



# ***CALORIE COUNTER GUIDE***

**DYNAMIC**  
HEALTH AND FITNESS, L.L.C.

<b>Starch</b>		<b>Portion Size</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Calories</b>	
Bagels	Cinnamon Raisin	2 oz	5.6	31.2	1.0	156	
	Egg	2 oz	6.0	30.0	1.2	158	
	Oat Bran	2 oz	6.0	30.2	.6	146	
Bread	Plain	2 oz	6.0	30.2	1.0	156	
	Whole Wheat	2 oz	6.2	32.0	.8	150	
	Pita Pocket	1 whole	5.4	33.4	.8	166	
	Sticks / Salted	1 whole	4.2	26.4	1.0	134	
	French	1 piece	2.2	13.0	.8	69	
	Italian	1 piece	2.6	15.0	1.1	81	
	Local White	2 pieces	4.0	20.4	1.2	95	
	Pumpernickel	1 piece	2.3	12.4	.8	65	
	Raisin	1 piece	2.1	13.6	1.1	71	
	Rye	1 piece	2.8	15.3	1.0	83	
	Soft white	1 piece	2.6	14.8	1.2	79	
	Sourdough	1 piece	2.2	13.0	.8	69	
	Wheat	1 piece	2.3	11.8	1.0	65	
	Whole Wheat	1 piece	2.7	12.9	1.2	69	
	Bun	Hamburger	1 whole	3.6	21.6	2.1	123
		Hotdog	1 whole	3.5	20.1	2.0	115
	Cereals	100% Bran	1 cup	8.2	48.2	3.4	178
Bran Chex		1 cup	5	39	1.4	156	
Bran Flakes		1 cup	4.9	30.5	.8	127	
Cheerios		1 cup	3.4	15.7	1.5	89	
Corn Bran		1 cup	2.4	30.4	1.1	125	
Corn Flakes		1 cup	2	21.5	.1	97	
Cream of Wheat-cooked		1 cup	3.7	28	.5	134	
Grape Nuts – Flakes		1 cup	4.2	31.8	.4	140	
Grape Nuts		3.5 tbsp	2.8	19.6	.1	85	
Honey Nut Cheerios		1 cup	3.6	26.7	.8	126	
Mueslix 5 Grain		½ cup	3.8	31.6	1.6	140	
Oatmeal-cooked		1 cup	6	25.2	2.4	145	
Life		1 cup	8.2	31.6	.8	162	
Product 19		1 cup	3.3	27.6	.3	126	
Puffed Rice		1 cup	.9	12.6	.1	56	
Puffed Wheat		1 cup	1.7	9.5	.1	44	
Shredded Wheat-Lrg.		1 cup	5.2	38.4	.8	170	
Shredded Wheat-Small		1 cup	4.8	34.4	.8	152	
Special K		1 cup	5.6	21.3	.1	111	
Raisin Bran		1 cup	6	42.2	1.2	175	
Wheat Flakes		1 cup	3.3	26	.7	116	
Wheaties		1 cup	2.8	23.1	.5	101	
Corn		On the Cob-medium	1 each	2.6	19.3	1.0	83
	Creamed-canned	½ cup	2.2	23.2	.5	92	
	Yellow-canned	½ cup	2.2	15.3	1.3	67	
	Yellow-frozen	½ cup	2.2	14	.8	65	
Crackers	Animal	15 ct.	1.3	13.9	2.6	84	
	Butter-Club	6 ct.	1.8	14.6	6.1	121	
	Graham Crumbs	2.5 tbsp.	1.3	14.4	1.9	79	
	Graham	3 ct.	1.5	16.5	2.3	90	
	Losodium-Saltine	6 ct.	1.7	12.9	2.1	78	
	Oyster	16 ct.	1.5	11.4	1.9	69	
	Ritz-Buttery round	8 ct.	1.8	14.6	6.1	120	
	Saltine	6 ct.	1.7	12.9	2.1	78	
	Snackwells-FF Wheat	9 ct.	1.9	15.8	0.6	77	
	Triscuits	6 ct.	2.1	16.5	4.1	106	
	Wheat Thins	14 ct.	2.4	19.0	5.2	129	
	Whole Grain Rye	2 ct.	1.3	11.3	0.1	75	
	Flour	Buckwheat	3 tbsp.	3.1	16.8	.8	77
		White-All Purpose	3 tbsp.	2.3	16.8	.2	78
Granola	Low Fat-loose	3.5 tbsp.	2	16.6	1.3	80	
	Bar-hard	1 whole	2.5	15.8	4.9	115	

	Bar-soft	1 whole	2.1	19.1	4.9	126
Grits	Corn White – cooked	½ cup	1.7	15.7	0.2	73
Muffin	English	1 whole	4.4	26.4	1.1	135
	Blueberry-homemade	2 oz	4.0	23.5	6.4	165
	Oat Bran	2 oz	5.0	33.0	5.0	175
	Wheat Bran-HM	2 oz	4.0	23.8	7.20	163
Pancakes	Buttermilk-4" round	3 whole	5.1	38.7	3.9	204
Pasta	Angel Hair	½ cup	3.6	14.7	.9	80
	Jumbo Shells	3 ct.	3	18	.4	90
	Linguini	½ cup	2.7	14	.4	78
	Spaghetti	½ cup	2.5	16	.4	77.5
	Rotini	½ cup	3.5	21	.5	105
	Small Shells	½ cup	3.5	21	.5	105
	Spirals	½ cup	3.3	19.5	.5	97
Peas	Green-canned	½ cup	3.7	10.7	.3	69
Popcorn	Air-popped	3 cups	2.9	18.7	1	92
	Lowfat Microwave	½ bag	1.5	11	.5	46
	Oil-popped	3 cups	2.9	10.9	9.3	165
Potato	Baked w/ skin-medium	1 whole	2.9	30.9	.1	134
	Mashed w/ milk & marg	½ cup	2.0	17.5	4.5	111
	Sweet-medium	1 whole	2	27.7	.1	117
	French Fries-baked	1.5 oz	1.5	16.9	8	142
Rice	Brown-cooked	1 cup	4	33	1	150
	White-cooked	1 cup	4	33	1	150
	Wild-cooked	1 cup	6.6	35	.6	166
Roll	Dinner	1 whole	2.4	14.1	2	84
Squash	Acorn-baked-mashed	½ cup	1.3	18	.1	60
	Butternut-cooked	1 cup	2.9	24.3	.1	94
	Crookneck	3 cups	3.7	15.8	.9	74
	Hubbard	1 cup	6	26	1.5	120
	Summer	4 cups	6	15.1	.7	73
	Winter	1 cup	2.1	21	1.5	93
Tortilla	Corn	1 whole	1.5	12	6.5	58
	Flour – 10"	1 whole	6.3	39.6	5.1	230
	Whole Wheat	1 whole	2.9	20	.5	73
	Taco Shell-Corn-Hard	1 whole	1.2	9	2.6	62
Waffles	Eggo-Blueberry	1 whole	3.2	18.9	5.3	137
Yams	Orange-peeled-mashed	1 cup	5.1	58.8	.6	255

Fruit		Portion Size	Protein	Carbohydrates	Fat	Calories
Apple	Large-w/peel	1 whole	.4	32.4	.8	125
	Juice	1 cup	.4	27.4	.2	112
	Sauce	1 cup	.6	50.1	.6	192
Banana	Peeled	1 whole	1.2	27.6	.6	109
Cantaloupe	Cubes	1 cup	1.4	13.4	.4	56
Cranberry	Plain	1 cup	0	12.5	0	50
	Juice Cocktail	1 cup	0	28.5	0	114
	Sauce	2.5 tbsp.	.1	16.8	.1	65
Fruit	Cocktail-in water	1 cup	.8	15.1	.1	57
	Juice	1 cup	1.2	28.2	0	110
Grapes	Juice	1 cup	.4	32	.2	128
	Seedless-whole	1 cup	1	28.4	1	114
Grapefruit	Juice	1 cup	1	23	0	96
	Pink/Red-sections	1 cup	1.5	18.7	.3	73
Jam	Preserves	2 tbsp.	.2	28	0	108
Melon	Honeydew	1 piece	.7	14.7	.2	56
Nectarine	Medium	1 whole	1.3	16	.6	67
Orange	Juice	1 cup	2	25.2	.6	110
	Medium-peeled	1 whole	1.2	15.5	.2	62
Peach	Medium	1 whole	.7	10.9	.1	42
Pear	Medium	1 whole	.6	25.2	.6	99
Pineapple	Chunks	1 cup	.7	19.2	.7	76
Plums	Medium	1 whole	.5	8.6	.4	36
Raspberries	Red	1 cup	1.1	14.3	.7	60
Strawberries	Medium	6 ct.	1.2	13.5	.7	58
Watermelon	Slice-1x10"	1 piece	1.2	14.3	.9	64

