

## The ABC's of Eating Out

Kathleen M. Stadler and Jumanah S. Essa\*

"Eating out" has changed the dietary habits of Americans. The number of meals eaten away from home has increased from 16% in 1977-78 to 29% in 1995. An estimated 40% of a family's food budget is spent on food that they eat away from home. Families and people eat out due to more women working outside of the home, more two-salary households, higher incomes, more affordable and convenient fast food restaurants, increased advertising, and smaller families (Frazaos, 1999).

Are you or your family eating out several times a week? With busy schedules, families are grabbing meals on the run. Fried chicken, hamburgers, French fries, ice cream, and soft drinks are popular fast foods. Healthier choices that are lower in calories, fat, sodium, cholesterol, and sugar are available. Most fast food chains offer a wide variety of good choices, such as grilled chicken sandwiches, broiled fish, salads, and low-fat milk.

In addition to making healthier choices, it is important to take portion sizes into consideration. Portion sizes of foods continue to get larger and larger. Restaurants are increasing portion sizes to make meals more economically appealing to customers. As meals continue to get larger, more Americans overeat and gain weight.

Meals and snacks eaten away from home can be part of a balanced diet if based on the Food Guide Pyramid. Variety of food choices and moderation in serving or portion size are keys to restaurant food selection. Use the Food Guide Pyramid to help you select healthy meals and snacks when eating away from home. Throughout the day, eat at least the minimum number of servings in the correct portion size from each group of the Food Guide Pyramid. Limit the amount of high fat, salty, and sugary foods to control calories.

If you make the right choices of foods and portion sizes, eating fast foods or dining out can fit into the Food Guide Pyramid plan. This publication highlights ways to help you achieve healthy practices while eating out. Ask, build, and choose healthier foods when dining out. Use the ABC's of eating out to practice good lifestyle habits for a healthy body.

**Menu 1:**  
Quarter Pounder with  
cheese

Large French Fries

Large Coke

Apple Pie

Menu 1 gives  
1520 calories,  
66 grams of fat, 1650  
mg of sodium, and 118  
mg of cholesterol.

**Menu 2:**

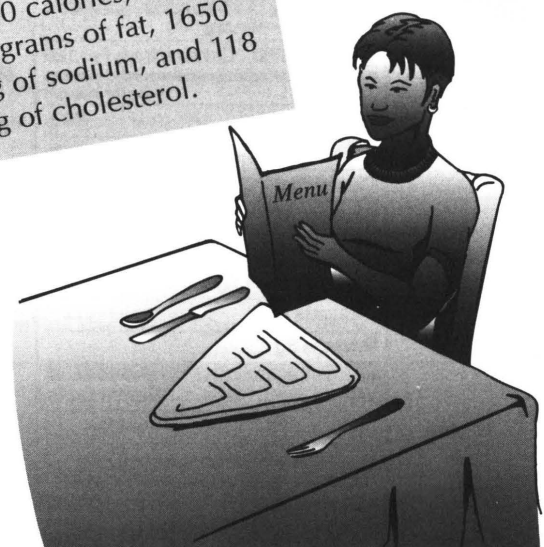
Grilled Chicken  
Sandwich (without  
mayonnaise)

Baked Potato with sour  
cream

Diet soda

Low fat ice cream cone

Menu 2 gives 638 calories,  
6 grams of fat, 817  
mg of sodium, and 43  
mg of cholesterol.



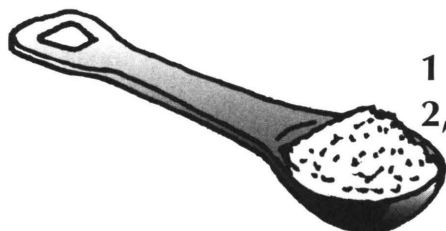
\* Assistant Professor, Extension Specialist, Nutrition; Dept. of Human Nutrition, Foods and Exercise; Graduate Assistant, Dept. of Human Nutrition, Foods and Exercise; Virginia Tech; respectively.

LD  
5655  
A162  
NO. 348-  
951  
C.2

## Sodium in Fast Foods

Sodium is a mineral that we need for good health. Everyone needs sodium or salt in their diet to maintain body water, regulate nerve impulses, and absorb other nutrients. The Daily Value or recommended amount of sodium for adults is 2,400 milligrams. Research shows that many Americans eat 2 to 4 times more sodium than they need. Excess sodium can contribute to high blood pressure or hypertension, especially in salt sensitive individuals.

Many fast food choices may be high in sodium or salt (Table 1). Do not add more salt to prepared meals. One teaspoon of salt is equal to about 2,000 mg of sodium.



