna Melt, Regular	Calories: 1220	Fat: 94 grams
Subway Turkey, 6 inch (no mayo)	Calories: 280	Fat: 3.5 grams
Wendy's Ultimate Chicken Grill	Calories: 370	Fat: 7 grams

Salads (no dressing):

Burger King Tendergrill Chicken Garden	Calories: 300	Fat: 10 grams
McDonald's Premium Southwest Salad with Grilled Chicken	Calories: 320	Fat: 9 grams

Panera Greek Salad	Calories: 380	Fat: 34 grams
Panera Strawberry and Poppyseed Chicken Salad	Calories: 280	Fat: 8 grams
Quiznos Chicken Caesar, Regular	Calories: 440	Fat: 16.5 grams
Quiznos Raspberry Chipotle Chicken, Regular	Calories: 520	Fat: 25 grams
Subway Oven Roasted Chicken, Fat-Free Italian dressing	Calories: 130	Fat: 2.5 grams
Wendy's Mandarin Chicken Salad	Calories: 390	Fat: 16 grams

Muffins:

Au Bon Pain Cranberry Walnut	Calories: 540	Fat: 25 grams	Sugar: 28g
Dunkin Donuts Blueberry	Calories: 510	Fat: 16 grams	Sugar: 51g
Dunkin Donuts Honey Bran Raisin	Calories: 500	Fat: 14 grams	Sugar: 48g
Starbuck's Blueberry	Calories: 470	Fat: 24 grams	Sugar: 23g
Starbuck's Lowfat Blueberry	Calories: 430	Fat: 2.5grams	Sugar: 57g

Donuts:

Dunkin Donuts Glazed Donut	Calories: 220	Fat: 9 grams	Sugar: 12 g
Krispy Kreme Original Glazed Donut	Calories: 200	Fat: 12 grams	Sugar: 10 g
Starbuck's Old-fashioned Glazed Donut	Calories: 420	Fat: 21 grams	Sugar: 34 g

Bagels:

Dunkin Donuts Everything	Calories: 350	Fat: 4.5 grams
Einstein's Asiago Cheese Bagel	Calories: 310	Fat: 5 grams
Einstein Everything	Calories: 270	Fat: 2 grams
Starbuck's Plain	Calories: 300	Fat: 1 gram

Other Breakfast:

Burger King Sausage, Egg, and Cheese Biscuit	Calories: 550	Fat: 37 grams
Dunkin Donuts Egg and Cheese Bagel	Calories: 510	Fat: 6 grams
McDonald's Sausage McMuffin with Egg	Calories: 450	Fat: 27 grams
Starbuck's Cheese Danish	Calories: 420	Fat: 25 grams
Starbuck's Banana Walnut Loaf	Calories: 350	Fat: 16 grams

Coffee:

Dunkin Donuts Mocha Swirl Latte (10 oz)	Calories: 220	Fat: 6 grams	Sugar: 32 g
Dunkin Donuts Coolatta with Skim Milk (16 oz)	Calories: 210	Fat: 0 grams	Sugar: 49 g
Dunkin Donuts Latte (10oz)	Calories: 120	Fat: 6 grams	Sugar: 10 g
Dunkin Donuts Coffee (14oz), (no milk or sugar)	Calories: 10	Fat: 0 grams	Sugar: 0 g
Starbuck's Caramel Frappuccino, Grande with Whip	Calories: 390	Fat: 15 grams	Sugar: 59 g
Starbuck's Caffè Mocha, Grande 2% Milk, no Whip	Calories: 260	Fat: 8 grams	Sugar: 31 g
Starbuck's Caffè Latte, Grande 2% Milk	Calories: 190	Fat: 7 grams	Sugar: 17 g
Starbuck's Coffee Frappuccino Light	Calories: 110	Fat: 0 grams	Sugar: 23 g
Starbuck's Caramel Macchiato, Grande	Calories: 240	Fat: 7 grams	Sugar: 31 g

Don't fall for the "health halo" effect: assuming that *all* foods at restaurants marketed as "healthy" or *all* foods of a category labeled "healthy" (e.g., salads) are actually better for you. Several fast food chains and restaurants have their nutrition information on their websites. If your favorite foods are not listed above, go to the chain's website and look for the calorie information. You may be shocked...or pleasantly surprised! Remember: knowledge is power. Knowing how many calories are in your favorite snack or meal-on-the-go can help you watch your weight and stay healthy.

References:

¹ http://healthreform.gov/documents/title_iv_prevention_of_chronic_disease.pdf

² USDA. (2008). Dietary Guidelines for Americans 2005.