



Nutrition in the fast lane™

Fast facts about fast food



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Eating on the go may make it more difficult to eat healthy. But it is possible to eat healthy when you are away from home.



When you eat moderate amounts of food and **follow guidelines from your healthcare provider**, you can make healthy decisions no matter where you are.

Eating a balanced diet can play a big role in managing chronic conditions like diabetes, high blood pressure, and heart disease. And it can improve your overall health.

There are three basic nutrition guidelines that apply to nearly everyone. They are especially important if you have diabetes, high blood pressure, or heart disease:

- 1 Eat a balanced diet**
- 2 Choose foods low in fat, especially saturated fat, trans fat, and cholesterol**
- 3 Avoid high levels of sodium**

This edition of “Nutrition in the fast lane” will help you follow these guidelines and make smart choices when you’re on the go. **Make it your healthy eating roadmap whenever you stop for fast food.**

How to use “Nutrition in the fast lane”

This booklet provides nutrition facts on menu items from many popular fast food and casual dining chains. You will find nutrition facts about menu items from each restaurant. **Here is an example of a menu item from a restaurant in this booklet, which we will refer to throughout this section:**

	Calories & calories from fat w/pct.		Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Hamburger sandwich only	250	9	25	480	31	13	2	2	Starch
	80	Sat 3½		Daily 21%	Fiber 2				1 MF Meat
	30%	Trans <1		Parity 48	Sugar 6				½ Fat

Understanding the nutrition charts:

To understand the nutrition facts, it is helpful to understand some common terms that you'll see in each menu item.

Total calories — Calorie requirements vary by individual. Always consult with your healthcare provider or a registered dietitian to determine how many calories you should consume. Refer to this chart for general calorie guidelines based on age and gender.

	Preteen, less active female (any age), moderately active older woman	Early teen boy, less active male, very active female younger than 65	Most active males	Very active 16 to 18 year old male	Active woman 16 to 60, man over 50
Calories per day	1600-1800	2200-2400	2800-3000	3200	2000



The average fast food meal can sometimes contain 1000 calories or more. In the hamburger chart above, you'll see that a simple hamburger can contain 250 calories.

Calories from

fat — In moderation, fat is an important part of growing and maintaining good health. **However, too much fat can lead to obesity, high cholesterol, and heart**

disease. Understanding the number of calories that come from fat can help you make a healthier choice.



Manage your calories when you eat fast food:



Avoid food items described as “jumbo,” “giant,” “deluxe,” “biggie-sized,” or “super-sized”.



Go to the salad bar, but try to avoid high-calorie toppings like creamy dressings, cheese, bacon bits, and croutons.



When you eat **Mexican fast food**, go easy on the cheese, sour cream, and guacamole. Instead, choose tasty, low-calorie toppings like tomatoes and salsa.



If you have pizza, choose the **thin-crust** with veggie toppings.

Percentage of fat — The easiest way to limit fat in your meal is to select options with a lower percentage of fat. The percentages shown in this booklet are rounded to the nearest 5% to help compare similar and lower-fat options.

Total fat should be between 25%-35% of the total calories consumed. To understand the total fat as a percentage of calories, let's revisit our hamburger chart. Of the 250 total calories, 80 calories come from fat. That's slightly more than 30% but within the goal. However, toppings like cheese will increase the percentage of calories from fat.

Total fat, saturated fat & trans fat — Cutting back on saturated fat and trans fat can reduce your risk of heart disease. Replace foods high in saturated and trans fat such as butter, whole milk, and baked goods with foods higher in unsaturated fat found in plants and fish, such as vegetable oils, avocado, and tuna fish.

	Low Fat	High Fat
Meat/fish	Choose fish or meats like chicken, turkey, lean roast beef, and lean ham	Avoid meats like bacon and sausage
How food is prepared	Grilled or broiled foods have less fat	Avoid fried or breaded foods
Sides/topping options	Add flavor with low-fat toppings and sides like mustard or veggies	Avoid toppings like mayonnaise or creamy sauces
Sandwiches	Eat sandwiches on bread or a bun	Avoid biscuits and croissants



Cholesterol — High blood cholesterol levels have been linked to heart attacks and strokes. **Some foods that have high levels of cholesterol include**

egg yolks, meat, poultry, shellfish, and dairy products. Studies suggest that most people should limit cholesterol to less than 300 milligrams/day. Your healthcare provider or registered dietitian can provide you with your recommended amount.



Sodium — Sodium is used to lengthen the shelf life of many fast food items. It is also known as table salt. **Most people should consume less than 2300 milligrams of sodium per day.**

People with diabetes or other conditions that would benefit from lowering blood pressure should consume less than 1500 milligrams. Your healthcare provider or a registered dietitian can provide you with your recommended amount.

To illustrate just how much sodium there can be in fast food, let's take a final look at the hamburger chart. **The simple hamburger contains 480 milligrams of sodium, or nearly 1/3 of the amount you should consume per day if you have diabetes.**

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Hamburger sandwich only	250 80 Sat 30% Trans	9 3½ <1	25 Daily Parity	480 21% 48	31 Fiber Sugar	13 2 6	2	2 Starch 1 MF Meat ½ Fat

Tips to manage sodium:



Avoid adding extra salt to your meal.



Ask that **no extra salt be added** to foods that are generally sprinkled with it, like french fries.



Use this booklet to understand the levels of sodium in each menu item. For example, cheese has a **surprising amount of added sodium.**

Daily — This shows the percentage of the 2300 mg sodium goal in each menu item. Add the percentages of each meal item together to understand how the entire meal impacts your daily goal.

Parity — Parity is the connection between sodium and calories. When you choose the lower parity number, you automatically choose the lower sodium choice. **Parity shows the milligrams of sodium in every 25 calories.** When you look at the parity, remember to consider the total number of calories. Low calorie choices may have high parity numbers simply because they have less calories.

Parity will be low when sodium is low. Keep all parity numbers as low as possible, especially for items with higher calorie counts.



Carbohydrates —




Carbohydrates, or “carbs,” can raise blood sugar levels. It is important to keep track of the carbs you eat, especially at fast food restaurants.

There are two **types of carbs** that you should know about:

- 1 Dietary fiber** — Fiber is part of a healthy diet. It plays a role in supporting bowel regularity and helps maintain normal cholesterol and blood sugar levels. **High-fiber foods include fruits, vegetables, beans, whole grains, whole wheat breads, and cereals.** A goal of 14 grams of fiber for every 1000 calories consumed is recommended.

2 Sugar — All calories provide energy, but some are healthier than others. Natural sugars in fruits and milk have some real benefits, such as fiber, vitamins, and minerals. However, desserts, candy, syrups, and jams and jellies contain “empty” calories and should be avoided.



Tips to manage carbs:

-  Breads, pasta, and potatoes are high in carbs and should be **eaten in moderation**.
-  Choose whole fruits for dessert, **such as apples and grapes**.
-  Try to avoid **fruit juices**.

Protein — Your body needs protein to grow and maintain muscle. Meat, beans (soy, black, red, kidney), nuts, eggs, and dairy products are high in protein.



Tips to select protein options:

-  Foods made from soybeans, **such as tofu and soy milk**, can be good options for vegetarians.
-  Choose meats that are **low in fat**.

Carb exchange — Eating the same amount of carbs each day can help people with diabetes manage blood sugar levels. In the carb exchange system, foods with similar amounts of carbohydrates per serving size can be exchanged.

Dietary exchanges — The exchange system is a meal planning method developed by the Academy of Nutrition and Dietetics and the American Diabetes Association. It promotes daily control of portion sizes, calories, carbs, protein, and fat. Foods within a particular group can be “exchanged” for each other.

The exchange divides all foods into three main groups:

- 1 Carbohydrates:** fruits, starches, milk, vegetables, and other foods high in carbohydrates such as desserts.
- 2 Meat and meat substitutes:** high-protein foods such as meats, cheeses, chicken, fish, and beans.
Additional protein sources:
 - Plant-based protein (“PB”—may also be referenced as lean meat)
 - Lean meat (“L”)
 - Medium-fat meat (“MF”)
 - High-fat meat (“HF”)
- 3 Fat:** butter, margarine, mayonnaise, oils, salad dressings, etc.

The exchange system shows you the type of calories in a food item. **For example, a food item that contains 120 calories could get its calories from healthy ingredients like fruit, or it could get them from fat.** The exchange values help you identify high-fat foods and eat those in moderation.

Understand terms in the exchange system:

“Other carb” — Many items contain a small amount of processed sugar. **If the amount of processed sugar exceeds one-half exchange in a single item, the term “other carb” will appear in**



the dietary exchanges. This generally indicates the amount of processed sugar. If the exchange lists the carb content as “other carb” only, it is very high in processed sugar, though it may contain some starch. If a food item shows “other carb,” all sugar listed is processed sugar.

“Free” - A free food is one that **has less than 20 calories, or less than 5 grams of carbohydrate per serving.** These foods should be limited and should not exceed three servings per day.

The total number of servings you should consume from each food group varies depending on personal needs. A registered dietitian can help you design a meal plan that will help you accomplish your personal nutrition goals. Nutrition goals might include cutting back on fat, losing weight, managing blood sugar levels, or simply improving your eating habits.

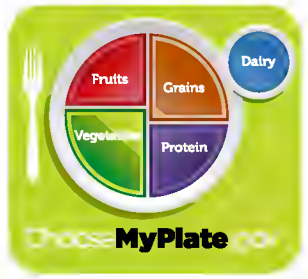


You can find a registered dietitian in your area by calling the nutrition hotline of the **Academy of Nutrition and Dietetics at 1-800-877-1600** or online at **www.eatright.org**.

Nutritional recommendations from the U.S. Department of Agriculture

The U.S. Department of Agriculture has a helpful guide to a healthier diet at **ChooseMyPlate.gov**. The MyPlate illustration shows you the five major food groups—fruits, grains, vegetables, protein, and dairy—and the recommended portion for every meal.

As you can see, fruits and vegetables make up one-half of your plate, and proteins and grains make up the other half. Whole grains are the healthiest choice for grains.



When you create your meal plan, try to choose:



Foods with little or **no solid fats or added sugars**



More **beans, peas, nuts, and seeds** to vary your routine



Low-fat or fat-free dairy products



Poultry, fish, or lean meats



A wide variety of **fruits and vegetables** for a complete range of vitamins and minerals



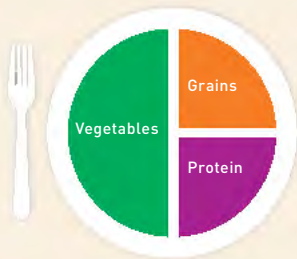
Water or unsweetened tea in place of sugary drinks

Adjusting your plate when you have diabetes

Having diabetes means you have to pay special attention to your blood sugar levels. **Some foods raise blood sugar levels more than others do.** You may want to consider making some adjustments to the balance of foods on your plate to help with your blood sugar levels.



The plate below shows the recommended food group portions for someone with diabetes.



- These foods raise blood sugar
- These foods slightly raise blood sugar
- These foods have little effect on blood sugar

As you can see, vegetables make up one-half of your plate, with the other half made up of proteins and whole grains. Note how each food group has a different effect on blood sugar.

Helpful food group tips and options for people with diabetes



Consider filling your plate half full with nonstarchy vegetables. These include broccoli, cabbage, carrots, cauliflower, green beans, salad, and zucchini, to name a few.



Fill one-quarter of your plate with whole grain or starchy foods, such as brown rice, quinoa, green peas, sweet potatoes, and whole wheat bread. Beans, which are both starchy and a good source of protein and fiber, can fit here, as well.



Fill the remaining one-quarter of your plate with lean protein foods, such as fish, chicken, eggs, and lean beef or pork, and soy products such as tofu.



Add a serving of fruit, such as a small apple, or a serving of low-fat dairy, such as nonfat yogurt, or both as your meal plan allows.