**1 teaspoon =  
2,000 mg**

**Table 1.**

Daily Caloric Intake	Daily Sodium Intake
2,000 kcal	2,400 mg
Daily Fat Intake	Daily Cholesterol Intake
no more than 65 g	300 mg

## Fat and Cholesterol in Fast Foods

Some fat and cholesterol are needed in the body to perform many tasks. Fat is needed to absorb or use fat-soluble vitamins (A, D, E, & K). The amount or grams of fat that you need in your diet depends on the calories recommended for your age, gender, and activity level. For example, an adult eating 2,000 calories a day should not exceed 65 grams of fat. For more information on fat grams for specific ages, genders, and activity levels, see VCE Publication 348-710, *The Food Guide Pyramid and Dietary Guidelines*.

Many fast foods and some other restaurant foods are high in fat and cholesterol. Controlling your fat intake has a greater effect on your heart health than controlling the amount of cholesterol in your total diet.

Cholesterol plays an important role in hormones, bile salts, and transportation of fat in the blood. The Daily Value for cholesterol on food labels is 300 mg. Cholesterol is found only in animal foods. For more information on cholesterol see VCE Publication 348-898, *Heart Healthy Eating- Cholesterol, Fat, Fiber, & Sodium*.

**Nutrition Facts**  
Serving Size 1 cup (228g)  
Servings Per Container 2

---

**Amount Per Serving**  
**Calories** 260    **Calories from Fat** 120

---

	% Daily Value*	
<b>Total Fat</b> 13g		<b>20%</b>
Saturated Fat 5g		<b>25%</b>
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 660mg		<b>28%</b>
<b>Total Carbohydrate</b> 31g		<b>10%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 5g		
<b>Protein</b> 5g		
Vitamin A 4%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Daily Values are set by the government and are based on current nutritional recommendations. Some labels list the Daily Values for a daily diet of 2,000 and 2,500 calories. Your own nutrient needs may be less than or more than the Daily Values on the label.

The % Daily Value shows how much the amount of fat in a serving of this food compares to 65 grams, the Daily Value for fat for a 2,000 calorie reference diet.

The % Daily Value shows how much the amount of cholesterol in a serving of this food compares to 300 milligrams, the Daily Value for cholesterol for all calorie levels.

## Watch Portion Sizes!

Watch portion sizes at fast food places, convenience stores, and restaurants. Portion sizes in prepackaged food, prepared meals, snacks, and drinks have increased tremendously over the past decade. Burgers keep getting larger, and fries and drink sizes are now super-sized at almost all fast food places.

For example, portion sizes of meat are much greater than the Food Guide Pyramid serving size of 3 ounces. Steaks, chicken breasts, and other meats can be as much as 12 ounces. This is 4 times the recommended serving size. Remember that a 3-ounce serving is the size and thickness of a deck of cards. Choose smaller portion sizes at restaurants for a healthier choice. If the portion served is larger than your usual serving, take half of it home. Try ordering lunch portions at dinner.

Many fast food restaurants provide combination meals that are more economical than purchasing just a sandwich. For example, breakfast combination meals may include the sandwich, hash browns, and a drink for a cheaper price than the sandwich alone. If the combination meal is indeed cheaper, purchase it. Share the meal with a friend or save half for later. You do not have to eat everything included in the meal.

## General Basics to Remember When Eating Out!

- Call ahead and ask about the menu.
- Write down food choices before going out.
- Be the first one to order and be specific.
- Look over the choices at a buffet.
- Avoid or limit alcohol.
- Split a meal with a friend.
- Ask for a take-out box and take some of your meal home.
- Eat a salad instead of bread, cheese, or crackers.
- Eat slowly.
- Skip the high fat desserts; choose to have a piece of fruit, sorbet, or sherbet at home.

## Don't Be Tricked!

Knowledge about how food is prepared can tell you a lot about the fat and sodium content. Be aware of cooking terms that signal high fat and high sodium foods. Remember to choose foods that are baked, boiled, broiled, grilled, poached, or steamed. These preparation methods tend to be lower in fat. Do not add extra salt to your foods. Avoid the following preparation methods:

## Higher Fat

- buttered or buttery
- sautéed
- fried, pan fried
- deep fried, French fried, crispy
- breaded or battered
- creamed, creamy, in cream sauce
- with gravy
- au gratin, in cheese sauce
- scalloped

## Higher Sodium

- smoked
- pickled
- barbecued
- in broth
- in cocktail sauce
- teriyaki
- with soy sauce

## Sugar in Fast Foods

The main role of sugar is to give you energy. However, Americans consume much more sugar than they need.

Sugar now accounts for 16 percent of calories consumed by the average American and 20 percent of teenagers' calories. A study in 1977-78 found that added sugars provided only 11 percent of the average person's calories. According to the USDA, people consuming 2,000 calories a day should eat no more than about 10 teaspoons of added sugar. However, USDA surveys show that the average American consumes about 20 teaspoons of sugar per day. Soft drinks, which contain about 9 teaspoons of sugar per 12-ounce can, are a leading contributor to increased sugar consumption.