<b>Dairy</b>		<b>Portion Size</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Calories</b>	
<b>Cheese</b>	Cheddar	1 oz	8	1	5	80	
	Cottage- 1% Milk-fat	½ cup	13.8	4	1.4	80	
	Cottage- 2% Milk-fat	½ cup	14	3	5	116	
	Cream Cheese	2 tsp	0.9	0.3	4.2	42	
	Cream Cheese-Lofat	2 tsp	1.1	0.7	1.8	23	
	Fat-free Slice	1 whole	6.7	2.7	0	40	
	Kraft Singles Slice	1 whole	6.8	2.7	4.1	68	
	Mozzarella – Shredded	¼ cup	13.8	1.6	9	144	
	Parmesan	2 tbsp.	5.2	.5	3.7	57	
	Provolone Slice	1 whole	7.1	0.5	8.1	101	
	Ricotta	¼ cup	7	3.2	4.9	85	
	String Stick	1 whole	6.9	.8	4.5	72	
	<b>Ice Cream</b>	Chocolate	1 cup	6	40	16	320
		Vanilla	1 cup	4.6	31.2	14.6	266
<b>Milk</b>	1%	1 cup	8	11.7	2.6	102	
	2%	1 cup	8.1	11.7	4.7	121	
	Skim	1 cup	8.4	11.9	.4	86	
<b>Yogurt</b>	Whole	1 cup	8.0	11.4	8.2	150	
	Lo-fat	1 cup	10.7	46.8	2.7	250	
	Nonfat	1 cup	7.4	10	2.2	103	

<b>Vegetables</b>		<b>Portion Size</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Calories</b>
Alfalfa	Sprouts	2.5 cups	3.3	3.1	.6	24
Asparagus	Pieces	1 cup	4.6	7.6	.6	44
<b>Beans</b>	Sprouts	1 cup	3.2	6.1	.1	31
	String – Green-cooked	1 cup	2.4	9.8	.4	44
	Yellow – cooked	1 cup	2.4	9.8	.4	44
Beets	Diced-cooked	1 cup	2.7	16.8	.3	74.1
<b>Broccoli</b>	Pieces-cooked	1 cup	4.6	8.2	.6	56
	Pieces-raw	1 cup	2.6	4.6	.3	25
Brussels	Sprouts-boiled	1 cup	4	13.6	.8	60
Cabbage	Boiled	1 cup	1.5	6.7	.6	33
<b>Carrots</b>	Baby cut					
	Sliced-cooked	1 cup	1.8	16.2	.3	70
	Whole-7.5"	1 whole	.7	7.3	.1	31
<b>Cauliflower</b>	Pieces-boiled	1 cup	2.3	5.1	.6	30
	Pieces-raw	1 cup	2	5.2	.2	25
Celery	Pieces-raw	1 cup	1	4.5	.1	21
<b>Cucumber</b>	Sliced-peeled	1 cup	.7	3	.2	14.3
	Whole-8"	1 whole	2.1	8.4	.5	39
Eggplant	Slices-cooked	3 oz	.7	5.7	.2	24
<b>Lettuce</b>	Iceberg-chopped	3 cups	1.7	3.5	.3	20
	Romaine-chopped	3 cups	2.7	4.0	.3	27
Marinara	Sauce	½ cup	1.7	19	3.7	120
Mushrooms	Pieces-raw	1 cup	3.4	8	.8	42
<b>Onions</b>	Green-chopped	1 cup	1.9	7.3	.1	32
	Raw-chopped	1 cup	1.8	13.8	.3	60
	Red-slices	2.5 oz	.8	6.1	.1	27
<b>Peppers</b>	Bell-raw-chopped	1 cup	1.3	9.6	.3	40.2
<b>Salad</b>	Tossed-no dressing	3 cups	5.2	13.4	.2	66
<b>Sauerkraut</b>	Canned/Jarred	½ cup	1.1	5.1	.2	22
<b>Spinach</b>	Boiled	1 cup	5.4	6.8	.4	42
<b>Tomato</b>	Chopped	1 cup	1.5	8.4	.6	38
	Medium size	1 whole	1	5.7	.4	25
	Sauce	1 cup	3.2	17.6	.4	74
<b>Vegetables</b>	Mixed-cooked	1 cup	5.2	24	.4	107
	Juice cocktail	1 cup	1.5	11.1	.1	46.2
<b>Zucchini</b>	Slices	1 cup	2.1	5.2	.3	25

Meat		Portion Size	Protein	Carbohydrates	Fat	Calories
Bacon	Canadian-grilled	3 oz	20.7	1.2	7.2	157
	Strips - cooked	1 oz	8.7	.1	14.1	164
Beans	Black-cooked	½ cup	7.6	20.4	.5	114
	Kidney-cooked	½ cup	7.7	20	.4	112
	Lentils-cooked	½ cup	8.9	19.9	.4	115
	Pinto-cooked	½ cup	7	22	.4	117
	Refried-canned	½ cup	6.9	19.5	1.6	118
	Soybeans-cooked	½ cup	15.1	8.5	.5	149
	White-cooked	½ cup	8.7	22.5	.3	124
Beef	Bottom Round-trim	3 oz	27	0	8.1	187
	Corned	3 oz	23.1	0	12.6	213
	Cube Steak-broiled	3 oz	24.3	0	8.1	176
	Delmonico Steak	3 oz	23.7	0	9.9	191
	Ground-80% lean	3 oz	24	0	15	240
	Ground-90% lean	3 oz	24.3	0	13.5	225
	London Broil	3 oz	23.1	0	8.7	176
	Patty-80% lean	3 oz	24	0	15	240
	Patty-90% lean	3 oz	24.3	0	13.5	225
	Roast-Deli	3 oz				
	Sirloin Steak-trim	3 oz	25.8	0	6.9	172
	Stew Meat-cooked	3 oz	23.7	0	17.4	259
	T-bone Steak	3 oz	14.3	0	24	254
	Tenderloin Steak	3 oz	24	0	8.4	179
Bologna	Whole Rib-trim	3 oz	23.1	0	12	207
	Beef	3 oz	9.9	2.4	24	269
	Pork	3 oz	13	.6	17	210
Chicken	Turkey	3 oz	11.7	.8	12.9	169
	Breast-no skin-roasted	3 oz	26.4	0	3	140
	Breast-skin-roasted	3 oz	25.2	0	6.6	168
	Dark Meat-roasted	3 oz	23.4	0	8.4	175
	Drumstick-batter fried	3 oz	18.6	7.2	13.5	228
	Thigh-roasted	3 oz	21.9	0	9.3	178
	Wing-Buffalo	6 each	44.4	.6	37.2	521
Duck	Skinless-roasted	3 oz	20.1	0	9.6	171
Egg	Beaters	½ cup	12	2	0	60
	Large	1 whole	6.3	.6	5	75
	Whites	2 whole	7.0	.7	0	33
Ham	Deli	3 oz	14.7	0	3.3	82
	Smoked-cured	3 oz	18.9	.3	7.2	146
	Whole-roasted	3 oz	24.9	0	8.1	180
Hot Dog	Beef/Turkey-med. size	1 whole				
	Pork-medium size	1 whole				
Lamb	Chop-lean-roasted	3 oz	21.3	0	19.5	269
Moose	Meat-roasted	3 oz	24.9	0	.9	114
Nuts	Almonds	1 oz	5.6	5.6	14.8	167
	Cashews	1 oz	4.4	9.2	13.2	163
	Mixed	1 oz	4.8	7.2	14.8	168
	Peanuts	1 oz	7.5	6	14.1	165
	Peanut Butter	1 tbsp	4.1	3.1	8.2	95
	Pepperoni	Beef & Pork	1.5 oz	9	1.2	18.8
Pork	Chop-breaded-baked	3 oz	21.6	5.4	12	220
	Chop-cooked	3 oz	17.4	0	18.3	238
	Spareribs	3 oz	24.6	0	25.8	338
	5.4	Tenderloin-broiled	3 oz	25.8	0	5.4
Salami	Genoa	3 oz	17.7	.9	28.5	331
	Hard	3 oz	23.4	2.4	26.1	336
Sausage	Beef & Pork-link	3 oz	11.4	1.2	25.8	286
	Italian-cooked	3 oz	17.1	1.2	21.9	275
	Pork-patty-cooked	3 oz	16.8	.9	26.4	314
Turkey	Deli-thin	3 oz	15.3	3.6	1.2	88
	Dark Meat-roasted	3 oz	24.3	0	6.6	163
	Ground-cooked	3 oz	23.4	0	11.1	201
	White Meat-roasted	3 oz	25.8	0	.9	119
Veal	Loin-lean-roasted	3 oz	22.5	0	6	150
	Patty-breaded-fried	3 oz	17.7	6.9	13.5	225