Choose healthy fats in small amounts. For cooking, use healthy oils, such as olive oil. Other healthy fats that can be used in meals include nuts, seeds, and avocados.

Note: There is no single diet or eating pattern that is ideal for everyone with diabetes. You can meet with a registered dietitian for a meal plan with eating recommendations specifically tailored for you.

Reference: <http://www.diabetesforecast.org/2015/adm/diabetes-plate-method/how-to-create-your-plate.html>

This chart has an overview of nutritional requirements based on age and gender.

	Age	Calories	Veggies	Fruits	Grains	Protein	Dairy	Oils
Child	2-3 yrs.	1000	1 cup	1 cup	3 oz.	2 oz.	2 cups	3 tsp.
	4-8 yrs.	1200-1400	1½ cups	1½ cups	5 oz.	5 oz.	2 cups	4 tsp.
Girl	9-13 yrs.	1600	2 cups	1½ cups	5 oz.	5 oz.	3 cups	5 tsp.
	14-18 yrs.	1800	2½ cups	1½ cups	6 oz.	5 oz.	3 cups	5 tsp.
Boy	9-13 yrs.	1800	2½ cups	1½ cups	6 oz.	5 oz.	3 cups	5 tsp.
	14-18 yrs.	2200	3 cups	2 cups	7 oz.	6 oz.	3 cups	6 tsp.
Woman	19-30 yrs.	2000	2½ cups	2 cups	6 oz.	5½ oz.	3 cups	6 tsp.
	31-50 yrs.	1800	2½ cups	1½ cups	6 oz.	5 oz.	3 cups	5 tsp.
	51+ yrs.	1600	2 cups	1½ cups	5 oz.	5 oz.	3 cups	5 tsp.
Man	19-30 yrs.	2400	3 cups	2 cups	8 oz.	6½ oz.	3 cups	7 tsp.
	31-50 yrs.	2200	3 cups	2 cups	7 oz.	6 oz.	3 cups	6 tsp.
	51+ yrs.	2000	2½ cups	2 cups	6 oz.	5½ oz.	3 cups	6 tsp.

Healthy portion examples

To help you visualize what proper portion sizes look like, here are some handy tips:



Protein: An open palm, not including fingers and thumb, is about 3 ounces of cooked, boneless meat. This should be the size of your protein portion.



Vegetables and Starches: A fist is about the size of 1 cup or 30 grams of food. This is a good portion for cereal, bread, or starchy vegetables such as potatoes or corn.



Fats: The thumb is about 1 tablespoon. This is a good portion of regular salad dressing or reduced-fat mayonnaise.



The thumb tip is about 1 teaspoon, which you can use as a portion for margarine, mayonnaise, or other fats and oils.

Meal plan options

Below are some examples of meal plan options based on the American Heart Association's fat recommendations and guidelines from the Academy of Nutrition and Dietetics for carbohydrate intake.



Each menu provides different recommendations based on age, gender, and lifestyle. Each category provides three recommendations from each daily meal. These selections are interchangeable and are equal in carbs (45%-65%), protein (10%-20%), and fat (25%-35%). You may wish to substitute an item to suit your individual taste.



If you do, be sure to choose an item with approximately the same or fewer calories, and the same or fewer carbs, protein, and fat. **(Check the values of your choices later in this booklet.)**

1600 calorie menu

Inactive women and older adults

Breakfast

Burger King

Bacon, Egg &
Cheese Breakfast
Croissan'wich

Chick-fil-A

4-piece
Chick-N-Minis

McDonald's

Egg McMuffin

Lunch

Wendy's

½ Sour Cream
& Chive Baked
Potato

Rich & Meaty
Chili (small bowl)

Saltine Crackers
(1 package)

Subway

6-inch BLT on
9-Grain Wheat
(w/standard
vegetables w/o
sauce or cheese)

Arby's

Jr. Roast Beef
Sandwich

Potato Cake
(1 piece)

Dinner

KFC

1 Skinless
Chicken Breast

1 Grilled
Chicken Wing

Mashed Potatoes
w/o gravy
(individual serving)

Green Beans
(individual serving)

Sweet Kernel Corn
(individual serving)

Bob Evans

1-piece Grilled
Salmon Fillet

Green Beans
& Ham

Glazed Baby
Carrots

Seasonal
Fresh Fruit

Domino's

Large Deluxe
Specialty Pizza
(2 slices)

2200 calorie menu

Most children, teenage girls, active women, and many inactive men

Breakfast

Subway

6-inch Black Forest Ham, Egg & Cheese Breakfast Flatbread (w/honey mustard & standard vegetables)

Denny's

Fit Slam Breakfast w/o bread (includes egg whites, 2 turkey bacon strips, & 4 oz. cup of seasonal fruit)

Panera Bread

Avocado, Egg White & Spinach Power Breakfast Sandwich on Grain Bagel Flat

Lunch

Wendy's

Power Mediterranean Chicken Salad w/dressing
4-piece Chicken Nuggets w/o sauce
Apple Slices (kids' serving)

McDonald's

Small Salad w/ LF balsamic vinaigrette dressing (1 packet)
Mac Snack Wrap
Fruit 'N Yogurt Parfait

Taco Bell

2 Chicken Soft Tacos
Premium Latin Rice (individual serving)

Dinner

Golden Corral

Roast Beef (3 oz. piece)
3-piece Golden Shrimp Escaloped Apples (½ cup)
Asparagus (5-piece serving)
Green Bean Casserole (½ cup)

Olive Garden

Minestrone Soup (1 cup/½ bowl)
Spaghetti w/Meat Sauce
Mini Pasta Bowl
1 Breadstick w/ garlic butter

Bob Evans

1-piece Potato-Crusted Flounder Dinner
Green Beans w/Ham
Glazed Baby Carrots
½ Baked Potato (w/o toppings)

2800 calorie menu

Teenage boys, many active men, and some very active women

Breakfast

Bob Evans

Classic Breakfast
(w/French toast, ham
& sugar-free syrup)

McDonald's

Egg White Delight
McMuffin
Hash Brown
(1 piece)
Fruit 'N Yogurt
Parfait (1 cup)

Taco Bell

Grilled Breakfast
Burrito—
Fiesta Potato
Breakfast
Soft Taco—
Egg & Cheese

Lunch

Dairy Queen

Grilled Chicken
Sandwich
Fries (½ kids' serving)

Burger King

Rodeo Burger
4-piece
Chicken Nuggets
Applesauce
(kids' serving)

Papa John's

Papa's Chicken
Poppers (5-piece)
Large Original
Crust Garden
Fresh Pizza (1 slice)

Golden Corral

Salad Bar (1 cup
lettuce w/5 grams
of other vegetables
w/o croutons)
w/RF ranch
dressing (2 tbsp.)
BBQ Pork
(3 oz. piece)
Baked Fish w/
Shrimp & Lemon
Herb Sauce
(3 oz. serving)
Asparagus
(5-piece serving)
Steamed Baby
Carrots (½ cup)
Steamed Peas
(½ cup)

Olive Garden

Stuffed
Mushroom
Appetizer
(2-piece portion)
House Salad w/
LF dressing
Spaghetti
w/Meat Sauce
Mini Pasta Bowl
1 Breadstick
w/garlic butter

Dinner

Bob Evans

Seasonal
Fresh Fruit
(individual serving)
1-piece Grilled
Salmon Fillet
Steamed Broccoli
Glazed Baby
Carrots

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Applebee's®

Appetizers

Plain Boneless Wings full serving	680 315 45%	35 Sat 7 Trans 0	95	1760 Daily 77% Parity 65	52 Fiber 5 Sugar 1	39	3	3	3 Starch 4 MF Meat 3 Fat
Plain Dbl. Crunch Bone-In Wings full serving	650 360 55%	40 Sat 9 Trans 0	295	1460 Daily 63% Parity 56	12 Fiber 2 Sugar 1	64	½	½	Starch 8½ MF Meat
Bleu Cheese Dipping Sauce dipping cup	240 225 95%	25 Sat 4½ Trans 0	25	250 Daily 11% Parity 26	1 Fiber 0 Sugar 1	1	1	0	5 Fat
Ranch Dipping Sauce dipping cup	210 200 95%	22 Sat 3½ Trans 0	15	330 Daily 14% Parity 39	1 Fiber 0 Sugar 1	1	1	0	4 Fat
Grilled Chicken Wonton Tacos full serving	480 145 30%	16 Sat 3 Trans 0	105	1570 Daily 68% Parity 82	46 Fiber 2 Sugar 23	37	3	1½	Starch 1½ Otr. Carb 4½ L Meat 1 Fat
Chicken Quesadilla full serving	970 530 55%	59 Sat 27 Trn. 1½	155	2870 Daily 125% Parity 74	61 Fiber 5 Sugar 4	50	4	4	Starch 5½ MF Meat 6 Fat
Steak Quesadilla full serving	1000 550 55%	61 Sat 28 Trans 2	150	2490 Daily 108% Parity 62	61 Fiber 6 Sugar 4	52	4	4	Starch 5½ MF Meat 6 Fat
Mozzarella Sticks full serving	920 460 50%	51 Sat 20 Trans 1	80	2140 Daily 93% Parity 58	79 Fiber 5 Sugar 9	39	5	4½	Starch ½ Other Carb 3½ MF Meat 6 Fat
Sriracha Shrimp full serving	690 415 55%	46 Sat 8 Trans <1	140	1750 Daily 76% Parity 63	51 Fiber 3 Sugar 9	20	3	2½	Starch ½ Other Carb 2 L Meat 8 Fat
Sweet Potato Fries w/Dips full serving	1160 695 60%	77 Sat 15 Trans 1	45	2460 Daily 116% Parity 58	109 Fiber 15 Sugar 51	7	7	4	Starch 3 Other Carb 15 Fat

Salads (half salads available for luncheon & children)

House Salad small salad w/o dressing	190 110 60%	12 Sat 4½ Trans 0	25	350 Daily 15% Parity 46	11 Fiber 2 Sugar 3	10	½	½	Starch 1 Vegetable 1 HF Meat ½ Fat
Caesar Salad small salad w/dressing	230 170 65%	19 Sat 4 Trans 0	15	360 Daily 70% Parity 51	11 Fiber 2 Sugar 2	5	½	½	Starch ½ HF Meat 3 Fat
Grilled Chicken Caesar Salad full salad w/dressing	800 515 65%	57 Sat 12 Trans 1	170	2110 Daily 92% Parity 66	26 Fiber 7 Sugar 7	48	1½	1	Starch 1 Vegetable ½ Other Carb 6 L Meat 9 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Thai Shrimp Salad	370	19	150	1720	32	23	1½	½ Starch
full salad w/dressing	170 Sat	3	Daily	75% Fiber	7			1 Vegetable
	45% Trans	0	Parity	116 Sugar	15			1 Other Carb
								3 L Meat
								3 Fat

Wood-Fired Grill & Chef Selections (w/o sides unless noted)

6 oz. Top Sirloin	230	9	90	1450	2	34	0	5 L Meat
steak entrée	80 Sat	4	Daily	63% Fiber	1			
	35% Trans	<1	Parity	158 Sugar	0			

8 oz. Top Sirloin	280	10	115	1570	2	45	0	6½ L Meat
steak entrée	90 Sat	4	Daily	68% Fiber	0			
	30% Trans	<1	Parity	140 Sugar	1			

Bourbon Street Steak w/Sides	700	38	130	1220	39	51	2	1½ Starch
full meal	340 Sat	12	Daily	53% Fiber	5			1 Vegetable
	50% Trans	1	Parity	44 Sugar	7			½ Other Carb
								6½ L Meat
								5 Fat

Double-Glazed Baby Back Ribs	470	32	145	710	8	38	½	½ Other Carb
half rack w/o sauce	290 Sat	12	Daily	31% Fiber	<1			5½ MF Meat
	60% Trans	0	Parity	38 Sugar	8			1 Fat