Americans eat an average of 130 pounds of sugars and sweeteners each year. About 70% of this sugar intake comes from already prepared foods, such as catsup, cold cuts, cookies, hot dogs, or soft drinks.

Excess sugar consumption leads to weight gain; obesity and being overweight is a serious problem in America. The American Obesity Association estimates that 55% of the American population is overweight.

To control sugar intake and maintain a healthy weight, choose smaller portions or eat fewer high-sugar foods from the top of the Food Guide Pyramid.

- 4 grams of sugar is about equal to 1 teaspoon
- 36 oz. Supersize soda: 117 grams of sugar (about 27 teaspoons)
- 12 oz. Can of Soda: 39 grams of sugar (about 9 teaspoons)
- Fruit Cocktail: 30 grams of sugar (about 7 1/2 teaspoons)
- 8 oz. of 100% juice: 14 grams of sugar (about 3 1/2 teaspoons)

## Good Eating Out Selections

### Breakfast

Eating breakfast away from home is increasingly popular. Many breakfast items are high in calories, fat, cholesterol, and sodium. Most fast food chains offer limited options for breakfast as compared to other meals. With the right choices, eating breakfast away from home can fit into a healthy Food Guide Pyramid diet. Follow these tips for a healthy breakfast:

#### ABC's Menu For Breakfast:

##### Ask for:

- Scrambled eggs or an egg substitute omelet.
- Butter, margarine, or syrups on the side and not added to food. You add as needed.
- Low fat dairy products- skim or 1% milk.

##### Build a healthier body and meal by:

- Drinking skim and low-fat milks to build strong bones and teeth by adding calcium.
- Drinking 100% vegetable and fruit juices.

##### Choose:

- Hot or dry cereals with skim or 1% milk.
- Dry toast, English muffins, and bagels instead of croissants, Danishes, and donuts.
- To stay away from "combination sandwiches."

## Sandwiches

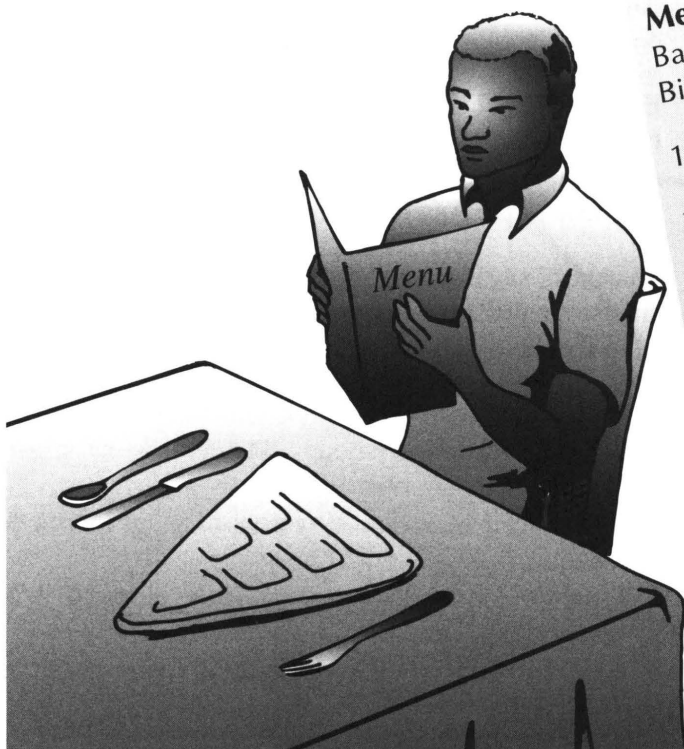
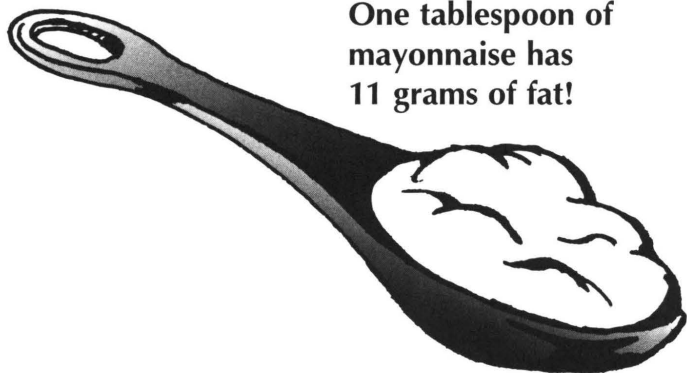
Sandwiches are a popular choice at fast food restaurants. Submarine (sub) sandwich restaurants are growing in popularity. Sub sandwiches are great choices because they offer a wide variety of meats, vegetables, and breads. Some sandwiches have more calories, fat, and sodium than others do. The sandwich is a great food choice because you can order it any way you like it. Follow these tips for a healthy sandwich:

#### ABC's Menu for Sandwiches

##### Ask for:

- A plain baked potato, pretzels, or baked chips with your sandwich instead of regular potato chips or fries.
- No mayonnaise on your sandwich.

