

What is the best choice at McDonalds?



Place the following menu items in order of calorie content, from the item which you think has the **lowest** calorie content to the one which you think has the **highest** calorie content:

Caesar salad with grilled chicken and Caesar dressing

Sausage McMuffin and egg

Warm cinnamon roll

Premium grilled chicken classic sandwich

Double cheeseburger

Time for Starbucks?

Place these drinks in order, from the one with the lowest amount of saturated fat to the highest:

Hot Chocolate Choice of steamed milk with mocha syrup, vanilla syrup and whipped cream

A classic hot chocolate - sweet and creamy - made with steamed milk, mocha syrup and topped with whipped cream and chocolate drizzle (optional).



Caramel Chocolate Frappuccino® Blended Crème Rich chocolate, caramel syrup and milk blended with ice, topped with whipped cream and a drizzle of caramel sauce.



Caffè Latte Espresso and steamed milk

Rich, full-bodied Starbucks® espresso in steamed milk lightly topped with foam.



Vanilla Bean Frappuccino® Blended Crème Vanilla beans and milk blended with ice, topped with whipped cream



Select the best meal from Burger King



From the menu below, select a drink, main sandwich, and a side dish to create as healthy a meal as you can. Think about total calories AND how much fat each item might contain.

Main	Side	Drink
Original WHOPPER® Sandwich	Onion Rings (Small)	Diet Coke® (Medium)
The Angus Steak Burger	French Fries (Small)	Sprite® (Small)
TENDERCRISP™ Garden Salad	Dutch Apple Pie	Vanilla Shake (Small)
Original WHOPPER JR.® Sandwich	HERSHEY®'S Sundae Pie	Coca Cola® (Small)

Protein?



You are at Subway and in need of some protein to help repair the muscles you have damaged while lifting weights. From the following menu items, put them in order, from the one with the highest amount of protein to the lowest.

All sandwiches are 6" size.

Ham

Roast Beef

Sweet onion chicken teriyaki

Turkey Breast

Sugar ?



The American Heart Association recommends that you consume no more than 100 calories (25g) or of **added sugars** per day for women and no more than 150 (37g) calories for men.

Which KFC side dish has the most sugar in it? Match the amount of sugar (g) to the correct side dish.

Side dishes	Grams of sugar
Macaroni salad	0
Potato wedges	1
Green beans	11
Cole slaw	6
Cornbread muffin	17

Sodium



You know your recommended daily sodium allowance is 2000mg. Which of these Taco Bell burritos will send you over your daily allowance?

Grilled Stuft Burrito - chicken

A large, warm, soft, flour tortilla wrapped around marinated and grilled all-white-meat chicken, hearty beans, seasoned rice, a blend of three cheeses — cheddar, pepperjack and mozzarella, creamy Pepper Jack sauce, and Fiesta Salsa, then grilled to perfection.

Burrito Supreme – chicken

A warm, soft, flour tortilla wrapped around marinated and grilled all-white-meat chicken, hearty beans, tangy red sauce, crisp, shredded lettuce, real cheddar cheese, diced onions, diced ripe tomatoes, and reduced fat sour cream.

Fiesta Burrito – chicken

A warm, soft, flour tortilla wrapped around marinated and grilled all-white-meat chicken, real cheddar cheese, seasoned rice, and Fiesta Salsa.

WHICH PIZZA SHOULD YOU CHOOSE?



Your doctor is worried about your cholesterol level but you really need some pizza.

Match the cholesterol level to the correct pizza

Pizza	Cholesterol (mg)
Meat lovers	35
Veggie lovers	60
Pepperoni and mushroom	20
Supreme	30

Saturated Fat?



Philly Cheesesteak Thickburger

charbroiled 1/3-pound, 100 percent Angus beef patty, topped with thin-sliced steak, sautéed peppers and onions and Swiss and American cheeses on a seeded bun.

You need to watch your intake of saturated fat and know that you should limit it to 10% of your total calorie intake (1g of fat = 9 calories; If you should eat 2000 calories a day, you consume no more than 20g of saturated fat daily). Match these menu items with the amount of saturated fat they have.