Seafood		Portion Size	Protein	Carbohydrates	Fat	Calories
Clams	Steamed	3 oz	21.9	4.5	1.8	126
Crab	Alaskan King-Leg	3 oz	16.5	0	1.2	83
	Blue-steamed	3 oz	17.1	0	1.5	87
Fish	Cake-baked	3 oz	15.9	7.2	14.7	226
	Dungeness-steamed	3 oz	18.9	.9	1.2	94
	Imitation	3 oz	10.2	8.7	1.2	87
	Snow-Leg	3 oz	16.2	0	5.4	117
	Cod-steamed	3 oz	18.9	0	.6	87
	Grouper Filet-broiled	3 oz	21.0	0	1.2	100.5
	Haddock Filet-broiled	3 oz	20.7	0	.9	95
	Oysters	3 oz	6.0	3.3	2.1	59
	Salmon-grilled	3 oz	21.6	0	6.9	155
	Swordfish-broiled	3 oz	21.6	0	4.5	132
Lobster	Tuna-in water	1 can	33.1	0	.9	150
	Tuna-white in water	1 can	27	0	3.3	150
Shrimp	Northern-steamed	3 oz	17.4	1.2	.6	83
	Tail-broiled	3 oz	16.8	1.2	2.7	99
Scallops	Breaded-fried	3 oz	20.4	8.1	15.9	257
	Broiled	3 oz	18.0	2.4	3.3	113
Shrimp	Breaded-fried	3 oz	20.4	8.1	15.9	257
	Large-raw	3 oz	17.4	.9	1.5	90
	Steamed	3 oz	13.2	2.1	2.7	91

Snacks		Portion Size	Protein	Carbohydrates	Fat	Calories	
Brownies	Chocolate	½ piece	1.4	19.5	5.0	122	
Cake	Angel Food	1 piece	5	30	0	140	
Chips	Baked Lays	9 chips	1.5	15.8	2.3	90	
	Doritos	12 chips	2	20	7	150	
	Fritos	1 oz	0	17	9	150	
	Potato-salted	14 chips	3.5	14	10	160	
	Pringles	14 chips	0	15	11	160	
	Sun Chips	1 oz	2.5	19	6	140	
	Tostitos	1 oz	2.5	15	10	160	
	Cookies	Chips Ahoy	2 ct	2	20	8	160
		Oreo Cookies	3 ct	1	23	7	160
	Doughnut	Vanilla Wafers	6 ct	0	21	9	160
Glazed		1 whole	2.4	22.9	10.3	192	
Popcorn	Plain	1 whole	2.4	23.3	10.8	198	
	Air-popped	1 cup	1	4	0	20	
	Low-fat Microwave	1 cup	0	4	1	25	
Pretzels	Oil-popped	1 cup	3	4	3	55	
	Sticks	24 ct	1	11.5	0	50	
	Thin Twist	16 ct	2	22	1	110	
pudding							
Rice Cake	Plain	2 whole	1.5	14.7	0.5	70	

Condiments		Portion Size	Protein	Carbohydrates	Fat	Calories	
Dressings	1000 island	2 tsp	0.1	1.6	3.7	39	
	Blue Cheese	2 tsp	0.5	0.8	5.3	52	
	Creamy Bacon	2 tsp	0	0.5	5.2	48	
	Creamy Italian	2 tsp	0	0.5	5.2	48	
	French	2 tsp	0.1	1.8	4.1	45	
	Honey Mustard	1 tbsp	0.2	6.9	2.8	50	
	Italian	2 tsp	0.1	1.0	5.4	45.7	
	Mayonnaise-Local	1 tbsp	.2	6.4	7.6	93	
	Miracle Whip	1 tbsp	.1	1	5	50	
	Miracle Whip Light	1 tbsp	0.0	2.1	4.3	48	
	Oil & Vinegar	2 tsp	0.0	0.3	5.3	48	
	Ranch	2 tsp	0.4	0.6	4.7	45	
	Vinaigrette	2 tsp	0.1	1.0	5.4	46	
	Margarine	Light Spread	1 tbsp	.1	.1	5.5	50
		Regular Spread	1 tbsp	.2	0	11.4	100
Oils	Canola	1 tsp	0	0	4.5	40	
	Olive	1 tsp	0	0	4.5	40	
	Peanut	1 tsp	0	0	4.5	40	

**Fast Food Chains:**

**Burger King®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories		
Breakfast	Cini-minis w/out icing	4 rolls	7	51	23	440	
	Cini-minis w/ icing	4 rolls	8	71	26	550	
	Croissan'wich / Egg & Cheese	1 whole	13	24	19	320	
	Croissan'wich / Sausage & Cheese	1 whole	11	23	31	420	
	Croissan'wich / Sausage, Egg & Ch.	1 whole	18	24	39	520	
	Egg'wich Bacon & Egg	1 whole	18	35	19	380	
	Egg'wich Bacon, Egg & Cheese	1 whole	18	36	23	420	
	Egg'wich Egg & Cheese	1 whole	15	36	23	410	
	French Toast Sticks	5 pieces	7	46	20	390	
	Hash Browns / small	1 whole	1	23	15	230	
	Hash Browns / large	1 whole	3	38	25	390	
	Burgers	Bacon Cheeseburger	1 whole	22	31	20	390
		Bacon DBL Cheesebur.	1 whole	35	32	34	570
		BK Veggie	1 whole	14	46	16	380
Cheeseburger		1 whole	19	31	17	350	
DBL Hamburger		1 whole	28	30	23	440	
DBL Cheeseburger		1 whole	32	32	31	530	
DBL Whopper		1 whole	52	52	61	970	
DBL Whopper w/ ch.		1 whole	56	53	69	1060	
Hamburger		1 whole	17	30	13	310	
Sourdough Bacon Cheeseburger		1 whole	32	40	46	700	
Whopper		1 whole	31	52	42	700	
Whopper w/ cheese		1 whole	35	53	49	800	
Whopper Jr.		1 whole	17	31	22	390	
Whopper Jr. w/ cheese		1 whole	19	32	26	430	
Chicken		Chicken Whopper	1 whole	38	48	25	570
		Grilled Caesar Club	1 whole	36	55	13	480
		Original Chicken Sandwich	1 whole	25	52	28	560
	Sante Fe Chicken Baguette	1 whole	31	56	4	380	
	Savory BBQ Chicken Baguette	1 whole	31	57	4	380	
	Savory Mustard Chicken Baguette	1 whole	30	57	4.5	380	
	Tendercrisp Sandwich	1 whole	28	72	47	810	
	Tenders (5 pc)	1 whole	14	13	12	210	
	Tenders (8 pc)	1 whole	22	20	19	340	
	Fish	BK Fish Filet	1 whole	18	44	30	520
	Fr. Fries	Small	1 whole	2	31	11	230
Medium		1 whole	4	49	17	370	
Large		1 whole	6	63	25	500	
Onion Ring	King size	1 whole	7	76	30	600	
	Small	1 whole	3	22	9	180	
	Medium	1 whole	4	40	16	320	
	Large	1 whole	8	60	23	480	
Salads	King size	1 whole	7	70	27	550	
	Chicken Caesar / no dressing	1 whole	22	5	6	160	
	Garden Salad / no dressing	1 whole	1	5	0	25	