One tablespoon of  
mayonnaise has  
11 grams of fat!



##### Menu 1:

Bacon, Egg, and Cheese  
Biscuit

- 1 small order of hash browns
- 1 cup coffee
- 1 cup 100% orange juice

Menu 1 gives about 690 calories, 34 grams of fat, 1,649 milligrams of sodium (this is equal to about 3/4 teaspoon of salt), and 238 milligrams of cholesterol.

##### Menu 2:

English muffin with jelly

- 1 cup dry cereal
- 1 cup skim milk
- 1 cup coffee
- 1 cup 100% orange juice

Menu 2 gives 499 calories, 7 grams of fat, 784 milligrams of sodium (this is equal to about 1/4 teaspoon of salt), and 17 milligrams of cholesterol.



### Build a healthier body and meal by:

- Eating a sandwich full of vitamins and minerals. Layer on vegetables for color and flavor. Try red or green peppers, tomato, lettuce, cucumber, sprouts, carrot shreds or onions to spice up your meal.
- Adding low fat cheese, such as a slice of mozzarella, to your sandwich. Cheese is a good source of calcium.

### Choose:

- A whole-grain bread, roll, or pita for more fiber.
- Turkey, grilled chicken, or roast beef sandwiches instead of burgers or mayonnaise-based meat salad sandwiches, such as tuna salad, chicken salad, or ham salad.
- Mustard instead of mayonnaise.

#### Menu 1:

Sandwich with turkey, mozzarella cheese, lettuce, tomato, and mustard on whole-wheat bread

Pretzels

Pickle Spear

Skim Milk (1 cup)

Menu 1 gives 447 calories, 5 grams of fat, 2383 mg of sodium, and 16 mg of cholesterol.

#### Menu 2:

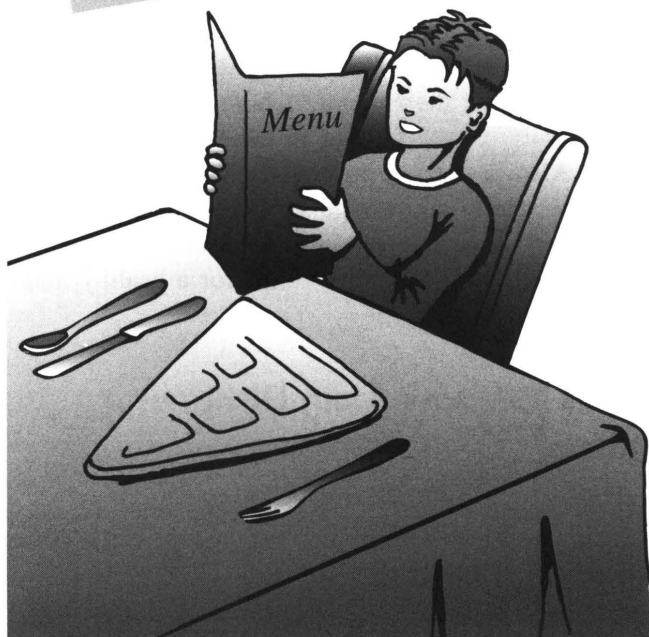
Chicken salad sandwich on white bread with lettuce and tomato

Potato chips

Pickle spear

Fruit punch (1 cup)











Menu 2 gives 579 calories, 26 grams of fat, 1408 mg of sodium, and 25 mg of cholesterol.



### What's in Your Burger?

You are at a fast food restaurant for lunch. You decide to eat a hamburger. Circle the topping choices that you usually make. Add up the amount of added fat and sodium.

A regular burger can be a healthy fast food choice if you choose the right condiments.

	Fat	Sodium	Cholesterol
 1 slice lettuce	0 g	1 mg	0 mg
 1 slice tomato	0 g	5 mg	0 mg
 1 slice onion	0 g	0 mg	0 mg
 1 slice American cheese	9 g	176 mg	26 mg
 2 strips bacon	6 g	272 mg	40 mg
 1 Tbs. mayonnaise	11 g	80 mg	5 mg
 1 Tbs. mustard	0 g	63 mg	0 mg
 1 Tbs. ketchup	0 g	178 mg	0 mg
 4 small sliced pickles	0 g	201 mg	0 mg
 1 small burger (3 oz.) with bun	17 g	420 mg	53 mg

A quarter pounder with cheese, a large order of fries, and a large soda add up to 1,260 calories and 51 grams of fat! Compare this with the smaller portion meal: a 3 oz. hamburger, small fries, and diet soda only has 530 calories and 26 grams of fat. Remember to choose smaller portion sizes to reduce calorie and fat intake! Take the time to special order hamburgers or sandwiches. Limit the addition of high fat, sodium, and cholesterol condiments and foods to your sandwiches.