Honey BBQ Sauce for Ribs	80	0	0	340	18	0	1	1 Other Carb
half rack portion	0 Sat	0	Daily	15% Fiber	1			
	0% Trans	0	Parity	106 Sugar	16			

Smokey Chipotle Sauce for Ribs	60	1½	5	200	12	0	½	½ Other Carb
half rack portion	15 Sat	1	Daily	9% Fiber	0			½ Fat
	25% Trans	0	Parity	83 Sugar	12			

Bone-In Pork Chop	370	18	120	1250	3	50	0	7 L Meat
single chop	160 Sat	7	Daily	54% Fiber	2			1 Fat
	45% Trans	0	Parity	84 Sugar	1			

Bone-In Pork Chop w/Honey Apple Chutney	560	24	135	1590	37	51	2½	½ Fruit
entrée only	215 Sat	11	Daily	69% Fiber	2			2 Other Carb
	40% Trans	0	Parity	71 Sugar	27			7 L Meat
								2 Fat

Cedar Grilled Salmon	340	22	100	1110	2	35	0	5 L Meat
entrée only	200 Sat	4½	Daily	48% Fiber	1			2 Fat
	60% Trans	0	Parity	82 Sugar	0			

Cedar Salmon w/Maple Mustard Glaze	540	32	110	1730	28	38	1½	1½ Otr. Carb
entrée w/spinach	290 Sat	9	Daily	75% Fiber	3			5½ L Meat
	55% Trans	0	Parity	80 Sugar	20			4 Fat

Other Dinners & Sides (menu presentation)

Shrimp Wonton Stir Fry	580	12	155	2550	96	24	6	4½ Starch
full meal	110 Sat	2	Daily	111% Fiber	5			1 Vegetable
	20% Trans	0	Parity	110 Sugar	24			1½ Otr. Carb
								1½ L Meat
								2 Fat

Bourbon Street Chicken & Shrimp	640	31	210	2040	40	52	2	2 Starch
full meal	280 Sat	9	Daily	89% Fiber	4			1 Vegetable
	45% Trans	0	Parity	80 Sugar	7			6½ L Meat
								4 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Cedar Grilled Lemon Chicken full meal	580 235 40%	26 Sat 4 Trans 0	125	2440 Daily 106% Parity 105	48 Fiber 5 Sugar 15	42 3	1 1/2 Starch 1 1/2 Fruit 5 1/2 L Meat 3 Fat	
Butcher's Meat & Potatoes full meal	720 340 20%	38 Sat 8 Trans <1	80	1960 Daily 85% Parity 68	52 Fiber 6 Sugar 10	43 3	2 1/2 Starch 1 Vegetable 1/2 Other Carb 5 L Meat 5 Fat	
Pepper-Crusted Sirloin & Whole Grains full meal	430 125 30%	14 Sat 4 Trans 0	60	1860 Daily 81% Parity 108	48 Fiber 9 Sugar 13	32 2 1/2	2 Starch 1 Vegetable 1/2 Other Carb 3 1/2 L Meat 1 Fat	
Sirloin Stir Fry full meal	750 200 25%	22 Sat 6 Trans <1	80	2300 Daily 100% Parity 77	95 Fiber 5 Sugar 24	44 6	4 1/2 Starch 1 Vegetable 1 1/2 Otr. Carb 4 1/2 L Meat 2 Fat	
Crunchy Onion Rings individual serving	530 260 50%	29 Sat 5 Trans 0	0	1180 Daily 51% Parity 56	60 Fiber 3 Sugar 8	7 4	3 1/2 Starch 1/2 Other Carb 5 Fat	
Classic Fries individual serving	430 180 40%	20 Sat 3 1/2 Trans 0	0	970 Daily 33% Parity 44	57 Fiber 4 Sugar 0	5 3 1/2	3 1/2 Starch 4 Fat	
Sweet Potato Fries individual serving	400 180 45%	20 Sat 3 1/2 Trans 0	0	1020 Daily 44% Parity 64	51 Fiber 9 Sugar 20	3 3	2 Starch 1 Other Carb 4 Fat	
Loaded Baked Potato 1 potato	460 260 50%	29 Sat 15 Trans <1	70	1360 Daily 59% Parity 74	41 Fiber 3 Sugar 3	10 2 1/2	2 1/2 Starch 1/2 HF Meat 5 Fat	
Crispy Cheddar Bacon Potatoes individual serving	380 205 55%	23 Sat 9 Trans 0	45	520 Daily 23% Parity 34	34 Fiber 2 Sugar 5	11 2	2 Starch 1 HF Meat 3 Fat	
Garlic Mashed Potatoes individual serving	260 125 50%	14 Sat 2 1/2 Trans 0	0	640 Daily 28% Parity 62	30 Fiber 3 Sugar 3	5 2	2 Starch 3 Fat	
Maple Pecan Mashed Sweet Potatoes individual serving	400 180 45%	20 Sat 10 Trans 0	50	860 Daily 37% Parity 54	54 Fiber 6 Sugar 31	4 3 1/2	2 Starch 1 1/2 Otr. Carb 4 Fat	
Garlicky Green Beans individual serving	180 135 75%	15 Sat 7 Trans 0	20	240 Daily 10% Parity 33	11 Fiber 4 Sugar 2	2 0	2 Vegetable 3 Fat	
Steamed Broccoli individual serving	90 70 45%	8 Sat 4 1/2 Trans 0	20	260 Daily 11% Parity 72	6 Fiber 3 Sugar 0	3 0	1 Vegetable 1 Fat	
Wood-Fired Grilled Veggies individual serving	160 115 70%	13 Sat 5 Trans 0	10	570 Daily 25% Parity 89	11 Fiber 3 Sugar 6	3 0	2 Vegetable 2 Fat	

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Arby's®

Roast Beef Sandwiches

Roast Beef Classic sandwich only	360 125 35%	14 Sat 5 Trans	50 <1	970 Daily 42% Parity 67	37 Fiber 2 Sugar	23 5	2½ 2½ 1	2½ Starch L Meat Fat
Roast Beef Mid sandwich only	460 180 40%	20 Sat 8 Trans	80 1	1400 Daily 61% Parity 76	37 Fiber 2 Sugar	33 5	2½ 3½ 2	2½ Starch L Meat Fat
Beef 'n Cheddar Classic sandwich only	450 180 40%	20 Sat 6 Trans	50 1	1280 Daily 56% Parity 71	45 Fiber 2 Sugar	23 9	3 ½ 2½ 1	2½ Starch Other Carb MF Meat Fat
Super Roast Beef sandwich only	440 170 40%	19 Sat 6 Trans	50 1	1080 Daily 39% Parity 61	43 Fiber 3 Sugar	23 11	3 ½ 2½ 2	2½ Starch Other Carb L Meat Fat
Arby's Melt sandwich only	330 110 35%	12 Sat 4 Trans	35 <1	940 Daily 41% Parity 71	39 Fiber 2 Sugar	18 5	2½ 1½ ½	2½ Starch MF Meat Fat
Arby-Q® sandwich only	400 100 25%	11 Sat 3½ Trans	30 <1	1250 Daily 54% Parity 78	58 Fiber 3 Sugar	18 23	4 1½ 1½ 1	2½ Starch Otr. Carb L Meat Fat
French Dip & Swiss sandwich w/au jus	540 205 40%	23 Sat 11 Trans	85 1	2500 Daily 109% Parity 116	50 Fiber 2 Sugar	35 3	3 3 3	3 Starch L Meat Fat

Signature Sandwiches

Smokehouse Brisket sandwich only	600 315 50%	35 Sat 12 Trans	100 1	1240 Daily 53% Parity 50	42 Fiber 2 Sugar	33 7	2½ 3½ 3	2½ Starch MF Meat Fat
Turkey Gyro wrap only	470 180 40%	20 Sat 3½ Trans	45 0	1520 Daily 66% Parity 81	48 Fiber 3 Sugar	25 5	3 3 3	3 Starch L Meat Fat
Roast Beef Gyro wrap only	550 260 45%	29 Sat 7 Trans	60 1	1290 Daily 56% Parity 59	48 Fiber 3 Sugar	24 5	3 3 5	3 Starch L Meat Fat
Loaded Italian sandwich only	680 360 55%	40 Sat 14 Trans	100 <1	2270 Daily 99% Parity 83	49 Fiber 3 Sugar	32 7	3 3 4	3 Starch MF Meat Fat
Reuben sandwich only	680 280 40%	31 Sat 8 Trans	80 <1	2420 Daily 105% Parity 89	62 Fiber 4 Sugar	37 5	4 4 2	4 Starch MF Meat Fat

Chicken

Buttermilk Crispy Chicken sandwich only	550 235 45%	26 Sat 4½ Trans	60 0	1480 Daily 64% Parity 67	52 Fiber 2 Sugar	29 6	3 3 2	3 Starch MF Meat Fat
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	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Buttermilk Chicken Bacon & Swiss sandwich only	650 280 Sat 45% Trans	31 9 0	90	1750 Daily Parity	56 Fiber Sugar	39 2 9	3 1/2	3 Starch 1/2 Other Carb 4 1/2 MF Meat 1 Fat
Buttermilk Chicken Cordon Bleu sandwich only	690 315 Sat 45% Trans	35 10 0	110	2000 Daily Parity	53 Fiber Sugar	41 1 7	3 1/2	3 Starch 1/2 Other Carb 4 1/2 MF Meat 2 Fat
Buttermilk Buffalo Chicken sandwich only	540 215 Sat 40% Trans	24 4 1/2 0	60	2110 Daily Parity	53 Fiber Sugar	29 2 6	3 1/2	3 Starch 1/2 Other Carb 3 MF Meat 1 Fat
Prime-Cut™ Chicken Tenders 3-piece serving	360 155 Sat 45% Trans	17 2 1/2 0	45	950 Daily Parity	28 Fiber Sugar	23 2 0	1 1/2	1 1/2 Starch 2 1/2 MF Meat 1 Fat

Turkey & Ham

Grand Turkey Club sandwich only	480 215 Sat 45% Trans	24 7 0	65	1610 Daily Parity	37 Fiber Sugar	30 2 9	2 1/2	2 Starch 1/2 Other Carb 3 1/2 MF Meat 1 Fat
Rst. Turkey Ranch & Bacon Wrap wrap only	620 305 Sat 45% Trans	34 11 <1	85	2130 Daily Parity	39 Fiber Sugar	37 4 6	2 1/2	2 1/2 Starch 4 1/2 MF Meat 2 Fat
Roast Turkey & Swiss Wrap wrap only	520 245 Sat 45% Trans	27 9 0	65	1640 Daily Parity	39 Fiber Sugar	30 4 6	2 1/2	2 1/2 Starch 3 1/2 MF Meat 2 Fat
Ham & Swiss Melt sandwich only	300 70 Sat 25% Trans	8 3 1/2 0	35	1060 Daily Parity	37 Fiber Sugar	18 2 6	2 1/2	2 1/2 Starch 1 1/2 MF Meat

Jr. Sandwiches

Jr. Roast Beef small sandwich	210 65 Sat 35% Trans	7 2 1/2 0	25	530 Daily Parity	24 Fiber Sugar	12 1 3	1 1/2	1 1/2 Starch 1 L Meat 1 Fat
Jr. Deluxe Sandwich small sandwich	270 115 Sat 45% Trans	13 3 1/2 0	30	570 Daily Parity	25 Fiber Sugar	13 2 4	1 1/2	1 1/2 Starch 1 L Meat 2 Fat



	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Jr. Bacon Cheddar Melt small sandwich	280 110 Sat 40% Trans	12 4 0	35 Daily Parity	880 38% 79	26 Fiber Sugar	16 1 4	1½	1½ Starch 1½ MF Meat 1 Fat
Jr. Chicken Sandwich small sandwich	320 135 Sat 40% Trans	15 2½ 0	25 Daily Parity	620 27% 48	33 Fiber Sugar	14 2 4	2	2 Starch 1 MF Meat 2 Fat
Jr. Ham & Cheddar Melt small sandwich	230 70 Sat 30% Trans	8 2 0	30 Daily Parity	890 39% 97	28 Fiber Sugar	13 1 6	1½	1½ Starch 1½ MF Meat