**Domino's®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories	
Pizza-med.		2 slices	21	57	22	510
	Bacon Cheeseburger	2 slices	24	55	26	550
	Barbeque Feast	2 slices	19	62	20	505
	Cheese	2 slices	14	55	11	375
	Deluxe Feast	2 slices	19	57	18	465
	Hawaiian Feast	2 slices	21	58	15	450
	MeatZZa Feast	2 slices	25	57	26	560
	Pepperoni Feast	2 slices	22	56	25	535
	Vegi Feast	2 slices	17	57	16	440
	Pizza-lg. Classic		2 slices	30	78	30
Bacon Cheeseburger		2 slices	34	75	36	760
Barbeque Feast		2 slices	27	85	27	690
Cheese		2 slices	20	75	15	515
Deluxe Feast		2 slices	26	78	24	630
Hawaiian Feast		2 slices	26	80	22	620
MeatZZa Feast		2 slices	33	78	34	750
Pepperoni Feast		2 slices	30	76	34	730

	Vegi Feast	2 slices	24	78	22	605
Pizza-med. Thin crust	Cheese					
(add for toppings)		2 slices	11	31	12	275
(Toppings)	Bacon	2 slices	7	0	8	100
	Beef	2 slices	3	0	7	75
	Cheddar Cheese	2 slices	3	0	5	55
	Ham	2 slices	4	0	1	25
	Italian Saus. & Mush.	2 slices	5	3	6	85
	Pepperoni	2 slices	3	0	7	75
	Vegi	2 slices	2	3	5	65
Pizza-lg. Thin crust	Cheese					
(add for toppings)		2 slices	14	43	17	380
	Bacon	2 slices	8	0	13	150
	Beef	2 slices	4	1	10	110
	Cheddar Cheese	2 slices	3	1	6	70
	Ham	2 slices	6	1	1	35
	Italian Saus. & Mush.	2 slices	9	5	7	120
	Pepperoni	2 slices	8	1	7	100
	Vegi	2 slices	5	4	6	90
Pizza-med. Deep Dish	Cheese					
(add for toppings)		2 slices	15	56	22	480
	Bacon	2 slices	7	0	8	100
	Beef	2 slices	4	0	7	80
	Cheddar Cheese	2 slices	4	0	5	60
	Ham	2 slices	4	0	1	25
	Italian Saus. & Mush.	2 slices	5	3	6	85
	Pepperoni	2 slices	4	0	7	75
	Vegi	2 slices	4	2	5	70
Pizza-lg. Deep Dish	Cheese					
(add for toppings)		2 slices	21	80	30	675
	Bacon	2 slices	10	0	13	155
	Beef	2 slices	5	0	10	110
	Cheddar Cheese	2 slices	4	0	6	70
	Ham	2 slices	5	0	1	30
	Italian Saus. & Mush.	2 slices	5	5	9	120
	Pepperoni	2 slices	5	0	9	100
	Vegi	2 slices	6	3	6	90
Sides	Breadstick	1 stick	2	18	4	115
	Cheesy Bread	1 stick	4	18	6	140
	Cinnastix	1 stick	2	15	6	120
Wings	BBQ	1 piece	5	2	2.5	50
	Buffalo Kickers	1 piece	4	3	2	47
	Hot	1 piece	6	0.5	2	45

#### Dunkin Donuts®

Food	Portion Size	Protein	Carbohydrates	Fat	Calories	
Bagels	Biscuit	1 whole	7	32	14	280
	Garlic	1 whole	16	68	2.5	360
	Everything	1 whole	16	68	2.5	360
	Poppyseed	1 whole	16	68	2.5	360
	Sesame	1 whole	11	74	4.5	380
	Other Types	1 whole	9	69	3	340
	Cookies	Chocolate Variety	1 whole	4	26	11
Oatmeal Raisin Pecan		1 whole	4	29	10	220
Coolatta	W/ Cream	16 oz	9	48	16	370
	W/ Milk	16 oz	9	49	3	260
	W/ 2% Milk	16 oz	8	49	1.5	240
	Orange Mango Fruit	16 oz	1	69	0	280
	Strawberry Fruit	16 oz	0	68	0	270
Cruller	Vanilla Bean	16 oz	0	73	17	440
	Glazed	1 whole	2	37	15	290
	Glazed Chocolate	1 whole	1	35	15	280
	Plain	1 whole	1	25	15	240
	Powdered	1 whole	4	30	15	270
Donuts	Sugar	1 whole	4	30	15	250
	Apple/B'berry Crumb	1 whole	1	34	10	230
	Apple N' Spice	1 whole	3	29	8	200
	Black Rasp./Str'berry	1 whole	3	32	8	210
	Blueberry Cake	1 whole	2	35	16	290

	Boston Kreme	1 whole	4	36	9	240
	Butternut Cake	1 whole	3	36	16	300
	Choc. Coconut Cake	1 whole	1	31	19	300
	Choc. Frosted Cake	1 whole	1	38	16	300
	Choc. Glazed Cake	1 whole	4	33	16	290
	Cinnamon Cake	1 whole	3	31	15	270
	Coconut Cake	1 whole	1	33	17	290
	Double Choc. Cake	1 whole	2	37	17	310
	Dunkin Donut	1 whole	1	25	15	240
	Glazed/Powder Cake	1 whole	1	33	15	270
	Glazed	1 whole	2	25	8	180
	Jelly Filled	1 whole	3	32	8	210
	Jelly Stick	1 whole	2	44	12	290
	Kreme Filled	1 whole	3	35	13	270
	Lemon	1 whole	22	8	9	200
	Maple/Marble Frosted	1 whole	3	29	9	210
	Old Fashion Cake	1 whole	3	26	15	250
	Straw./Van. Frosted	1 whole	5	30	9	210
	Sugar Raised	1 whole	3	22	8	170
	Toasted Coconut	1 whole	2	35	17	300
	Whole Wheat Glazed	1 whole	3	32	19	310
Drinks	Dunkacino	10 oz	4	34	11	250
	Hot Chocolate	10 oz	1	36	7	210
	Iced Coffee	16 oz	1	0	0	5
	Iced Coffee w/ cream	16 oz	0	2	6	60
	Iced Coffee w/ milk	16 oz	1	3	1	25
	Vanilla Chai	10 oz	0	37	8	220
Munchkins	Cinnamon	4 ct	2	29	14	250
	Coconut	3 ct	0	23	12	200
	Coconut Toasted	3 ct	0	23	12	200
	Jelly Filled	5 ct	2	30	9	210
	Lemon Filled	4 ct	2	23	8	170
	Powdered	4 ct	2	29	14	250
	Sugared	4 ct	2	29	14	250
	Sugar Raised	7 ct	2	26	12	220
	All others	3 ct	2	26	10	200
Muffins	Apple Danish	1 whole	4	36	10	250
	Banana Nut	1 whole	9	72	23	530
	Blueberry / regular	1 whole	8	76	17	490
	Blueberry / red. Fat	1 whole	9	74	13	450
	Blueberry Scone	1 whole	5	55	19	410
	Cheese Danish	1 whole	4	32	14	270
	Chocolate Chip	1 whole	9	88	24	605
	Coffee Cake	1 whole	10	102	29	710
	Corn	1 whole	11	78	16	500
	Cranberry Orange	1 whole	8	76	15	470
	Honey Raisin Bran	1 whole	10	79	14	480
	Maple Walnut Scone	1 whole	6	62	22	470
	Raspberry White Choc	1 whole	4	59	22	450
	Strawberry Cheese Danish	1 whole	3	33	12	250
Sandwiches	Egg/Cheese Biscuit	1 whole	16	30	22	380
	Sausage/Egg/Cheese Biscuit	1 whole	22	31	42	590
	Croissant	1 whole	6	26	18	290
	Croissant Sandwich	1 whole	18	33	35	520
	Eng. Muffin Sandwich	1 whole	22	31	12	320