## Soup and Salad Bars

With the right ingredients, a salad can be a wonderful meal full of vitamins, minerals, and phytonutrients. However, selecting the wrong choices from the salad bar can give you more calories and fat than a burger with fries. Follow these tips for a healthy soup and salad:

### ABC's Menu for Soup and Salad Bars

#### Ask for:

- Salad dressing on the side or fat free salad dressings or vinegar.
- Tossed salads rather than mayonnaise based salads, such as coleslaw or potato salad.
- Raisins or croutons to top your salad instead of eggs, imitation cheese, or bacon bits.

#### Build a healthier body and meal by:

- Topping your salad with beans (kidney or garbanzo) to increase protein.
- Adding some low-fat cottage cheese to your salad for extra calcium.
- Eating low fat crackers or saltines, instead of club crackers. Four club crackers have 4 grams of fat compared to only 1 gram of fat found in the saltines.

#### Choose:

- Raw vegetables, beans, and fresh fruit.
- Marinated salads instead of creamy ones at the salad bar. Marinated salads are often lower in calories compared to creamy ones and can replace some of the salad dressings.
- Broth or tomato based soups containing noodles, rice, or vegetables instead of cream or cheese based soups.
- Yeast breads such as rolls, French bread, melba toast, or bread sticks. These are lower fat choices than "quick" breads such as biscuits, muffins, cornbread, and croissants.

**Menu 1:**  
 Chef Salad with 2 tbsp.  
 Thousand Island salad  
 dressing

4 club crackers

1 cup cream of  
 mushroom soup

Sweet Tea

Menu 1 gives

599 calories,

36 g fat, 660

mg of sodi-

um, and 117

mg of cholesterol.

**Menu 2:**

Garden Salad with 2  
 tbsp. low-fat Italian  
 salad dressing

4 saltine crackers

1 cup minestrone soup

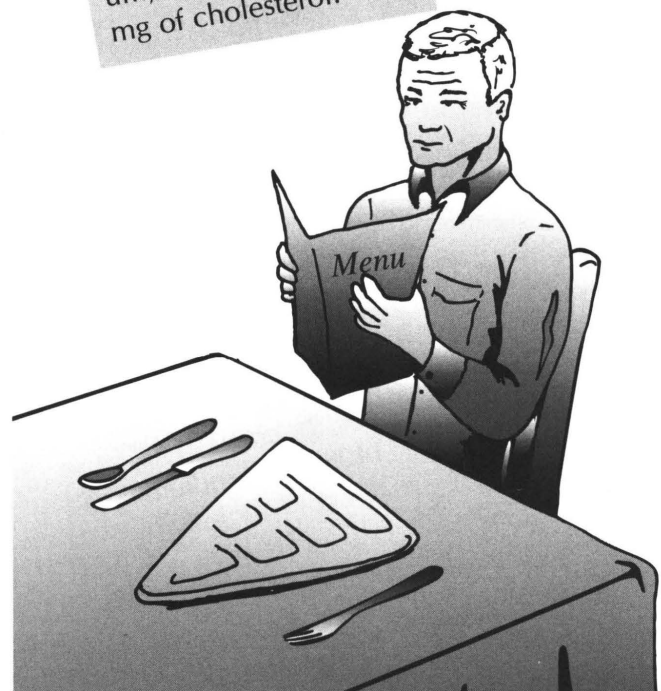
Sweet Tea

Menu 2 gives 348 calo-

ries, 8 grams of fat,

1337 mg of sodium,

and 4 mg of cholesterol.



## Main Dishes or Entrees

Restaurants often provide a wide variety of main dishes or entrees on their menu. These dishes may have hidden calories and fat due to the way they are prepared. Also, restaurant portions tend to be two to three times the size of an average serving size. As a result, you may be consuming more calories, fat, and sodium than you think. Follow these tips for a healthy main dish or entrée:

### ABC's Menu for Main Dishes or Entrees

#### Ask for:

- A smaller lunch portion of your meal to cut calorie and fat intake.

- A carry out box. Take some of your meal home and eat it later as a snack or for another meal.
- Dressings, gravies, and sauces on the side. This way you can add as much as you want.