Sliders

Rst. Beef 'n Cheese <i>(incl. Jalapeño style)</i> small sandwich	240 100 Sat 40% Trans	11 4½ 0	30 Daily Parity	670 29% 70	21 Fiber Sugar	14 1 1	1	1 Starch 1½ MF Meat 1 Fat
Corn Beef 'n Cheese small sandwich	220 80 Sat 35% Trans	9 3½ 0	30 Daily Parity	890 39% 101	21 Fiber Sugar	14 1 1	1	1 Starch 1½ MF Meat ½ Fat
Ham 'n Cheese small sandwich	230 80 Sat 35% Trans	9 3½ 0	30 Daily Parity	750 33% 82	22 Fiber Sugar	13 1 3	1	1 Starch 1½ MF Meat 1 Fat
Buffalo Chicken small sandwich	290 115 Sat 40% Trans	13 2 0	20 Daily Parity	860 37% 74	31 Fiber Sugar	12 2 2	2	2 Starch 1 MF Meat 1 Fat
Chicken Tender 'n Cheese small sandwich	290 110 Sat 40% Trans	12 3½ 0	25 Daily Parity	720 31% 62	30 Fiber Sugar	15 1 1	2	2 Starch 1½ MF Meat ½ Fat
Turkey 'n Cheese small sandwich	200 65 Sat 35% Trans	7 2½ 0	25 Daily Parity	760 33% 95	21 Fiber Sugar	14 1 2	1	1 Starch 1½ MF Meat

Sides

Small Chopped Salad salad w/o dressing	70 45 Sat 65% Trans	5 2½ 0	15 Daily Parity	100 4% 36	4 Fiber Sugar	5 1 2	0	1 Vegetable 1 Fat
Potato Cakes 2-piece serving	250 125 Sat 50% Trans	14 2 0	0 Daily Parity	430 19% 43	23 Fiber Sugar	2 2 0	1½	1½ Starch 3 Fat
Curly Fries small serving	410 200 Sat 50% Trans	22 3 0	0 Daily Parity	940 41% 57	49 Fiber Sugar	5 5 0	3	3 Starch 4 Fat
Jalapeño Bites® 5-piece serving	290 155 Sat 55% Trans	17 6 0	25 Daily Parity	660 29% 57	31 Fiber Sugar	5 2 3	2	2 Starch 3 Fat
Mozzarella Sticks 4-piece serving	440 205 Sat 45% Trans	23 9 <1	35 Daily Parity	1410 61% 80	37 Fiber Sugar	19 2 3	2½	2½ Starch 1½ MF Meat 3 Fat
Steakhouse Onion Rings 5-piece serving	420 190 Sat 45% Trans	21 3 0	0 Daily Parity	1740 76% 104	52 Fiber Sugar	6 3 4	3	3 Starch 4 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Bob Evans®

Griddle Items & Toppings

Blueberry Crepe (plain) per crepe	310 125 40%	14 Sat Trans	70 6 0		340 Daily Parity	41 Fiber Sugar	5 2 1/2	1 1 1/2 3	1 Otr. Carb Fat	Starch
Buttermilk Hotcake (plain) per hotcake	170 45 25%	5 Sat Trans	0 2 0		410 Daily Parity	31 Fiber Sugar	2 2	2 1 1/2 1	1 1/2 Other Carb Fat	Starch
Multigrain Hotcake (plain) per hotcake	210 30 15%	3 1/2 Sat Trans	0 1 0		300 Daily Parity	40 Fiber Sugar	5 2 1/2	2 1/2 1/2	2 Other Carb Fat	Starch
Brioche French Toast (plain) per slice	310 80 25%	9 Sat Trans	75 2 0		370 Daily Parity	49 Fiber Sugar	9 3	2 1 1/2	2 Other Carb MF Meat Fat	Starch
Pancake Syrup 3 oz. pitcher	160 0 0%	0 Sat Trans	0 0 0		75 Daily Parity	41 Fiber Sugar	0 2 1/2	2 1/2 Otr. Carb		
Sugar-Free Pancake Syrup 3 oz. pitcher	40 0 0%	0 Sat Trans	0 0 0		80 Daily Parity	10 Fiber Sugar	0 1/2	1/2 Other Carb		
Blueberries quarter cup	30 0 0%	0 Sat Trans	0 0 0		0 Daily Parity	8 Fiber Sugar	0 1/2	1/2 Fruit		
Pecans eighth cup	120 90 75%	10 Sat Trans	0 0 0		60 Daily Parity	4 Fiber Sugar	2 0	2 Fat		
Chocolate Chips quarter cup	280 145 50%	16 Sat Trans	0 0 0		0 Daily Parity	36 Fiber Sugar	4 2 1/2	2 1/2 Otr. Carb 3 Fat		
Blueberry Topping 3 oz. portion	140 0 0%	0 Sat Trans	0 0 0		115 Daily Parity	36 Fiber Sugar	0 2 1/2	2 1/2 Otr. Carb		

Lower-Calorie Breakfasts* (w/o biscuits; w/egg whites unless noted)

Big Egg Breakfast (w/ham & grits) full meal	375 110 35%	12 Sat Trans	75 3 0		1450 Daily Parity	24 Fiber Sugar	40 1 1/2	1 1/2 5 1/2	1 1/2 L Meat Fat	Starch
Rise & Shine (w/bacon & home fries) full meal	340 100 30%	11 Sat Trans	75 3 0		1330 Daily Parity	23 Fiber Sugar	34 1 1/2	1 1/2 4 1/2 1/2	1 1/2 L Meat Fat	Starch
Sunshine Skillet® (w/fresh eggs) full meal	620 350 55%	39 Sat Trans	460 13 0		1850 Daily Parity	37 Fiber Sugar	28 2 1/2	2 1/2 3 4	2 1/2 MF Meat Fat	Starch

*Scrambled eggs and omelets can be made with Fresh Eggs or Egg Whites. For comparison, a single portion of each is shown a la carte in the Breakfast Side Items. Though the use of egg whites nearly doubles the amount of sodium, a 3-egg omelet made from egg white is both cholesterol-free and reduces the omelet by 165 calories, mostly from fat. This makes an egg white omelet the healthier choice whenever sodium is not of paramount concern.

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Classic Breakfast (w/French toast, ham & sugar-free syrup) full meal	530 115 Sat 20% Trans	13 3 0	140 Daily Parity	1630 71% 77	60 Fiber Sugar	40 2 18	4 1 4½ ½	3 Starch Other Carb L Meat Fat
Farmer's Choice Breakfast (w/crepe, grits & ham) full meal	650 225 Sat 35% Trans	25 9 0	145 Daily Parity	1670 73% 64	64 Fiber Sugar	39 1 25	4 1½ 5 3	2½ Starch Otr. Carb L Meat Fat
Turkey Sausage Breakfast (w/egg whites, fruit & dry wheat toast) full meal	350 70 Sat 20% Trans	8 2 <1	30 Daily Parity	900 39% 64	45 Fiber Sugar	26 6 15	2½ 2 3 ½	2 Starch Fruit L Meat Fat
BE Fit® Breakfast (w/tomato, cranberry multigrain hotcakes, sugar-free syrup & fruit) full meal	350 80 Sat 25% Trans	9 3 0	5 Daily Parity	550 24% 39	50 Fiber Sugar	17 4 21	3 1 2 1	2 Starch Fruit L Meat Fat

Breakfast Meats & Breakfast Side Items

Hardwood-Smoked Bacon 3-strip serving	140 100 Sat 70% Trans	11 5 0	25 Daily Parity	610 27% 109	1 Fiber Sugar	9 0 0	0 1½	HF Meat
Sausage Patties 2-pattie serving	340 250 Sat 75% Trans	28 12 0	60 Daily Parity	820 36% 60	0 Fiber Sugar	22 0 0	0 3 1	HF Meat Fat
Sausage Links 4-link serving	440 395 Sat 90% Trans	44 12 0	40 Daily Parity	600 26% 34	0 Fiber Sugar	16 0 0	0 2½ 4	HF Meat Fat
Turkey Sausage 2-link serving	140 65 Sat 45% Trans	7 2 0	60 Daily Parity	810 35% 145	2 Fiber Sugar	18 1 0	0 2½ ½	L Meat Fat
Hickory Smoked Ham per slice	110 25 Sat 25% Trans	3 1 0	65 Daily Parity	940 41% 214	0 Fiber Sugar	20 0 0	0 2½	L Meat
Additional Fried or Scrambled Egg per egg	80 55 Sat 70% Trans	6 2 0	185 Daily Parity	70 3% 22	1 Fiber Sugar	6 0 0	0 1	MF Meat
Scrambled Egg Whites per egg equivalent	35 10 Sat 30% Trans	1 0 0	0 Daily Parity	120 5% 86	1 Fiber Sugar	5 0 1	0 1	L Meat
Buttermilk Biscuit per biscuit	200 100 Sat 50% Trans	11 6 0	0 Daily Parity	655 28% 82	24 Fiber Sugar	3 1 2	1½ 1½ 2	Starch Fat
Sausage Gravy 1 cup/half bowl	230 145 Sat 35% Trans	16 9 0	20 Daily Parity	820 16% 206	14 Fiber Sugar	8 0 2	1 ½ 2	Starch HF Meat Fat
Country Gravy 1 cup/half bowl	45 15 Sat 35% Trans	2 1 0	0 Daily Parity	370 16% 206	7 Fiber Sugar	1 0 0	½ ½	Starch
Grits 1 cup/half bowl	160 65 Sat 40% Trans	7 2 0	10 Daily Parity	150 7% 23	22 Fiber Sugar	3 0 0	1½ 1½	Starch Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Shredded Hash Browns	200	10	0	890	26	3	1½	1½ Starch
regular serving	45%	Trans 0		Parity 111	Sugar 0			2 Fat

Appetizers

Onion Petals (w/ Wildfire® Ranch Drsg.)	1010	56	10	2120	115	12	6 ½	6 Starch
regular serving	50%	Sat 10	Trans 0	Daily 69%	Fiber 20			1 Vegetable
				Parity 86	Sugar 10			½ Other Carb
								11 Fat

Twisted Cheese Sticks (w/marinara)	820	58	65	2070	53	24	3½	3½ Starch
regular serving	65%	Sat 17	Trans 1	Daily 70%	Fiber 3			2 HF Meat
				Parity 43	Sugar 5			8 Fat

Lower-Calorie Salads (w/o bread or dressing)

Farmhouse Garden Salad	90	4	10	140	9	4	½	½ Starch
small salad w/o drsg.	40%	Sat 2	Trans 0	Daily 6%	Fiber 3			1 Vegetable
				Parity 39	Sugar 2			½ Fat

Farmhouse Garden Grilled Chicken Salad	225	8	60	510	12	23	½	½ Starch
regular salad	30%	Sat 3	Trans 0	Daily 22%	Fiber 4			2 Vegetable
				Parity 57	Sugar 2			2½ L Meat
								½ Fat

Cranberry Pecan Chicken Salad	400	23	75	880	22	28	1	1 Vegetable
regular salad	50%	Sat 7	Trans 0	Daily 38%	Fiber 6			½ Fruit
				Parity 55	Sugar 12			½ Other Carb
								3½ L Meat
								3 Fat

Wildfire® Grilled Chicken Salad	340	9	55	690	40	24	2	½ Starch
regular salad	25%	Sat 3	Trans 0	Daily 30%	Fiber 7			1 Vegetable
				Parity 51	Sugar 22			1½ Otr. Carb
								3 L Meat
								1 Fat

Country Cobb Salad	380	23	230	1110	8	37	0	1 Vegetable
regular salad	55%	Sat 11	Trans 0	Daily 48%	Fiber 4			5 L Meat
				Parity 73	Sugar 2			3 Fat