### Kentucky Fried Chicken®

Food	Portion Size	Protein	Carbohydrates	Fat	Calories
Chicken	Breast	1 piece	31	11	340
	Drumstick	1 piece	13	4	140
	Thigh	1 piece	16	6	250
	Whole wing	1 piece	11	5	145
Chicken	Breast	1 piece	36	19	470
crispy	Drumstick	1 piece	13	5	160
	Thigh	1 piece	22	12	370
	Whole wing	1 piece	11	10	190
Chicken	Breast	1 piece	32	20	450
spicy	Drumstick	1 piece	11	4	140
	Thigh	1 piece	21	14	390
	Whole wing	1 piece	11	9	180

CrispyStrips	Blazin'	3 pieces	24	21	15	315	
	Honey BBQ	3 pieces	27	33	15	375	
	Regular	3 pieces	29	20	16	340	
	Spicy	3 pieces	27	23	15	335	
Entrees	Chunky Pot Pie	1 whole	29	69	42	770	
	Popcorn Chicken-small	1 whole	17	21	23	360	
	Popcorn Chicken-large	1 whole	29	36	40	620	
	Wings-hot	6 ct	25	18	33	470	
	Wings-Honey BBQ	6 ct	33	33	38	605	
	Sandwiches	Honey BBQ Crunch	1 whole	32	48	26	555
Honey BBQ flavor		1 whole	27	37	6	310	
Original Rec. w/ sauce		1 whole	30	33	22	450	
Original Rec. w/o sauce		1 whole	40	21	13	360	
Triple Crunch w/ sauce		1 whole	18	39	29	490	
Triple Crunch w/o sauce		1 whole	35	29	15	390	
TC Zinger w/ sauce		1 whole	27	39	32	550	
TC Zinger w/o sauce		1 whole	29	36	15	390	
Tender Roast w/ sauce		1 whole	28	26	15	350	
Tender Roast w/o sauc		1 whole	33	23	5	270	
Sides		Biscuit	1 whole	3	20	10	180
		BBQ Baked Beans	1 dish	8	33	3	190
	Coleslaw	1 dish	0	26	14	230	
	Corn on the Cob	1 piece	0	35	1.5	150	
	Green Beans	1 dish	1	7	1.5	45	
	Mac & Cheese	1 dish	6	21	8	180	
	Mashed Pot. w/gravy	1 dish	0	17	6	120	
	Mean Greens	1 dish	0	11	3	70	
	Potato Salad	1 dish	3	23	14	230	
	Potato Wedges	1 whole	7	53	15	375	
	Twisters	Blazin' Twister	1 whole	27	56	43	720
		Crispy Caesar	1 whole	28	66	41	745
Regular		1 whole	23	52	34	600	

#### Little Caesars®

Food	Portion Size	Protein	Carbohydrates	Fat	Calories	
Pizza-12"	Cheese	1 slice	4	22	6	160
	Pepperoni	1 slice	6	21	8	180
12" Square	Cheese	1 slice	15	19	5	180
	Pepperoni	1 slice	13	19	6	160
12" Thin	Cheese	1 slice	5	12	6	120
	Pepperoni	1 slice	8	12	8	150
14" Round	Cheese	1 slice	6	23	6	170
	Meatsa	1 slice	9	24	10	220
	Pepperoni	1 slice	9	23	8	200
	Supreme	1 slice	10	25	10	230
14" Square	Veggie	1 slice	7	25	7	190
	Cheese	1 slice	5	19	5	140
	Pepperoni	1 slice	5	19	7	160
14" Thin	Cheese	1 slice	6	13	6	130
	Pepperoni	1 slice	7	13	9	160
Pizza	Baby Pan! Pan!	1 whole	12	32	15	310
	By the Slice	1 slice	11	39	10	290
Sandwiches Cold	Ham & Cheese	1 whole	33	68	22	600
	Italia	1 whole	33	68	32	690
	Tuna	1 whole	46	71	39	820
	Turkey	1 whole	33	68	22	600
	Veggie	1 whole	24	71	38	720
Sandwiches	Cheeser	1 whole	41	74	49	900
	Meatsa	1 whole	49	72	53	960
	Pepperoni	1 whole	48	71	56	980
	Supreme	1 whole	41	74	49	900
	Vegetarian	1 whole	35	74	36	760
	Sides	Chicken Wings	1 piece	4	0	4
Crazy Bread		1 stick	3	14	2.5	90
Crazy Sauce		1 dish	2	9	0	45
Italian Cheese Bread		1 piece	5	12	6	120
Cinnamon Stick		1 stick	8	57	9	340

**McDonalds®**

<b>Food</b>	<b>Portion Size</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Calories</b>		
Breakfast	Bacon, Egg & Cheese Biscuit	1 whole	19	31	31	480	
	Biscuit	1 whole	5	30	11	240	
	Breakfast Sourdough	1 whole	25	41	33	560	
	Chorizo & Egg Breakfast Burrito	1 whole	13	24	16	290	
	Egg McMuffin	1 whole	19	29	12	300	
	English Muffin	1 whole	6	27	2	150	
	Ham, Egg & Cheese Bagel	1 whole	28	58	23	550	
	Hash Browns	1 whole	0	14	8	130	
	Hotcakes/Plain	3 ct	27	58	8	340	
	Sausage Biscuit	1 whole	10	30	28	410	
	Sausage Biscuit w/ egg	1 whole	17	31	33	490	
	Sausage Breakfast Burrito	1 whole	13	24	16	290	
	Sausage McMuffin	1 whole	13	28	23	370	
	Sausage McMuffin w/ egg	1 whole	21	29	28	450	
	Sausage Patty	1 whole	7	0	16	170	
	Scrambled Eggs		14	1	11	160	
	Spanish Omelete Bagel	1 whole	7	60	38	690	
	Steak, Egg & Cheese Bagel	1 whole	39	57	35	700	
	Burgers	Big Mac	1 whole	24	47	34	590
		Big N' Tasty	1 whole	24	39	32	540
		Big N' Tasty w/ Cheese	1 whole	24	40	37	590
		Cheeseburger	1 whole	15	36	14	330
		Double Cheeseburger	1 whole	22	37	27	480
Hamburger		1 whole	13	35	10	280	
Homestyle Burger		1 whole	24	44	20	450	
Quarter Pounder		1 whole	23	37	21	430	
QP w/ cheese		1 whole	27	38	30	530	
Sourdough Supreme		1 whole	31	44	40	660	
Chicken/Fish	BBQ Chicken Sandwich	1 whole	19	48	8	340	
	Chicken Fajita	1 whole	10	19	6	170	
	Chicken Faj. w/ cheese	1 whole	11	21	7	190	
	Chicken McGrill	1 whole	25	37	17	400	
	Chicken McNuggets	4 pc	11	12	13	210	
	Chicken McNuggets	6 pc	15	18	20	310	
	Chicken McNuggets	9 pc	18	24	27	410	
	Chicken Select Strips	4 pc	23	19	16	310	
	Chicken Select Strips	6 pc	37	29	23	470	
	Crispy Chicken S'wich	1 whole	21	46	26	500	
	Filet-O-Fish	1 whole	14	45	26	470	
	McChicken Sandwich	1 whole	24	54	23	520	
	Sourdough Crispy Chicken	1 whole	26	54	29	580	
	French Fries	Small	1 whole	2.9	26	10	210
		Medium	1 whole	4	57	22	450
Large		1 whole	8	68	26	540	
Super Size		1 whole	7.6	77	29	610	
Yogurt Parf. Shakers	W/ Granola	1 whole	10	76	5	380	
	Chef Salad	1 whole	17	5	8	150	
(Dressings)	Garden Salad	1 whole	7	4	6	100	
	Grilled Chicken Caesar	1 whole	17	3	2.5	100	
	Caesar	1 pkt	0	5	13	150	
	FF Herb Vinaigrette	1 pkt	0	8	0	35	
	Honey Mustard	1 pkt	0	13	11	160	
	Ranch	1 pkt	0	3	18	170	
	Red French Red. Cal.	1 pkt	0	18	6	130	
	Thousand Island	1 pkt	0	11	9	130	
Sauces	BBQ	1 pkt	0	11	0	50	
	Honey	1 pkt	0	12	0	45	
	Honey Mustard	1 pkt	0	3	4.5	50	
	Hot Mustard	1 pkt	0	7	3.5	60	
	Light Mayo	1 pkt	0	1	4.5	45	
	Sweet 'N' Sour	1 pkt	0	11	0	50	
Shakes	Chocolate	16 oz	<b>12.6</b>	62.3	5.5	348	
	Strawberry	16 oz	<b>11</b>	60	9	360	
	Vanilla	16 oz	<b>11</b>	59	9	360	