**Build a healthier body and meal by:**

- Eating a tossed salad before your main course. The vegetables in your salad contain many vitamins and minerals. Also, this will help fill you up and you will be less likely to overeat when your main course comes.
- Choosing grilled or steamed vegetables as a side dish instead of French fries.

**Choose:**

- Tomato based sauces on pasta, rather than white creamy sauces, which are higher in fat.
- Meals that contain grilled, steamed, broiled, or baked chicken, fish, or beef instead of dishes that are breaded and fried.
- Lean beef, chicken (white meat), and fish (fin fish) dishes.

**Desserts and Snack Foods**

Desserts and snack foods are very popular in America. Almost everyone loves sweets! These foods tend to be high in sugar, fat, and calories. There are better choices that you can make. Follow these tips for a healthy dessert or snack:

**ABC's Menu for Desserts and Snack Foods**

**Ask for:**

- A milkshake made with skim or 1% milk. This is lower in fat and will provide you with calcium.
- Diet sodas or unsweetened tea instead of regular sodas, which are high in sugar.

**Build a healthier body and meal by:**

- Eating fruit for dessert.
- Eating frozen yogurt for dessert. Yogurt is lower in fat than ice cream and contains more calcium.

**Choose:**

- Sherbet, low-fat frozen yogurt, or fruit ices.
- To split a rich-dessert, such as pie, cake, or pastry, with some friends
- To have a cup of coffee or tea instead of a dessert.

**Menu 1:**

6 ounce Grilled Chicken Breast

Baked Potato with sour cream

Mixed Vegetables

Diet coke

Menu 1 gives 724 calories, 13 grams of fat, 197 mg of sodium, and 161 mg of cholesterol.

**Menu 2:**

8 ounce Steak

French Fries

1 Roll

Diet coke

Menu 2 gives 1040 calories, 41 grams of fat, 371 mg of sodium, and 135 mg of cholesterol.

**Menu 1:**

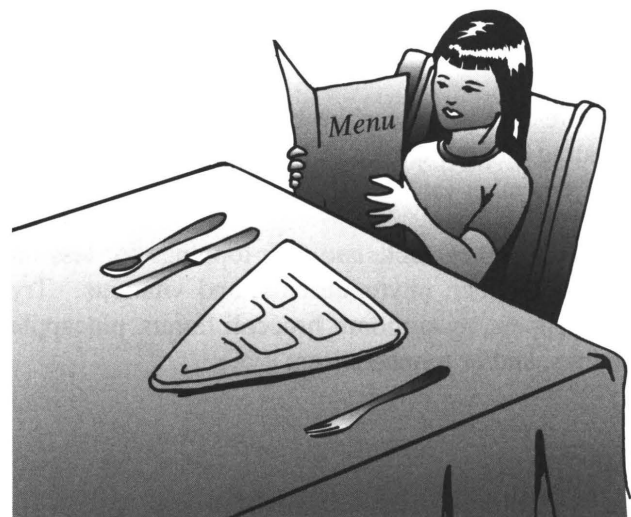
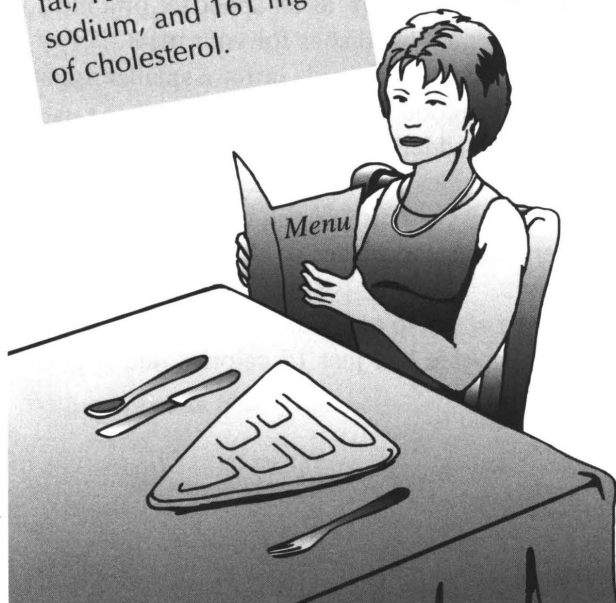
Vanilla ice cream cone

Menu 1 gives 350 calories, 10 grams of fat, 170 mg of sodium, and 30 mg of cholesterol.

**Menu 2:**

Soft-serve vanilla frozen yogurt cone

Menu 2 gives 118 calories, 1 gram of fat, 84 mg of sodium, and 3 mg of cholesterol.



## International Cuisine

International cuisines are very popular in restaurants. According to the National Restaurant Association, almost 98% of all restaurants offer some ethnic menu items. Italian, Mexican, and Chinese foods are the most popular. Ethnic foods offer a variety of choices and add nutrients to your diet. However, some foods may be high in calories, fat, and sodium without you even realizing it.