Lower-Fat Salad Dressings

LF Balsamic Vinaigrette	45	2	0	180	9	0	½	½ Other Carb
per ramekin	35%	Sat 0	Trans 0	Daily 8%	Fiber 0			½ Fat
				Parity 100	Sugar 8			

Lite Ranch	80	8	10	300	2	1	0	2 Fat
per ramekin	90%	Sat 2	Trans 0	Daily 13%	Fiber 0			
				Parity 94	Sugar 1			

RF Raspberry	100	5	0	90	13	0	1	1 Other Carb
per ramekin	45%	Sat 1	Trans 0	Daily 4%	Fiber 0			1 Fat
				Parity 23	Sugar 12			

Wildfire® Ranch	110	9	5	280	8	1	½	½ Other Carb
per ramekin	75%	Sat 2	Trans 0	Daily 12%	Fiber 0			2 Fat
				Parity 64	Sugar 1			

Sandwiches

Hamburger sandwich only	910	61	180	1180	48	38	3	2½ Starch
	550	Sat 23	Trn. 2½	Daily 51%	Fiber 2			½ Other Carb
	60%			Parity 32	Sugar 9			4½ MF Meat
								8 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Three Cheese Burger sandwich only	1090 685 Sat 65% Trans	76 33 4	230	1610 Daily Parity	50 70% 37	49 Fiber Sugar	3 3 9	2½ Starch ½ Other Carb 6 MF Meat 9 Fat
Grilled Chicken Club Sandwich sandwich only	520 170 Sat 35% Trn.	19 7 1½	90	1430 Daily Parity	47 62% 69	39 Fiber Sugar	3 2 2	3 Starch 4½ L Meat 2 Fat
Crispy Chicken Club Sandwich sandwich only	610 225 Sat 35% Trn.	25 8 1½	100	1620 Daily Parity	58 70% 66	41 Fiber Sugar	3½ 3 2	3½ Starch 4½ MF Meat
Farmboy Sandwich sandwich only	630 360 Sat 55% Trans	40 14 <1	100	1570 Daily Parity	40 68% 62	25 Fiber Sugar	2½ 2 6	2½ Starch 2½ HF Meat 4 Fat
5-Cheese Griddled Cheese Sandwich half sandwich only	520 290 Sat 50% Trans	32 16 1	85	820 Daily Parity	37 37% 54	22 Fiber Sugar	2½ 2 4	2½ Starch 2 HF Meat 3 Fat
Ham & Cheese Sandwich half sandwich only	460 190 Sat 40% Trans	21 10 0	80	1290 Daily Parity	39 56% 70	29 Fiber Sugar	2½ 1 6	2½ Starch 3 MF Meat 1 Fat
Pot Roast Sandwich half sandwich only	400 205 Sat 50% Trans	23 9 0	65	860 Daily Parity	27 37% 54	19 Fiber Sugar	1½ 2 4	1½ Starch 2½ L Meat 3 Fat
Turkey Bacon Melt half sandwich only	270 110 Sat 40% Trans	12 5 0	40	940 Daily Parity	24 41% 87	16 Fiber Sugar	1½ 1 3	1½ Starch 1½ MF Meat 1 Fat

Lunch & Dinner Sides

Seasonal Fresh Fruit individual serving	45 0 Sat 0% Trans	0 0 0	0	5 Daily Parity	12 <1% low	1 Fiber Sugar	1 1 10	½ Fruit
Bread & Celery Dressing individual serving	280 135 Sat 50% Trans	15 4 0	15	700 Daily Parity	29 30% 63	6 Fiber Sugar	2 2 2	2 Starch 3 Fat
Fresh Steamed Broccoli individual serving	100 70 Sat 70% Trans	8 3 0	10	105 Daily Parity	7 5% 26	4 Fiber Sugar	4 4 3	1 Vegetable 1 Fat
Glazed Fresh Baby Carrots individual serving	90 35 Sat 35% Trans	4 2 0	5	110 Daily Parity	13 4% 25	1 Fiber Sugar	½ 3 9	1 Vegetable ½ Other Carb ½ Fat
Coleslaw individual serving	210 125 Sat 60% Trans	14 2 0	15	240 Daily Parity	19 10% 29	1 Fiber Sugar	1 1 17	1 Other Carb 3 Fat
Green Beans w/Ham individual serving	40 10 Sat 25% Trans	1 0 0	5	520 Daily Parity	6 23% 325	2 Fiber Sugar	2 2 1	1 Vegetable
Macaroni & Cheese individual serving	280 135 Sat 50% Trans	15 8 0	40	950 Daily Parity	24 41% 85	13 Fiber Sugar	1½ 2 4	1½ Starch 1½ HF Meat ½ Fat
Baked Potato (w/o toppings) 1 potato	220 5 Sat 2% Trans	<1 0 0	0	25 Daily Parity	49 1% low	6 Fiber Sugar	3 5 3	3 Starch

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Loaded Baked Potato 1 potato	420 145 35%	16 Sat 9 Trans 0	55 Daily Parity	490 20% 29	52 Fiber 6 Sugar 4	17 3	3	3 Starch 2 HF Meat
Mashed Potatoes w/Beef or Chicken Gravy individual serving	210 90 45%	10 Sat 6 Trans 0	50 Daily Parity	730 32% 87	27 Fiber 3 Sugar 1	5 1½	1½	1½ Starch 2 Fat
Mashed Potatoes w/Country Gravy individual serving	240 100 40%	11 Sat 7 Trans 0	25 Daily Parity	860 37% 90	32 Fiber 3 Sugar 1	4 2	2	2 Starch 2 Fat
French Fries individual serving	240 80 35%	9 Sat 2 Trans 0	0 Daily Parity	430 19% 45	36 Fiber 3 Sugar 1	3 2	2	2 Starch 2 Fat
Home Fries regular serving	200 65 35%	7 Sat 2 Trans 0	0 Daily Parity	730 32% 91	30 Fiber 3 Sugar 1	3 2	2	2 Starch 1 Fat
Entrées (menu presentation w/o bread or sides)								
Turkey & Dressing (w/gravy & relish) entrée only	900 380 40%	42 Sat 15 Trans 1	130 Daily Parity	2980 130% 83	92 Fiber 8 Sugar 31	36 6	4	4 Starch 2 Other Carb 3½ L Meat 7 Fat
Pot Roast (w/carrots, onions, gravy & potatoes) entrée only	910 475 30%	53 Sat 18 Trans <1	115 Daily Parity	1580 50% 76	85 Fiber 8 Sugar 20	23 5	4	4 Starch 1 Vegetable 1 Other Carb 2 L Meat 10 Fat
Grilled Chicken Breast per piece	150 35 25%	4 Sat 1 Trans 0	75 Daily Parity	570 25% 95	0 Fiber 0 Sugar 0	29 0	0	4 L Meat
Crispy Chicken Breast per piece	230 90 40%	10 Sat 3 Trans 0	70 Daily Parity	610 27% 66	11 Fiber 1 Sugar 0	23 ½	½	½ Starch 3 L Meat 1 Fat
Grilled Salmon Filet per piece	300 180 60%	20 Sat 0 Trans 0	0 Daily Parity	70 3% 6	2 Fiber 0 Sugar 0	32 0	0	4½ L Meat 2 Fat
Grilled Wildfire® Salmon Filet per piece	360 180 25%	20 Sat 0 Trans 0	0 Daily Parity	170 14% 19	17 Fiber 1 Sugar 14	32 1	1	1 Other Carb 4½ L Meat 2 Fat
Potato-Crusted Flounder per piece	240 110 40%	12 Sat 3 Trans 0	45 Daily Parity	720 37% 57	13 Fiber 1 Sugar 0	21 ½	½	½ Starch 2½ L Meat 2 Fat
Chopped Steak (w/onions, gravy & mushrooms) entrée only	750 595 80%	66 Sat 24 Trans 2	185 Daily Parity	690 30% 23	5 Fiber 1 Sugar 2	32 0	0	1 Vegetable 4½ MF Meat 9 Fat
Sirloin Steak (w/cheese, onions & mushrooms) entrée only	630 460 40%	51 Sat 14 Trans 2	85 Daily Parity	1040 130% 83	7 Fiber 1 Sugar 2	36 0	0	1 Vegetable 5 MF Meat 5 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Burger King®

Breakfast

Egg & Cheese Croissan'wich® mini sandwich	300	15	130	580	30	11	2	2	Starch
	135	Sat 7		Daily 25%	Fiber 1				1 MF Meat
	45%	Trans 0		Parity 48	Sugar 4				2 Fat
Bacon, Egg & Ch'se Croissan'wich® mini sandwich	340	18	140	730	30	12	2	2	Starch
	160	Sat 8		Daily 32%	Fiber 1				1 MF Meat
	45%	Trans 0		Parity 54	Sugar 4				2 Fat
Ham, Egg & Cheese Croissan'wich® mini sandwich	330	16	145	1000	31	16	2	2	Starch
	145	Sat 7		Daily 43%	Fiber 1				1½ MF Meat
	45%	Trans 0		Parity 76	Sugar 5				1 Fat
Saus., Egg & Ch'se Croissan'wich® mini sandwich	470	30	165	890	30	18	2	2	Starch
	270	Sat 12		Daily 39%	Fiber 1				1½ MF Meat
	55%	Trans 0		Parity 47	Sugar 4				4 Fat
Sausage Biscuit mini sandwich	390	25	35	1020	28	12	2	2	Starch
	225	Sat 6		Daily 44%	Fiber 1				1 HF Meat
	60%	Trans 0		Parity 65	Sugar 2				3 Fat
Bacon, Egg & Cheese Biscuit mini sandwich	380	23	140	1230	29	13	2	2	Starch
	205	Sat 5		Daily 53%	Fiber 1				1 MF Meat
	55%	Trans 0		Parity 81	Sugar 2				3 Fat
Ham, Egg & Cheese Biscuit mini sandwich	370	21	145	1500	30	16	2	2	Starch
	190	Sat 4		Daily 65%	Fiber 1				1½ MF Meat
	50%	Trans 0		Parity 101	Sugar 3				2 Fat
Sausage, Egg & Cheese Biscuit mini sandwich	510	35	165	1390	29	18	2	2	Starch
	305	Sat 9		Daily 60%	Fiber 1				2 MF Meat
	60%	Trans 0		Parity 68	Sugar 2				5 Fat
French Toast Sticks 3-pc. w/o syrup	230	11	0	260	29	3	2	1½	Starch
	100	Sat 2		Daily 11%	Fiber 1				½ Other Carb
	45%	Trans 0		Parity 28	Sugar 8				2 Fat
Hash Browns small serving	250	16	0	580	24	2	1½	1½	Starch
	145	Sat 3½		Daily 25%	Fiber 3				3 Fat
	60%	Trans 0		Parity 58	Sugar 0				

Flame-Broiled Burgers (shown w/o mayonnaise)