**Starbucks®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories
<b>Beverages-Cold</b>					
Iced Caffe Americano	Grande	1	3	0	15
Iced Caffe Latte w/ Whole Milk	Grande	9	13	8	160
Iced Caffe Latte w/ 2%	Grande	8	14	4.5	130
Iced Caffe Latte w/ Skim Milk	Grande	11	14	0	100
Iced Caffe Latte w/ Soy	Grande		88	4.5	90
Iced Mocha w/ Whole	Grande	6.5	35	16	310
Iced Tazo Chai w/ Whole	Grande	3	66	5	320
<b>Beverages-Hot</b>					
Caffe Americano	Grande	1	3	0	15
Caffe Latte w/ wh. Milk	Grande	14	22	14	270
Caffe Latte w/ 2% Milk	Grande	17	22	7	220
Caffe Latte w/ Skim Milk	Grande	15	23	1	160
Caffe Latte w/ Soy Milk	Grande	9.5	10	8	150
Caffe Misto/Au Lait	Grande	7.5	12	8	150
Caffé Mocha w/wh. Milk	Grande	5	40	21	370
Caffe Mocha w/ 2% Milk	Grande	9	40	16	340
Caffe Mocha w/ Skim	Grande	8	40	11	290
Caffe Mocha w/ Soy	Grande	4.5	44	14	320
Cappuccino w/ wh. Milk	Grande	10	15	9	180
Cappuccino w/ 2% Milk	Grande	9	15	5	140
Cappuccino w/ Skim	Grande	12.5	15	0	110
Cappuccino w/ Soy Milk	Grande	7	7	5	100
Caramel Apple Cider	Grande	.5	74	8	370
Caramel Macchiato w/ whole Milk	Grande	6	36	9	250
Caramel Macchiato w/ 2% Milk	Grande	9	36	5	225
Caramel Macchiato w/ Skim Milk	Grande	8	40	11	290
Caramel Macchiato w/ Soy Milk	Grande	2	44	3	210
Chai Tea Latte	Grande	15	36	13	320
Chai Tea Latte w/ Skim	Grande	14	37	0.5	210
Egg Nog Latte w/ whole	Grande		49	27	320
Egg Nog Latte w/ Skim	Grande		49	22	460
Drip Coffee	Grande	.5	2	0	10
Espresso-Solo	Grande	0	1	0	5
Espresso-Doppio	Grande	.5	2	0	10
Espresso Con Panna-Solo	Grande	4	3	9	110
Espresso Con Panna-Doppio	Grande	18	4	9	115
Espresso Macchiato-Solo	Grande	.5	2	0.5	15
Espresso Macchiato-Doppio	Grande	1	3	0.5	20
Hot Chocolate	Grande	9.5	49	24	450
Mocha Valencia	Grande	4	60	25	480
Steamed w/ whole Milk	Grande	16	23	16	300
Steamed w/ 2% Milk	Grande	17	23	9	240
Steamed w/ Skim Milk	Grande	16	24	1	170
Steamed w/ Soy Milk	Grande	11	9	9	160
Steamed Cider	Grande	.5	57	0	230
Tazo Chai	Grande	8	52	9	320
White Choc. w/ whole	Grande	15	60	20	480
White Choc. w/ 2%	Grande	11	61	18	450
White Choc. w/ Skim	Grande	14	61	11	400
White Choc. w/ Soy	Grande	14	65	13	430

**Subway®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories
<b>Breakfast Sandwiches</b>					
Bacon & Egg	6 inch	10	34	16	320
Cheese & Egg	6 inch	11.5	34	15	317
Ham & Egg	6 inch	18	35	14	338
Western Egg	6 inch	12	36	12	300
<b>7 under 6™ Sandwiches</b>					
Ham	6 inch	15	46	5	288
Roast Beef	6 inch	17	45	5	293
Roasted Chicken Breast	6 inch	21	47	5	318
SUBWAY Club®	6 inch	21	46	6	323
Turkey Breast	6 inch	14	46	4.5	280
Turkey Breast & Ham	6 inch	16	46	5	293
Veggie Delight®	6 inch	6	44	3	226
<b>Classic Sandwiches</b>					
BMT®	6 inch	20.5	46	24	482
Cold Cut Trio™	6 inch	16	47	21	440
Meatball	6 inch	20	53	26	527
Seafood & Crab	6 inch	13	52	16	405
Steak & Cheese	6 inch	18	48	14	390
SUBWAY Melt®	6 inch	19.5	47	16	410
Tuna	6 inch	16	46	22	445
<b>Deli Sandwiches</b>					
Ham	6 inch	8.5	35	4	210
Roast Beef	6 inch	11	35	4.5	223
Tuna	6 inch	9	36	16	325
Turkey Breast	6 inch	10	36	3.5	215
<b>Select Sandwiches</b>					
Dijon Horseradish Melt	6 inch	20	47	22	465
Honey Mustard Ham	6 inch	14	52	5	310
Red Wine Vinaigr. Club	6 inch	21	53	6	350
Southwest Turk. Bacon	6 inch	15.5	48	17	407
Sweet Onion Chicken Teriyaki	6 inch	23	59	5	374
VegilMax Gardenburger	6 inch	23.5	56	8	390
<b>Salads</b>					
BMT®	1 whole	15	11	19	275
Cold Cut Trio	1 whole	14	11	15	234
Ham	1 whole	10	11	3	112
Meatball	1 whole	18	17	20	320
Roast Beef	1 whole	12.5	10	3	117
Roasted Chicken Breast	1 whole	16	12	3	140
Seafood & Crab®	1 whole	7.5	17	11	197
Steak & Cheese	1 whole	15.5	12	8	182
SUBWAY Club®	1 whole	17	12	3.5	146
SUBWAY Melt®	1 whole	17	11	10	203
Tuna	1 whole	13.5	10	16	238
Turkey Breast	1 whole	11	11	2	105
Turkey Breast & Ham	1 whole	11.5	11	3	117
Veggie Delight	1 whole	1	9	1	50
<b>Sauces &amp; Dressings</b>					
Asiago Caesar	1 tbsp	0	1	8	77
Honey Mustard	1 tbsp	0	5	0	20
Horseradish	1 tbsp	3	2	9	100
Southwest	1 tbsp	.5	1	6	60
Fat-free French	2 oz	.5	17	0	70
Fat-free Italian	2 oz	1	4	0	20
Fat-free Ranch	2 oz	1	14	0	60
<b>Soup</b>					
Black Bean	1 cup	8	27	4.5	180
Brown & Wild Rice w/ Chicken	1 cup	6	17	11	190
Cheese w/ Ham & Bacon	1 cup	8.5	13	16	230
Chicken & Dumpling	1 cup	6	16	4.5	130
Cream of Broccoli	1 cup	5	12	7	130
Cream of Potato w/ Bacon	1 cup	5.5	20	12	210
Golden Broccoli Cheese	1 cup	7	12	12	180
Hearty Chili Beef	1 cup	16	31	7	250
Minestrone	1 cup	4	11	1	70
Potato Cheese Chowder	1 cup	8	22	10	210
Roasted Chicken Noodle	1 cup		22	10	90
Tomato Bisque	1 cup		15	2.5	90
Vegetable Beef	1 cup		14	1.5	90
<b>Condiments &amp; Extras</b>					