### Italian Foods

From pizza to pasta, everyone can find something that they like on an Italian menu. Though these foods can be an excellent source of carbohydrates, they are often loaded with cheese and cream sauces that make them high in fat and sodium. For a healthier meal, remember these tips the next time you order Italian foods:

- Enjoy a slice or two of crusty Italian bread. For less fat, go easy on the butter or on the olive oil for dipping.
- Order a fresh tossed salad with dressing on the side.
- A bowl of minestrone soup makes an excellent appetizer. This soup is filled with beans, vegetables, and pasta.
- Look for traditional dishes that have beans or vegetables instead of high fat sausages or high sodium cured meat.
- Enjoy grilled or broiled meats instead of breaded and pan-fried meats, such as chicken or veal parmigiana.

Pizza is a popular Italian food and can be a nutritious meal. Pizza provides servings from three or more food groups from the Food Guide Pyramid. The crust is a good source of complex carbohydrates and B vitamins. The cheese is a good source of calcium and protein. The tomato sauce and vegetable toppings add vitamin A, vitamin C, and lycopene. Lycopene is a phytonutrient found in tomato products, such as sauce and paste. Research shows that lycopene may help decrease heart and cancer risks.

Be aware that pizza can be high in fat and calories depending on your choice of toppings. For a healthier pizza, remember to:

- Load up on vegetable and fruit toppings for less fat and more fiber, phytonutrients, and vitamins. Try bell peppers, mushrooms, broccoli florets, pineapple chunks, and/or tomato slices.

- Go easy on higher fat toppings such as bacon, pepperoni, sausage, olives, anchovies, and extra cheese.
- Choose lean meats to top your pizza, such as lean ham or turkey.

### Mexican Foods

Mexican and Tex-Mex foods are among America's favorite ethnic foods. Most restaurants have a Mexican choice. Tortillas, beans, and rice are the base of a Mexican diet, which are excellent sources of carbohydrates and fiber. However, many Mexican dishes are made with cheeses and cream sauces, which are high in fat and sodium. For healthier Mexican eating:

- Order the guacamole and sour cream on the side so you can control the amount you use.
- Order soft tacos instead of crispy tacos and tostadas, which are fried.
- Enjoy a taco salad- but go easy on the big tortilla shell it is served in or the taco chips on top.
- Choose mostly baked or stir fried entrees, such as enchiladas or fajitas. Entrees such as chile rellenos, chimichangas, or flautas are fried and high in fat.
- Enjoy salsa! Tomato-based salsa is a good source of vitamins A and C and lycopene.

### Asian Foods

Chinese and Japanese meals focus on vegetables, rice, and noodles. Asian food contains lots of carbohydrates, vitamins, and minerals. However, the way these foods are prepared can add much fat and sodium. Asian foods are often stir-fried or deep-fat fried with large amounts of oil, soy sauce, and monosodium glutamate (MSG). When enjoying Asian food, remember these tips to keep fat and sodium levels down:

- Enjoy flavorful soups as an appetizer or a meal.
- Choose vegetarian dishes for your meal.
- Ask for sauces on the side or for a smaller amount to be added to food.
- Ask for no added MSG in the meal.
- Look for dishes that are roasted, simmered, steamed, or stir-fried (with little or no oil).
- Order plain/steamed rice or noodles, rather than fried versions.
- Don't be afraid to enjoy the fortune cookie. A single fortune cookie has just 15 calories and 0 grams of fat.



# Rate Your Favorite Fast Foods

How many calories and how much fat, sodium, and cholesterol are in your favorite fast foods?

- Circle your five favorite fast food items in Table 1 below. Write in the calorie, fat, sodium, and cholesterol amounts. Add up the total amounts.

	Calories	Fat	Sodium	Cholesterol
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
Totals:	_____	_____	_____	_____

- Compare your totals to the daily recommended amounts for a healthy adult consuming 2,000 calories.

<b>Fat</b>	<b>Sodium</b>	<b>Cholesterol</b>
<b>no more than 65 g</b>	<b>2,400 mg</b>	<b>300 mg</b>

- List three healthier fast food options that you could try next time you eat out.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Table 1: Nutrient Composition of Fast Foods**

Food	Calories	Fat (g)	Sodium (mg)	Cholesterol (mg)
<b>Breakfast</b>				
Bacon, Egg, and Cheese Biscuit	450	27	1315	238
Biscuit with spread	260	13	836	0
Dry Cereal (1 cup)	110	1	270	0
English Muffin With egg and cheese	289	13	730	234
English Muffin With jelly spread	189	6	386	13
English Muffin With sausage, egg, and cheese	443	29	821	257
Hashbrowns	130	8	332	0
Hot Cakes (1 each) With margarine and syrup	557	14	285	11