Whopper® Sandwich sandwich only	470	20	75	670	49	26	3	2½	Starch
	180	Sat 8		Daily 29%	Fiber 2				½ Other Carb
	40%	Trans 1		Parity 36	Sugar 11				2½ MF Meat
									1 Fat
Whopper® Sandwich w/ Cheese sandwich only	560	27	95	1030	50	30	3	2½	Starch
	245	Sat 12		Daily 45%	Fiber 2				½ Other Carb
	45%	Trn. 1½		Parity 46	Sugar 11				3 MF Meat
									2 Fat
Bacon & Cheese Whopper® sandwich only	750	49	115	1260	46	33	3	2½	Starch
	440	Sat 16		Daily 55%	Fiber 2				½ Other Carb
	60%	Trans 2		Parity 42	Sugar 8				3½ MF Meat
									6 Fat
Whopper Jr.® Sandwich small sandwich	310	18	40	390	27	13	1½	1½	Starch
	160	Sat 5		Daily 17%	Fiber 1				1½ MF Meat
	50%	Trans <1		Parity 31	Sugar 7				2 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Hamburger sandwich only	220 70 Sat 30% Trans	8 3 <1	30 Daily Parity	380 17% 43	26 Fiber 1 Sugar 6	11 1 1/2	1 1/2 Starch 1 MF Meat 1/2 Fat	
Cheeseburger sandwich only	270 110 Sat 40% Trans	12 5 <1	40 Daily Parity	560 27% 52	27 Fiber 1 Sugar 7	13 1 1/2	1 1/2 Starch 1 1/2 MF Meat 1 Fat	
Homestyle Cheeseburger sandwich only	550 245 Sat 45% Trn.	27 12 1 1/2	95 Daily Parity	1140 20% 52	48 Fiber 2 Sugar 10	30 3	2 1/2 Starch 1/2 Other Carb 3 MF Meat 2 Fat	
Bacon Cheeseburger sandwich only	300 135 Sat 45% Trans	15 6 1	50 Daily Parity	710 31% 59	27 Fiber 1 Sugar 7	15 1 1/2	1 1/2 Starch 1 1/2 MF Meat 1 Fat	
Rodeo Burger sandwich only	310 110 Sat 35% Trans	12 4 <1	30 Daily Parity	440 19% 35	38 Fiber 1 Sugar 9	12 2 1/2	2 Starch 1/2 Other Carb 1 MF Meat 1 Fat	
Double Hamburger sandwich only	310 135 Sat 45% Trans	15 6 1	60 Daily Parity	400 17% 32	26 Fiber 1 Sugar 6	18 1 1/2	1 1/2 Starch 2 MF Meat 1 Fat	
Double Cheeseburger sandwich only	350 160 Sat 45% Trn.	18 9 1 1/2	70 Daily Parity	580 25% 41	27 Fiber 1 Sugar 7	20 1 1/2	1 1/2 Starch 2 1/2 MF Meat 1 Fat	
Bacon Double Cheeseburger sandwich only	370 180 Sat 50% Trn.	20 9 1 1/2	75 Daily Parity	660 29% 45	27 Fiber 1 Sugar 7	21 1 1/2	1 1/2 Starch 2 1/2 MF Meat 1 Fat	
Extra-Long BBQ Cheeseburger sandwich only	590 305 Sat 50% Trn.	34 13 1 1/2	90 Daily Parity	1040 45% 44	45 Fiber 2 Sugar 9	26 3	2 1/2 Starch 1/2 Other Carb 2 1/2 MF Meat 4 Fat	
BK Veggie® Burger sandwich only	310 65 Sat 20% Trans	7 1 0	0 Daily Parity	990 43% 80	42 Fiber 6 Sugar 9	22 2 1/2	2 Starch 1/2 Other Carb 2 PB Protein 1 Fat	
Chicken & More (shown w/o mayonnaise)								
Tendergrill® Chicken Sandwich sandwich only	320 55 Sat 15% Trans	6 1 0	90 Daily Parity	610 27% 48	35 Fiber 2 Sugar 6	32 2	2 Starch 3 1/2 L Meat	
Tendercrisp® Chicken Sandwich sandwich only	440 145 Sat 30% Trans	16 3 0	60 Daily Parity	1030 45% 59	49 Fiber 4 Sugar 7	26 3	3 Starch 2 1/2 MF Meat 1/2 Fat	
Original Chicken Sandwich sandwich only	450 145 Sat 30% Trans	16 3 1/2 0	60 Daily Parity	990 43% 55	48 Fiber 2 Sugar 4	28 3	3 Starch 2 1/2 MF Meat 1/2 Fat	
Flame Grilled Chicken Burger sandwich only	480 225 Sat 30% Trans	25 2 1/2 0	5 Daily Parity	1160 47% 60	42 Fiber 2 Sugar 10	22 2 1/2	2 Starch 1/2 Other Carb 2 1/2 MF Meat 2 Fat	
Crispy Chicken Jr. small sandwich	450 270 Sat 60% Trans	30 5 0	30 Daily Parity	780 34% 43	34 Fiber 2 Sugar 5	12 2	2 Starch 1 MF Meat 5 Fat	

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Spicy Crispy Chicken Jr. small sandwich	390 190 50%	21 Sat 3½ Trans 0	30 Daily Parity	740 32% 47	37 Fiber Sugar	12 2 6	2½	2½ Starch 1 MF Meat 3 Fat
Rodeo Crispy Chicken Sandwich sandwich only	410 155 40%	17 Sat 3 Trans 0	20 Daily Parity	870 38% 53	53 Fiber Sugar	12 2 14	3½	2½ Starch 1 Other Carb 1 MF Meat 2 Fat
Big Fish Sandwich sandwich w/tartar sauce	510 250 50%	28 Sat 4½ Trans 0	30 Daily Parity	1180 51% 58	51 Fiber Sugar	16 2 7	3	3 Starch 1 MF Meat 4 Fat
Chicken Nuggets 4-piece serving w/o sauce	170 100 60%	11 Sat 1½ Trans 0	25 Daily Parity	310 13% 46	11 Fiber Sugar	8 1 0	½	½ Starch 1 MF Meat 1 Fat
Chicken Fries 9-piece serving w/o sauce	280 155 55%	17 Sat 2½ Trans 0	35 Daily Parity	850 37% 76	20 Fiber Sugar	13 1 1	1	1 Starch 1½ MF Meat 2 Fat
Jalapeño Chicken Fries serving w/o sauce	300 160 55%	18 Sat 3 Trans 0	40 Daily Parity	950 41% 79	19 Fiber Sugar	15 1 1	1	1 Starch 1½ MF Meat 2 Fat

BK™ Garden Fresh Salads

Small Garden Salad salad w/o dressing	60 35 60%	4 Sat 2½ Trans 0	10 Daily Parity	95 4% 40	3 Fiber Sugar	4 1 2	0	1 Vegetable 1 Fat
Grdn. Tendergrill® Chicken Salad entrée salad w/o dressing	320 125 40%	14 Sat 6 Trans 0	115 Daily Parity	650 28% 51	16 Fiber Sugar	36 2 4	½	½ Starch 1 Vegetable 4½ L Meat 1 Fat
Grdn. Tendercrisp® Chicken Salad entrée salad w/o dressing	450 215 50%	24 Sat 7 Trans 0	85 Daily Parity	1070 47% 59	30 Fiber Sugar	29 5 6	1½	1½ Starch 1 Vegetable 3 MF Meat 2 Fat
Bacon Cheddar Ranch Tendergrill® Chicken Salad entrée salad w/drsg.	590 360 60%	40 Sat 12 Trans 0	150 Daily Parity	1540 67% 65	18 Fiber Sugar	42 3 6	½	½ Starch 1 Vegetable 5½ MF Meat 2 Fat

Side Items

Applesauce kids' serving	50 0 0%	0 Sat 0 Trans 0	0 Daily Parity	0 0% low	13 Fiber Sugar	0 1 11	1	1 Fruit
French Fries small serving	320 125 40%	14 Sat 2½ Trans 0	0 Daily Parity	480 21% 38	44 Fiber Sugar	4 3 0	3	3 Starch 3 Fat
Onion Rings small serving	320 145 45%	16 Sat 3 Trans 0	0 Daily Parity	840 37% 66	41 Fiber Sugar	3 3 4	2½	2½ Starch 3 Fat
Hash Browns small serving	250 145 60%	16 Sat 3½ Trans 0	0 Daily Parity	580 25% 58	24 Fiber Sugar	2 3 0	1½	1½ Starch 3 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Chick-fil-A®

Breakfast

Chicken Biscuit	450	20	35	1340	49	17	3	3	Starch
mini sandwich	180	Sat 8		Daily 58%	Fiber 4				1½ MF Meat
	40%	Trans 0		Parity 74	Sugar 5				2 Fat
Bacon, Egg & Cheese Biscuit	460	23	195	1210	44	18	3	3	Starch
mini sandwich	205	Sat 12		Daily 53%	Fiber 2				1½ MF Meat
	45%	Trans 0		Parity 66	Sugar 6				3 Fat
Sausage, Egg & Cheese Biscuit	670	45	225	1340	44	22	3	3	Starch
mini sandwich	405	Sat 19		Daily 58%	Fiber 2				2 MF Meat
	60%	Trans 0		Parity 50	Sugar 6				6 Fat
Chicken Breakfast Burrito	460	20	255	1030	43	26	2½	2½	Starch
1 burrito	180	Sat 8		Daily 45%	Fiber 2				3 MF Meat
	40%	Trans 0		Parity 54	Sugar 3				1 Fat
Sausage Breakfast Burrito	500	28	250	910	40	22	2½	2½	Starch
1 burrito	250	Sat 11		Daily 40%	Fiber 2				2½ MF Meat
	50%	Trans 0		Parity 56	Sugar 3				3 Fat
Chick-n-Minis	370	14	55	900	40	20	2½	2	Starch
4-piece serving	125	Sat 4		Daily 39%	Fiber 2				½ Other Carb
	35%	Trans 0		Parity 61	Sugar 8				2 MF Meat
									1 Fat
Hashbrowns	240	15	0	400	25	2	1½	1½	Starch
1 serving	135	Sat 3		Daily 17%	Fiber 2				3 Fat
	55%	Trans 0		Parity 42	Sugar 0				

Classics

Grilled Chicken Sandwich	310	6	55	820	36	29	2½	2½	Starch
sandwich only	55	Sat 2		Daily 36%	Fiber 3				3 L Meat
	20%	Trans 0		Parity 66	Sugar 7				
Grilled Chicken Club Sandwich	430	16	85	1120	37	37	2½	2½	Starch
sandwich only	125	Sat 8		Daily 49%	Fiber 3				4½ L Meat
	30%	Trans 0		Parity 62	Sugar 7				1 Fat
Chicken Salad Sandwich	500	21	85	1090	55	27	3½	3	Starch
sandwich only	190	Sat 3½		Daily 47%	Fiber 4				½ Other Carb
	40%	Trans 0		Parity 55	Sugar 11				2½ L Meat
									3 Fat
Chick-n-Strips	350	17	70	940	22	28	1½	1½	Starch
4-piece serving	155	Sat 3		Daily 41%	Fiber 1				3½ MF Meat
	45%	Trans 0		Parity 67	Sugar 3				
Nuggets	260	12	75	980	9	28	½	½	Starch
8-piece serving	110	Sat 2½		Daily 43%	Fiber 1				3½ L Meat
	40%	Trans 0		Parity 94	Sugar 0				1 Fat
Grilled Nuggets	140	3½	70	440	2	25	0	3½	L Meat
8-piece serving	30	Sat 1		Daily 19%	Fiber 0				
	20%	Trans 0		Parity 79	Sugar 0				
Waffle Fries™	400	24	0	170	43	5	2½	2½	Starch
small serving	215	Sat 3½		Daily 7%	Fiber 5				5 Fat
	55%	Trans 0		Parity 11	Sugar 0				

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Chipotle® Mexican Grill

Taco & Tortilla Shells (see Note below)

Flour Tortillas for Burrito per tortilla	300 90 30%	10 Sat 1 Trans 0	0 Daily Parity	690 30% 58	46 Fiber 3 Sugar 0	7	3	3	3 Starch 2 Fat
Crispy Corn Shells for Tacos per 3 shells	210 70 35%	8 Sat 2 Trans 0	0 Daily Parity	25 1% low	31 Fiber 6 Sugar 1	3	2	2	2 Starch 1 Fat
Soft Corn Shells for Tacos per 3 shells	210 20 10%	2 Sat 0 Trans 0	0 Daily Parity	75 3% 9	42 Fiber 6 Sugar 0	3	2½	2½	2½ Starch ½ Fat
Soft Flour Shells for Tacos per 3 shells	250 70 30%	8 Sat 2½ Trans 0	0 Daily Parity	570 25% 57	40 Fiber 2 Sugar 0	6	2½	2½	2½ Starch 1 Fat