Bacon Strips	2 strips		0	4	45
Cheese/American	2 halves	2.5	0	3.5	40
Cheese/Cheddar	2 halves	2.5	0	5	60
Cheese/Pepperjack	2 halves	2.5	0	3.5	40
Cheese/Provolone	2 halves	3.5	0	4	50
Cheese/Swiss	2 halves	3.5	0	4	53
Light Mayonnaise	1 tbsp		1	5	46
Mayonnaise	1 tbsp		0	12	110
Mustard	2 tsp		1	0	7
Olive Oil Blend	1 tsp		0	5	45
Vinegar	1 tsp		0	0	1

### Taco bell®

Food	Portion Size	Protein	Carbohydrates	Fat	Calories	
<b>Burritos</b>	7-layer	1 whole	18	65	22	520
	Bean	1 whole	14	54	12	370
	Burrito Supreme®/Beef	1 whole	18	50	18	430
	Burrito Supreme® /Chicken or Steak	1 whole	17	49	16	420
	Chili Cheese	1 whole	16	40	13	330
	Fiesta Burrito Beef	1 whole	14	49	15	380
	Fiesta Burrito Chicken or Steak	1 whole	17	48	12	370
	Grilled Stuft Beef	1 whole	28	75	35	730
	Grilled Stuft Chicken or Steak	1 whole	32	73	29	690
<b>Chalupas</b>	Chalupa Baja® Beef	1 whole	14	30	27	420
	Chalupa Baja® Chicken or Steak	1 whole	16	27	24	400
	Chalupa Supreme® / Beef	1 whole	14	29	23	380
	Chalupa Supreme® / Chicken	1 whole	17	28	20	360
	Chalupa Supreme® / Steak	1 whole	15	27	20	360
	Chalupa Nacho Cheese Beef	1 whole	12	30	22	370
	Chalupa Nacho Cheese Chicken	1 whole	15	29	19	350
<b>Gorditas</b>	Gordita Baja™ Beef	1 whole	14	29	21	360
	Gordita Beef™ Chicken or Steak	1 whole	16	28	18	340
	Gordita Supreme® Beef or Steak	1 whole	15	27	14	300
	Gordita Supreme® Chicken	1 whole	17	28	13	300
	Gordita Nacho Cheese Beef	1 whole	13	30	15	310
	Gordita Nacho Cheese Chicken	1 whole	15	28	13	290
<b>Nachos &amp; Sides</b>	Nachos	1 whole	5	34	18	320
	Nachos Supreme®	1 whole	13	44	24	440
	Nachos BellGrande®	1 whole	20	83	39	760
	Pintos 'n Cheese	1 whole	10	18	8	180
	Mexican Rice	1 whole	6	23	9	190
	Cinnamon Twists	1 whole	0	27	4.5	150
<b>Specialties</b>	Cheese Quesadilla	1 whole	19	39	28	490
	Chicken Quesadilla	1 whole	28	40	30	540
	Enchirito® Beef	1 whole	19	31	16	350
	Enchirito® Chicken or Steak	1 whole	22	31	16	350
	Meximelt®	1 whole	15	22	15	290
	Mexican Pizza	1 whole	21	42	35	540
	Southwest Steak Bowl	1 whole	30	66	33	660
	Taco Salad w/ shell	1 whole	31	69	52	850
	Taco Salad w/o shell	1 whole	24	31	22	400
	Tostada	1 whole	11	27	12	250
	Zesty Chicken Border Bowl	1 whole	22	55	19	460
<b>Tacos</b>	Taco, Regular	1 whole	8	18	12	210
	Taco Supreme	1 whole	9	20	16	260
	Soft Taco Beef	1 whole	10	20	10	210
	Soft Taco Chicken	1 whole	14	19	7	190
	Soft Taco Steak	1 whole	11	20	17	280
	Double Decker® Taco	1 whole	15	43	17	380
	Dbl Decker® Taco Supr	1 whole	15	45	21	420

**Wendy's®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories
Chili	Chili Small	1 whole 17	21	6	200
	Chili Large	1 whole 25	31	9	300
Fries	Fries Medium	1 whole 4	56	17	390
	Fries Biggie	1 whole 5	63	19	440
Frosty	Small	1 whole 8	56	8	330
	Medium	1 whole 10	73	11	440
Garden Sensations					
	Chicken BLT Salad	1 whole 34	10	16	310
	Mandarin Chicken™	1 whole 22	17	1.5	150
	Spring Mix Salad	1 whole 11	12	11	180
	Taco Supremo	1 whole 27	29	17	360
(dressings & sauce)					
	Barbecue	1 packet 0	10	0	40
	Blue Cheese	1 packet 0	3	30	290
	Caesar	1 packet 0	1	16	150
	Country Crock Spread	1 packet 0	0	7	60
	Creamy Ranch	1 packet 0	5	25	250
	Creamy Ranch-red. Fat	1 packet 0	7	9	110
	French Fat Free	1 packet 0	21	0	90
	HoneyMustard Dressing	1 packet 0	10	16	310
	Honey Mustard Sauce	1 packet 0	6	12	130
	House Vinaigrette	1 packet 0	9	20	220
	Oriental Sesame Sauce	1 packet 0	21	21	280
	Sweet & Sour Sauce	1 packet 0	12	0	50
	Thousand Island	1 packet 0	7	25	260
Sandwiches	Big Bacon Classic	1 whole 33	46	30	570
	Classic Single	1 whole 25	37	19	410
	Grilled Chicken	1 whole 31	36	7	300
	Jr. Bac. Cheeseburger	1 whole 20	34	19	380
	Jr. Cheeseburger	1 whole 17	34	12	310
	Jr. Cheeseburger Dix	1 whole 18	37	16	350
	Jr. Hamburger	1 whole 15	34	9	270
	Spicy Chicken Sand	1 whole 29	47	14	430
Potatoes	Plain	1 whole 7	72	0	310
	Bacon & Cheese	1 whole 16	79	22	580
	Broccoli & Cheese	1 whole 10	81	14	480
	Sour Cream & Chives	1 whole 8	72	5	370

**Restaurants:****Applebee's®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories
Low-fat Selections					
	Asian Chicken Salad	31	108	9.5	645
	Blackened Chick. Salad	28	38	5	310
	Chicken Fajita Quesadilla	42	63	11	520
	Chicken Quesadilla	43	62	10	510
	Chicken Rancho Rollup	41	80	12	590
	Chicken Roma Rollup	40	75	10	550
	Garlic Chicken Pasta	41	89	8	590
	Lemon Chicken Pasta	30	78	11	530
	Veggie Quesadilla	22	46	8	345
	Whitefish w/ Mango Salsa	33	53	10	435

**Chili's®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories
Burgers	Chipotle Bleu Cheese Bacon	1 serving 57	54	75	1120
	Ground Peppercorn w/ strings	1 serving 44	78	79	1200
	Mushroom Swiss	1 serving 57	62	48	910
	Old Timer Burger	1 serving 44	52	45	790
	Ranch Burger	1 serving 55	64	66	1070
Fajitas	Chicken	1 serving 66	97	41	1020
	Mushroom Jack	1 serving 79	103	60	1270
	Steak	1 serving 60	93	51	1070
Meals	Boneless Buff. Wings	1 serving 55	64	74	1140
	Cajun Chicken Pasta	1 serving 68	103	56	1190
	Cheese Steak S'wich	1 serving 53	67	29	740