Big chicken fillet sandwich	24g
Big hot ham and cheese	21g
Original thickburger	13g
Bacon cheese thickburger	6g

Fiber

You are at Wendy's and are pleased to see their selection of salads. You have been trying to increase your fiber intake – which Wendy's salad will provide you with the most fiber?



APPLE PECAN CHICKEN SALAD

A perfect mix of peak-season red and green apples, real blue cheese crumbles, sweet cranberries and roasted pecans, topped with a warm, grilled chicken fillet.

BAJA SALAD

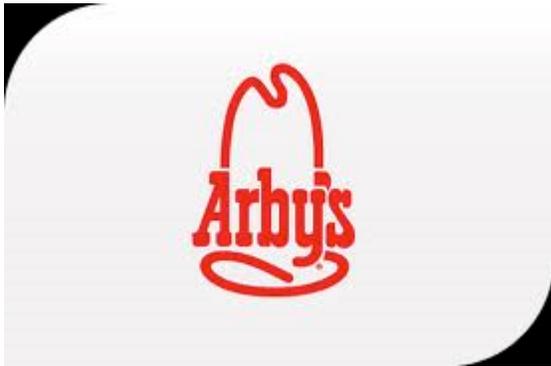
A hearty salad with a Southwest flair, featuring fresh pico de gallo, guacamole and slow simmered chili, all topped with a red jalapeno dressing.

SPICY CHICKEN CAESAR SALAD

Caesar salad the way it's supposed to be, made with hand-chopped romaine, sweet grape tomatoes and shaved Asiago cheese.

BLT COBB SALAD

Treat yourself to the taste of crispy Applewood Smoked Bacon mixed with real blue cheese crumbles, hard-boiled eggs, tomatoes and avocado ranch dressing.



It's breakfast time – you know breakfast is the most important meal of the day but you want to make sure that you are not getting too many of your breakfast calories from fat – *ideally not more than 30 percent!* Match the breakfast item to the percentage of calories that come from fat.

Bacon egg and cheese biscuit	34%
Ham cheese and egg sourdough	67%
Sausage gravy biscuit	59%
Sausage egg and cheese croissant	51%

Answers

McDonalds

1. Sausage McMuffin and egg – 370 kcal
2. Caesar salad with grilled chicken and Caesar dressing – 410 kcal
3. Premium grilled chicken classic sandwich – 420 kcal
4. Double cheeseburger – 440 kcal
5. Warm cinnamon roll – 460 kcal

Starbucks

1. Caramel chocolate frappuccino 2g
2. Caffe latte 9g
3. Vanilla Bean frappuccino 10g
4. Hot Chocolate 13g

Burger King

Main	Side	Drink
Original WHOPPER® Sandwich 700, 42g	Onion Rings (Small) 180, 9g	Diet Coke® (Medium) 0, 0g
The Angus Steak Burger 570, 22g	French Fries (Small) 230, 11g	Sprite® (Small) 140, 0g
TENDERCRISP™ Garden Salad 530, 34g	Dutch Apple Pie 300, 13g	Vanilla Shake (Small) 400, 15g
Original WHOPPER JR.® Sandwich 390, 22g	HERSHEY®'S Sundae Pie 300, 18g	Coca Cola® (Small) 140, 0g

Subway

1. Sweet onion chicken teriyaki 26g
2. Roast Beef 19g
3. Turkey Breast 18g
4. Ham 17g

Taco Bell

Grilled Stuffed Burrito - chicken 2160 mg
Burrito Supreme – chicken 1370 mg
Fiesta Burrito – chicken 1220 mg

KFC

Side dishes	Grams of sugar
Macaroni salad	6
Potato wedges	0

Green beans	1
Cole slaw	17
Cornbread muffin	11

Pizza Hut

Meat lovers – 60mg
 Veggie lovers – 20mg
 Pepperoni and mushroom – 30mg
 Supreme – 35mg

Hardee's

Big chicken fillet sandwich	6g
Big hot ham and cheese	13g
Original thickburger	21g
Bacon cheese thickburger	24g

Wendy's

Apple pecan salad – 5g
 Baja salad – 12g
 BLT cobb salad – 3g
 Spicy chicken Caesar salad – 6g

Arby's

Bacon egg and cheese biscuit	51%
Ham cheese and egg sourdough	34%
Sausage gravy biscuit	59%
Sausage egg and cheese croissant	67%