Meats & Tofu

Chicken single portion	180 65 35%	7 Sat 3 Trans 0	125 Daily Parity	310 13% 43	<1 Fiber <1 Sugar 0	32	0	4½	L Meat
Steak single portion	150 55 35%	6 Sat 2½ Trans 0	80 Daily Parity	330 14% 55	1 Fiber 1 Sugar 0	21	0	3	L Meat
Carnitas single portion	210 110 50%	12 Sat 7 Trans 0	65 Daily Parity	450 20% 54	0 Fiber 0 Sugar 0	23	0	3½	L Meat 1 Fat
Barbacoa single portion	165 65 40%	7 Sat 2½ Trans 0	65 Daily Parity	530 23% 80	2 Fiber 1 Sugar 0	24	0	3½	L Meat
Chorizo single portion	300 160 55%	18 Sat 9 Trans 0	80 Daily Parity	810 35% 68	2 Fiber 1 Sugar <1	32	0	4½	L Meat 2 Fat
Sofritas single portion	150 90 60%	10 Sat 1½ Trans 0	0 Daily Parity	560 24% 93	9 Fiber 4 Sugar 5	8	½	½	½ Starch ½ PB Prot. 2 Fat

Fillings

White Rice single portion	210 35 15%	4 Sat <1 Trans 0	0 Daily Parity	350 15% 42	40 Fiber 1 Sugar 0	4	2½	2½	2½ Starch ½ Fat
Brown Rice single portion	210 45 20%	5 Sat 1 Trans 0	0 Daily Parity	200 9% 24	36 Fiber 3 Sugar 0	4	2	2	2 Starch 1 Fat
Black Beans single portion	120 10 10%	1 Sat 0 Trans 0	0 Daily Parity	260 11% 54	22 Fiber 12 Sugar 1	7	1	1	1 Starch 1 PB Protein

NOTE: At Chipotle, you build your own meal items. **Burritos, Bowls, Salads, & Tacos** use common portion sizes of meats, fillings, and toppings when 3 tacos are used for calculations. The final data for any of these items can be ascertained by simply adding together all components selected. For a single taco, divide the final calculation by three. For salads only, use a double portion of lettuce.

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Pinto Beans single portion	120 10 Sat 10% Trans	1 0	0	300 Daily 13% Parity 63	21 Fiber 10 Sugar 1	6	1	1 Starch 1 PB Protein
Fajita Vegetables single portion	20 5 Sat 25% Trans	<1 0	0	170 Daily 7% Parity 213	4 Fiber 1 Sugar 2	1	0	1 Vegetable
Toppings								
Fresh	5	0	0	550	1	0	0	Free
Tomato Salsa single portion	0 Sat 0% Trans	0	0	Daily 24% Parity high	Fiber <1 Sugar <1			
Roasted	80	1½	0	330	16	3	1	1 Starch
Chili-Corn Salsa single portion	15 Sat 20% Trans	0	0	Daily 14% Parity 103	Fiber 3 Sugar 4			
Tomato	15	<1	0	260	4	0	0	Free
Green-Chili Salsa single portion	5 Sat 35% Trans	0	0	Daily 11% Parity high	Fiber 0 Sugar 2			
Tomato	30	<1	0	500	4	0	0	1 Vegetable
Red-Chili Salsa single portion	5 Sat 15% Trans	0	0	Daily 22% Parity high	Fiber 2 Sugar 0			
Sour Cream single portion	115 80 Sat 70% Trans	9 7	40	30 Daily 1% Parity 7	5 Fiber 0 Sugar 2	2	0	2 Fat
Cheese single portion	100 70 Sat 70% Trans	8 5	30	190 Daily 8% Parity 48	1 Fiber 0 Sugar 0	6	0	1 HF Meat
Guacamole single portion	230 200 Sat 85% Trans	22 3½	0	380 Daily 17% Parity 41	8 Fiber 6 Sugar 1	2	0	1 Vegetable 4 Fat
Romaine Lettuce single portion	5 0 Sat 0% Trans	0	0	0 Daily 0% Parity 0	1 Fiber 1 Sugar 0	0	0	Free
Vinaigrette	270	25	10	850	18	<1	1	1 Other Carb
Dressing single portion	225 85% Trans	4½ 0	0	Daily 37% Parity 79	Fiber 2 Sugar 12			5 Fat

For a complete listing of fountain drinks, see inside back cover.



Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Church's®

Chicken & Side Items

Original Wing per wing	300	18	120	540	7	27	1/2	1/2	Starch
	160	Sat	5	Daily	23%	Fiber	3		3 1/2 MF Meat
	55%	Trans	0	Parity	45	Sugar	0		
Original Leg per leg	110	6	55	280	3	10	0	1 1/2	MF Meat
	55	Sat	1 1/2	Daily	12%	Fiber	0		
	50%	Trans	0	Parity	64	Sugar	0		
Original Thigh per thigh	330	23	110	680	8	21	1/2	1/2	Starch
	205	Sat	6	Daily	30%	Fiber	1		3 MF Meat
	60%	Trans	0	Parity	52	Sugar	0		1 Fat
Original Breast per breast	200	11	80	440	3	22	0	3	L Meat
	100	Sat	3	Daily	19%	Fiber	1		1 Fat
	50%	Trans	0	Parity	55	Sugar	0		
Spice or Original Tender Strips™ per strip (average)	120	5	25	330	8	10	1/2	1/2	Starch
	45	Sat	1	Daily	14%	Fiber	0		1 MF Meat
	40%	Trans	0	Parity	69	Sugar	<1		
Boneless Wing per wing w/sauce (average)	100	5	10	230	11	4	1/2	1/2	Starch
	45	Sat	1	Daily	10%	Fiber	0		1/2 MF Meat
	45%	Trans	0	Parity	58	Sugar	4		1/2 Fat
Honey-Butter Biscuit biscuit w/o margarine	230	15	<5	460	25	3	1 1/2	1 1/2	Starch
	135	Sat	8	Daily	20%	Fiber	1		3 Fat
	60%	Trans	0	Parity	50	Sugar	5		
Dinner Roll roll w/o margarine	60	1	0	130	11	2	1/2	1/2	Starch
	10	Sat	0	Daily	6%	Fiber	<1		
	15%	Trans	0	Parity	54	Sugar	2		
Corn small serving	190	6	0	15	34	5	2	2	Starch
	55	Sat	1	Daily	<1%	Fiber	4		1 Fat
	20%	Trans	0	Parity	low	Sugar	6		
Cole Slaw small serving	170	11	5	200	16	1	1	1	Other Carb
	100	Sat	2	Daily	7%	Fiber	2		2 Fat
	60%	Trans	0	Parity	29	Sugar	13		
Baked Macaroni & Cheese small serving	210	12	20	920	19	9	1	1	Starch
	110	Sat	5	Daily	40%	Fiber	1		1 HF Meat
	50%	Trans	0	Parity	110	Sugar	4		1 Fat
Mashed Potatoes & Gravy small serving	110	1	0	650	24	2	1 1/2	1 1/2	Starch
	10	Sat	0	Daily	28%	Fiber	2		
	10%	Trans	0	Parity	148	Sugar	2		
French Fries small serving	210	9	0	620	29	3	2	2	Starch
	80	Sat	1 1/2	Daily	27%	Fiber	0		2 Fat
	40%	Trans	0	Parity	74	Sugar	2		
Jalapeño Cheese Bombers® 4-piece serving	220	11	15	690	24	6	1 1/2	1 1/2	Starch
	100	Sat	4 1/2	Daily	30%	Fiber	1		1/2 HF Meat
	45%	Trans	0	Parity	78	Sugar	1		1 Fat
Cajun Rice small serving	230	14	55	840	21	7	1	1	Starch
	125	Sat	4	Daily	37%	Fiber	1		3 Fat
	55%	Trans	0	Parity	91	Sugar	1		

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Dairy Queen®

Burgers

Kids' Hamburger sandwich only	320 125 40%	14 Sat 6 Trans <1	50	620 Daily 27% Parity 48	31 Fiber 1 Sugar 7	18	2	2	2 Starch 1½ MF Meat 1 Fat
Original Cheeseburger sandwich only	370 160 45%	18 Sat 8 Trans 1	60	870 Daily 38% Parity 59	31 Fiber 1 Sugar 7	21	2	2	2 Starch 2 MF Meat 1 Fat
Original Double Cheeseburger sandwich only	580 305 50%	34 Sat 16 Trn. 1½	125	1190 Daily 52% Parity 51	35 Fiber 1 Sugar 9	37	2	2	2 Starch 4½ MF Meat 2 Fat
¼ lb. Bacon Cheese GrillBurger™ sandwich only	620 315 50%	35 Sat 14 Trans 1	100	1250 Daily 54% Parity 50	42 Fiber 2 Sugar 12	32	2½	2	2 Starch ½ Other Carb 3½ MF Meat 4 Fat
¼ lb. GrillBurger™ w/Cheese sandwich only	540 270 50%	30 Sat 12 Trans 1	90	1000 Daily 43% Parity 46	42 Fiber 2 Sugar 12	27	2½	2	2 Starch ½ Other Carb 3 MF Meat 3 Fat
¼ lb. Mushroom Swiss GrillBurger™ sandwich only	590 325 55%	36 Sat 13 Trans 1	100	620 Daily 27% Parity 26	37 Fiber 2 Sugar 8	28	2½	2	2 Starch ½ Other Carb 3 MF Meat 4 Fat

Chicken & Side Items

Grilled Chicken Sandwich sandwich only	440 135 30%	15 Sat 2½ Trans 0	60	1150 Daily 50% Parity 65	44 Fiber 2 Sugar 3	31	3	3	3 Starch 3 L Meat 2 Fat
Crispy Chicken Sandwich sandwich only	530 260 50%	29 Sat 4½ Trans 0	60	900 Daily 39% Parity 42	45 Fiber 3 Sugar 5	23	3	3	3 Starch 2 MF Meat 3 Fat
Chicken Strips 4-piece serving chicken strips only	480 215 45%	24 Sat 4 Trans 0	60	1320 Daily 57% Parity 69	38 Fiber 2 Sugar 0	30	2½	2½	2½ Starch 3½ MF Meat 1 Fat
Kid's Chicken Wrap wrap only	290 135 45%	15 Sat 4 Trans 0	30	760 Daily 33% Parity 66	23 Fiber 2 Sugar 1	16	1½	1½	1½ Starch 2 MF Meat ½ Fat
Grl. Chkn. Garden Greens Salad entrée w/o dressing	160 20 15%	2 Sat <1 Trans 0	50	710 Daily 31% Parity 111	10 Fiber 3 Sugar 6	26	0	2	2 Vegetable 3 L Meat
Grilled Chicken BLT Salad entrée w/o dressing	270 100 35%	11 Sat 5 Trans 0	80	1090 Daily 47% Parity 101	10 Fiber 3 Sugar 5	35	0	2	2 Vegetable 4½ L Meat 1 Fat
Apple Sauce kids' squeezable container	45 0 0%	0 Sat 0 Trans 0	0	0 Daily 0% Parity low	11 Fiber 2 Sugar 7	0	½	½	½ Fruit
Sliced Bananas kids' serving	110 5 0%	<1 Sat 0 Trans 0	0	0 Daily 0% Parity low	27 Fiber 3 Sugar 14	1	1½	1½	1½ Fruit