	Chicken Caesar Pita	1 serving	54	33	19	520
	Citrus Fire Chicken & Shrimp	1 serving	65	73	12	660
	Grilled Baby Back Ribs	1 serving	52	109	54	1130
	Grilled Margarita Chick.	1 serving	53	72	25	725
	Grilled Rib Eye	1 serving	52	70	66	1080
	Grilled Shrimp Alfredo	1 serving	61	142	53	1290
	Ranch Hand Filet	1 serving	53	62	81	1190
	Shrimp Alfredo	1 serving	62	142	53	1290
	Sirloin Stack	1 serving	74	96	61	1230
	South Western Egg Roll	1 serving	31	86	40	830
	Veggie & Smoked Cheese Ques	1 serving	44	95	67	1160
Other	Awesome Blossom w/ Sauce	1 serving	27	191	222	2880
	Tostado Chips w salsa	1 serving	15	109	46	910
Nachos	Beef Fajita	1 serving	70	100	50	1130
	Chicken Fajita	1 serving	73	94	36	995

**Panera Bread®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories	
Bagels	Asiago Cheese	1 whole	15	58	5	330
	Blueberry	1 whole	12	67	1.5	320
	Cinnamon Crunch	1 whole	12	91	9	490
	Dutch Apple & Raisin	1 whole	10	70	2.5	340
	Everything	1 whole	11	58	1.5	290
	French Toast	1 whole	10	65	4.5	340
	Nine Grain	1 whole	11	58	1	290
	Plain	1 whole	11	57	1	280
	Sesame	1 whole	12	60	2.5	310
	Chocolate Hazelnut	1 whole	11	65	7	360
Beverages	Trail Mix	1 whole	11	71	6	380
	Caffe Latte	8.5 oz	7	12	4.5	120
	Caffe Mocha	11.5 oz	11	47	16	360
	Caramel Latte	11 oz	9	54	16	400
	Chai Tea Latte	10 oz	7	37	4.5	210
	Homestyle Lemonade	16 oz	0	19	0	80
	Hot Chocolate	11 oz	11	45	15	350
	House Latte	10.8 oz	8	43	13	320
	Iced Green Tea	16 oz	0	15	0	60
	I.C. Cappuccino Chip	16 oz	5	64	35	590
	I.C. Caramel	16 oz	6	76	24	550
	I.C. Honeydew Gr. Tea	16 oz	2	36	13	270
	I.C. Mocha	16 oz	7	70	24	520
	I.C. Spice	16 oz	4	66	22	470
	Salads	Asian Sesame Chicken	12 oz	26	45	19
Bistro Steak		8.4 oz	16	10	58	630
Caesar Salad		9.5 oz	12	18	38	400
Classic Café		10 oz	3	15	36	380
Fandango Salad		9.5 oz	7	21	28	400
Greek Salad		14 oz	9	17	48	520
Grilled Chicken		13 oz	31	19	34	500
Sandwiches		Asiago Roast Beef	13 oz	50	54	35
	Bacon Turkey Bravo	14.5 oz	47	84	28	770
	Chicken Salad	13.75	39	80	26	730
	Frontega Chick. Panini	14 oz	49	71	42	860
	Garden Veggie	10.65 oz	15	74	23	570
	Italian Combo	17 oz	60	80	54	1050
	Peanut Butter & Jelly	7.25 oz	15	63	15	450
	Pepperblue Steak	13.9 oz	40	78	38	780
	Portobello & Mozzarella	12 oz	25	73	29	650
	Sierra Turkey	12.5 oz	40	71	55	950
	Smoked Ham & Swiss	12.75	42	47	34	650
	Smoked Turkey Breast	13.5 oz	34	73	16	590
	Smokeyhouse Turkey	11.35 oz	47	68	23	670
	Tuna Salad	13.75 oz	32	78	41	830
	Turkey Artichoke	15.3 oz	41	76	38	810
	Turkey Fresco	14.25 oz	35	74	17	580
	Tuscan Chicken	15 oz	35	76	56	950
Soups	Baked Potato	1 cup	6	23	16	260

	Boston Clam Chowder	1 cup	6	19	11	210
	Broccoli Cheddar	1 cup	8	13	16	230
	Cream/Chick & Wild R	1 cup	5	19	12	200
	French Onion	1 cup	9	23	10	220
	*Bread Bowl-Sourdough	1 whole	20	102	1.5	500
	LF Chicken Noodle	1 cup	5	15	2	100
	LF Veg. Black Bean	1 cup	10	29	.5	100
	LF Veg. Garden Veg.	1 cup	4	17	.5	90
	LF Veg. Moroccan Tom.	1 cup	7	22	1.5	120
	Veg. Parisian Mushroom	1 cup	5	17	14	210
Spreads	Plain Cream Cheese	2 oz	3	2	18	190
	Reduced Fat Cream Ch	2 oz	5	2	12	130
	Roasted Garlic Humus	2 oz	3	11	5	100

**Pizzeria Uno®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories	
Entrees	Tomato Basil Chicken	1 serving	41.5	83	8	570
	Veggie Burger Meal		14.8	104	15	610
	Zesty Pasta Marinara		12	75	3.5	380
Salads	Pasta Green Salad		13.3	69	9	410
	Veggie Dip Platter		13.3	77	11	460
Soup	Tomato Garden Vegetable		4	25	1	125

**Red Lobster®**

Food	Portion Size	Protein	Carbohydrates	Fat	Calories	
Fish	Catfish	10 oz	40	0	20	340
	Cod-Atlantic	10 oz	45.5	0	2	200
	Flounder	10 oz	43.5	2	2	200
	Grouper	10 oz	50.5	0	2	220
	Haddock	10 oz	42	4	2	220
	Halibut	10 oz	48.5	2	2	220
	Lemon Sole	10 oz	53.5	2	2	240
	Mackerel	10 oz	39	2	24	380
	Norwegian Salmon	10 oz	57	4	24	460
	Ocean Perch-Atlantic	10 oz	45	2	8	260
	Pollock	10 oz	53.5	2	2	240
	Rainbow Trout	10 oz	44.5	0	18	340
	Red Rockfish	10 oz	40.5	0	2	180
	Red Snapper	10 oz	50.5	0	2	220
	Sockeye Salmon	10 oz	58.5	4	8	320
	Swordfish	10 oz	32	0	8	200
Shellfish	Calamari –breaded fried	5 oz	12.8	30	21	360
	Deep Sea Scallops	5 oz	27	2	2	130
	King Crab Legs	16 oz	32	6	2	170
	Maine Lobster	18 oz	37	5	8	240
	Rock Lobster	1 tail	48.8	2	3	230
	Shrimp	8-12 pc	25.5	0	2	120
	Snow Crab Legs	16 oz	32	1	2	150
Steak / Chicken	Filet Mignon	8 oz	206	0	16	350
	Hamburger	1/3 lb	28.3	0	23	320
	Rib Eye Steak	12 oz	60.5	0	82	980
	Sirloin	8 oz	53.6	0	15	350
	Skinless Chicken Breast	4 oz	28.3	0	3	140
	Strip Steak	7 oz	28.5	0	64	690

**Spaghetti Warehouse®**

<b>Food</b>		<b>Portion Size</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Calories</b>
Lunch	Grilled Chicken Marinar	1 serving	49.5	65	8	530
	Minestrone Soup	1 serving	4.5	12	1.5	80
	Seafood Marinara	1 serving	20	65	5	385
	Spaghetti w/ Tomato Sauce	1 serving	13	82	5	425
	Spicy Marinara Spaghetti	1 serving	9	52	4	280
	Vegetable Primavera	1 serving	11	65	4	340
Dinner	Grilled Chicken Marinar	1 serving	52.5	85	10	640
	Grilled Halibut	1 serving	82.5	106	14	880
	Grilled Marinated Chicken Breast	1 serving	73.3	116	17	910
	Minestrone	1 bowl	5	18	2	110
	Seafood Marinara	1 serving	26	86	8	520
	Spaghetti w/ Tomato Sauce	1 serving	16.8	101	6	525
	Spicy Marinara Spaghetti	1 serving	9	60	6	330
	Vegetable Primavera	1 serving	18.5	116	8	610