Food	Calories	Fat (g)	Sodium (mg)	Cholesterol (mg)
<b>Side Orders</b>				
Baked potato				
plain	240	2	58	0
with butter and sour cream	463	25	203	40
Fries (small)	220	12	110	0
(medium)	320	17	150	0
(large)	400	22	200	0
Onion Rings (small)	274	16	665	0
Pickle Spear	12	0	833	0
Potato Chips	150	10	119	0
Pretzels	110	1	480	0
Crackers (4)				
club	70	4	150	0
saltines	52	1	156	0
<b>Salads/Soups</b>				
Chili (1 cup)	210	7	800	30
Chicken noodle (1 cup)	75	2	1106	7
Clam chowder (1 cup)	164	7	992	22
Cream of mushroom (1 cup)	129	9	100	2
Minestrone soup (1 cup)	82	3	911	2
Tomato soup (1 cup)	85	2	871	0
Vegetable soup (1 cup)	72	2	822	0
Salad				
chef	170	9	400	110
garden	50	2	70	0
<b>Dressings</b>				
French dressing (2 tbsp.)	138	14	414	0
Low-fat Italian (2 tbsp.)	40	2	200	2
Ranch dressing (2 tbsp.)	160	16	105	5
1000 Island Dressing (2 tbsp.)	140	16	160	5
<b>Entrées</b>				
<b>Sandwiches</b>				
Cheeseburger	310	14	750	53
Regular				
Quarter Pounder	520	29	1150	118
Chicken Nuggets (6)	270	15	580	55
Chicken Salad Sandwich	300	16	401	25
Fried Chicken Sandwich	470	25	830	60

Food	Calories	Fat (g)	Sodium (mg)	Cholesterol (mg)
Fried Fish Sandwich	370	18	730	50
Grilled Cheese Sandwich	399	24	1155	55
Grilled Chicken Sandwich				
(w/o mayo)	280	3	640	40
(w/ mayo)	400	14	720	45
Hot dog w/ bun	260	15	745	23
Roast beef sandwich	345	15	588	39
(regular)				
Roast beef sandwich	529	28	798	47
(super size)				
Tuna salad sandwich	309	14	559	25
Turkey Sandwich	235	4	944	12
(without mayonnaise)				

### Mexican

Bean burrito	350	10	888	10
Beef burrito	400	17	1050	57
Chicken soft taco	212	7	571	37
Nachos	349	19	403	9
(regular)				
Taco (beef)	183	11	276	32
Taco Salad	923	56	1931	65
With salsa				

### Italian

Cheese pizza	246	9	470	34
(1 slice)				
Pepperoni pizza	270	11	564	42
(1 slice)				
Supreme pizza	295	15	682	48
(1 slice)				

### Desserts/Snacks

Apple Pie	300	15	230	0
Chocolate Chip	209	10	139	10
Cookie (1 cookie)				
Frozen Yogurt	138	5	76	2
(1/2 cup)				
Hot Fudge Sundae	310	11	175	18
Milkshakes (10 oz.)				
(made with low fat milk)				
chocolate	320	6	240	10
strawberry	320	5	170	10
vanilla	290	5	170	10
Low Fat Yogurt Cone	118	1	84	3
Pudding	144	4	134	16
(1/2 cup chocolate)				
Sherbet	133	2	89	10
(1/2 cup)				

Food	Calories	Fat (g)	Sodium (mg)	Cholesterol (mg)
<b>Beverages</b>				
Cocktail Drink	150	0	15	0
Cola Beverage				
(12 oz.)	150	0	35	0
(diet 12 oz.)	0	0	35	0
Fruit Punch	117	0	55	0
(8 oz.)				
Sweetened Ice Tea	90	0	8	0
(8 oz.)				
Unsweetened Ice Tea	0	0	0	0
(8 oz.)				
Milk (8 oz. Carton)				
whole	150	8	120	33
1%	90	3	120	10
skim	90	0	126	4
100 % Orange Juice	110	0	2	0
(8 oz.)				

## References:

- Center for Science in the Public Interest. (2001). *Sugar consumption 'off the charts.'* Available at <http://www.cspinet.org/index.html>
- Duyff, R. (1996). *The American Dietetic Association's Complete Food & Nutrition* Minneapolis, MN: Chronimed Publishing.
- Frazaos, E. (1999). *America's Eating Habits: Changes and Consequences.* Washington, DC: United States Department of Agriculture Economic Research Service Report.
- Sizer, F. & Whitney, E. (2000). *Nutrition: Concepts and Controversies.* Belmont, CA: Wadsworth Publishing.
- United States Department of Agriculture (USDA) Nutrient Database for Standard Reference. (2001). Washington, DC: USDA Agriculture Research Service.