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Cheese Curds	530	38	90	1110	26	21	1½	1½ Starch
regular serving	340 Sat	22	Daily	48% Fiber	0			2½ HF Meat
	65% Trans	<1	Parity	52 Sugar	1			3 Fat
Fries	180	8	0	370	24	2	1½	1½ Starch
kids' serving	70 Sat	1	Daily	16% Fiber	2			1 Fat
	40% Trans	0	Parity	26 Sugar	0			
Onion Rings	360	16	0	840	48	6	3	3 Starch
regular serving	145 Sat	4½	Daily	37% Fiber	2			3 Fat
	40% Trans	0	Parity	58 Sugar	3			
Cones								
Kid's Cone	170	4½	15	65	27	4	1½	1½ Otr. Carb
dessert for kids	40 Sat	3	Daily	3% Fiber	0			1 Fat
	25% Trans	0	Parity	10 Sugar	18			
Chocolate Dipped	220	9	15	70	30	4	2	2 Other Carb
Kid's Cone	80 Sat	7	Daily	3% Fiber	0			2 Fat
dessert for kids	35% Trans	0	Parity	8 Sugar	20			
Chocolate or	330	9	30	130	52	9	3½	3½ Otr. Carb
Vanilla Cone	90 Sat	6	Daily	6% Fiber	0			2 Fat
medium cone	25% Trans	0	Parity	11 Sugar	36			
Dipped Cone	460	22	30	140	59	9	4	4 Other Carb
medium cone	200 Sat	17	Daily	6% Fiber	1			4 Fat
	45% Trans	0	Parity	8 Sugar	43			
Sundaes								
Caramel Hot Fudge	300	8	25	130	50	6	3	3 Other Carb
or Chocolate	70 Sat	5	Daily	6% Fiber	0			1 Fat
small sundae (average)	25% Trans	0	Parity	11 Sugar	40			
Peanut Butter	380	22	25	260	39	9	2½	2½ Otr. Carb
small sundae	200 Sat	7	Daily	11% Fiber	1			4 Fat
	55% Trans	0	Parity	17 Sugar	28			
Pineapple or	230	7	25	90	37	6	2½	2½ Otr. Carb
Strawberry	65 Sat	4½	Daily	4% Fiber	0			1 Fat
small sundae (average)	20% Trans	0	Parity	10 Sugar	32			
Royal Treats® & Novelties								
Peanut Buster®	710	31	35	340	95	17	6	6 Other Carb
Parfait	280 Sat	18	Daily	15% Fiber	3			6 Fat
1 dessert	40% Trans	<1	Parity	12 Sugar	68			
Banana Split	510	14	30	150	92	9	6	2 Fruit
1 dessert	125 Sat	9	Daily	7% Fiber	4			4 Other Carb
	25% Trans	<1	Parity	7 Sugar	71			3 Fat
Dilly® Bar	220	12	15	55	25	3	1½	1½ Otr. Carb
(average any flavor)	110 Sat	10	Daily	2% Fiber	1			2 Fat
1 dessert	50% Trans	0	Parity	6 Sugar	21			
DQ® Sandwich	190	5	10	140	31	4	2	2 Other Carb
1 dessert	45 Sat	3	Daily	6% Fiber	1			1 Fat
	25% Trans	0	Parity	18 Sugar	18			
Buster Bar®	470	30	15	220	46	10	3	3 Other Carb
1 dessert	270 Sat	18	Daily	10% Fiber	3			6 Fat
	55% Trans	0	Parity	12 Sugar	37			

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Denny's®

Breakfast Favorites (menu presentation w/o additional choices)

Banana Pecan	750	13	45	1590	134	29	9	4	Starch
Pancake Breakfast	115	Sat 3		Daily 69%	Fiber 11				2½ Fruit
full meal w/egg whites	15%	Trans 0		Parity 53	Sugar 49				2½ Otr. Carb
									3 L Meat
									1 Fat
Moons Over My Hammy®	980	65	480	2560	55	43	3½	3½	Starch
w/hashbrowns	585	Sat 21		Daily 111%	Fiber 1				5 MF Meat
	60%	Trans 1		Parity 65	Sugar 3				8 Fat
Country-Fried Steak & Eggs	980	76	405	1940	42	31	2½	2½	Starch
full meal w/hashbrowns	685	Sat 18		Daily 84%	Fiber 2				4 MF Meat
	70%	Trans 2		Parity 49	Sugar 2				11 Fat

Omelets, Skillets & Slams (menu presentation w/o additional choices)

Ultimate Omelet	830	66	630	1550	25	32	1	1	Starch
full meal w/hashbrowns	595	Sat 20		Daily 67%	Fiber 3				1 Vegetable
	70%	Trans 1		Parity 47	Sugar 5				4 MF Meat
									9 Fat
Loaded Veggie Fit Fare® Omelet	490	16	25	820	59	32	3½	2½	Starch
egg white omelet w/English muffin & fruit	145	Sat 7		Daily 36%	Fiber 6				1 Vegetable
	30%	Trans 0		Parity 42	Sugar 20				1 Fruit
									3½ L Meat
									1 Fat
Veggie Omelet	600	43	615	930	25	28	1	1	Starch
full meal w/hashbrowns	385	Sat 14		Daily 40%	Fiber 4				1 Vegetable
	65%	Trans <1		Parity 39	Sugar 5				3½ MF Meat
									5 Fat
Fit Fare® Veggie Skillet	340	11	0	1360	43	19	2	1½	Starch
full meal	100	Sat 2		Daily 59%	Fiber 8				2 Vegetable
	30%	Trans 0		Parity 100	Sugar 8				½ Other Carb
									1½ L Meat
									2 Fat
Santa Fe Skillet	730	53	460	1570	36	29	2	2	Starch
full meal	475	Sat 16		Daily 68%	Fiber 3				1 Vegetable
	65%	Trans 0		Parity 54	Sugar 3				3 MF Meat
									7 Fat
Supreme Skillet	720	54	465	1440	33	27	2	2	Starch
full meal w/hashbrowns	485	Sat 17		Daily 63%	Fiber 6				1 Vegetable
	65%	Trans 0		Parity 50	Sugar 4				3 MF Meat
									7 Fat
Fit Slam®	390	10	30	890	54	24	3½	2½	Starch
full meal w/o bread	90	Sat 2		Daily 39%	Fiber 6				1 Fruit
	25%	Trans 0		Parity 57	Sugar 17				2½ L Meat
									1 Fat
Grand Slam Sluger®	970	56	470	2290	82	32	5½	4½	Starch
full meal w/o bread	505	Sat 16		Daily 100%	Fiber 3				1 Other Carb
	50%	Trans 0		Parity 59	Sugar 21				3 MF Meat
									8 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
All-American Slam®	990	83	680	1870	20	40	1	1 Starch
full meal w/o bread	745 Sat	26	Daily	81%	Fiber 3			5½ MF Meat
	75% Trans	<1	Parity	47	Sugar 2			12 Fat
Belgian Waffle Slam®	800	63	570	1290	27	31	1½	1½ Starch
full meal w/o bread	565 Sat	30	Daily	56%	Fiber 2			4 MF Meat
	70% Trans	1	Parity	40	Sugar 2			8 Fat
French Toast Slam®	810	48	370	1620	66	31	4	3 Starch
full meal	430 Sat	14	Daily	70%	Fiber 3			1 Other Carb
	55% Trans	0	Parity	50	Sugar 15			3½ MF Meat
								6 Fat

Breakfast Sides *(see also Lunch & Dinner Sides)*

Bacon Strips	140	11	30	470	1	9	0	1½ HF Meat
4-slice serving	100 Sat	4	Daily	20%	Fiber 0			
	70% Trans	0	Parity	84	Sugar 1			
Turkey Bacon Strips	110	7	60	660	2	12	0	1½ MF Meat
4-slice serving	65 Sat	2	Daily	29%	Fiber 0			
	60% Trans	0	Parity	150	Sugar 0			
Grilled Ham Slice	100	4	45	1020	3	14	0	2 L Meat
3 oz. slice	35 Sat	4	Daily	44%	Fiber 0			
	35% Trans	1	Parity	255	Sugar 0			
Hearty Breakfast Sausage	350	31	70	840	5	14	0	2 HF Meat
per pattie	280 Sat	8	Daily	37%	Fiber 0			3 Fat
	80% Trans	0	Parity	60	Sugar 1			
Chicken Sausage Patties	230	18	90	530	1	15	0	2 MF Meat
2-pattie serving	160 Sat	6	Daily	23%	Fiber 0			2 Fat
	70% Trans	0	Parity	58	Sugar 1			
Sausage Links	320	30	60	650	2	10	0	1½ HF Meat
4-link serving	270 Sat	10	Daily	28%	Fiber 2			4 Fat
	85% Trans	0	Parity	51	Sugar 0			
Eggs (any style)	125	11	225	120	0	7	0	1 MF Meat
per egg	100 Sat	3	Daily	5%	Fiber 0			1 Fat
	80% Trans	0	Parity	24	Sugar 0			
Egg Whites	60	<1	0	190	1	12	0	1½ L Meat
2-egg equivalent	5 Sat	0	Daily	8%	Fiber 0			
	10% Trans	0	Parity	79	Sugar 0			
Buttermilk Biscuit	200	9	0	580	25	3	1½	1½ Starch
per biscuit w/o margarine	80 Sat	5	Daily	25%	Fiber 1			2 Fat
	40% Trans	0	Parity	75	Sugar 2			
English Muffin	140	1	0	270	25	4	1½	1½ Starch
per muffin w/o margarine	10 Sat	0	Daily	12%	Fiber 1			
	5% Trans	0	Parity	48	Sugar 1			
Hashbrowns	210	16	0	410	15	1	1	1 Starch
individual serving	145 Sat	3	Daily	18%	Fiber 1			3 Fat
	70% Trans	0	Parity	49	Sugar 1			
Seasonal Fruit	70	0	0	5	19	1	1	1 Fruit
4 oz. cup	0 Sat	0	Daily	<1%	Fiber 3			
	0% Trans	0	Parity	low	Sugar 14			
LF Yogurt	160	2	5	85	30	5	2	½ LF Milk
6 oz. cup	20 Sat	1	Daily	4%	Fiber 0			1½ Otr. Carb
	15% Trans	0	Parity	13	Sugar 25			

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

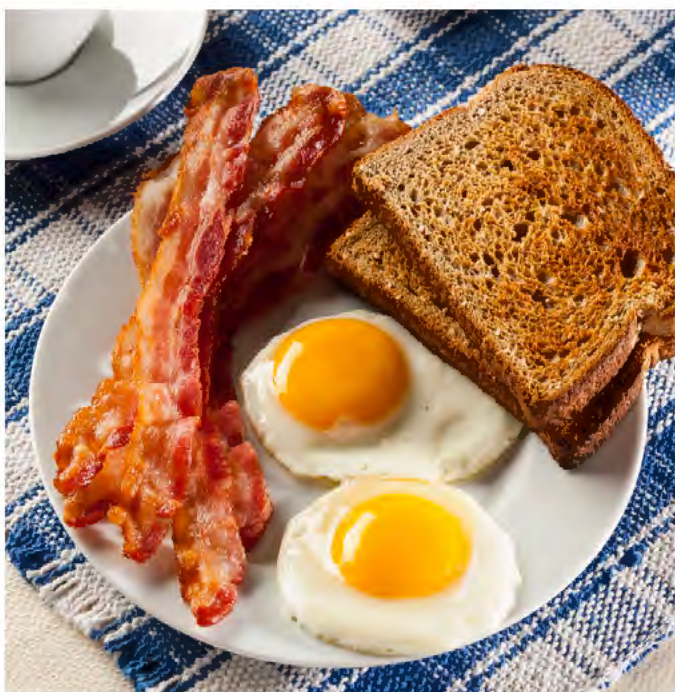
Protein (g)

Carb exchange

Dietary
exchanges

Burgers & Sandwiches

Bacon Avocado Cheeseburger sandwich only	1030	75	180	1100	50	41	3	2½ Starch
	675	Sat 24		Daily 48%	Fiber 6			½ Other Carb
	65%	Trans 2		Parity 27	Sugar 11			4½ MF Meat 10 Fat
Chili Cheeseburger sandwich only	940	56	150	1440	58	50	3½	2½ Starch
	505	Sat 23		Daily 63%	Fiber 4			1 Other Carb
	55%	Trans 3		Parity 38	Sugar 14			6 MF Meat 5 Fat
Slamburger™ sandwich only	1010	69	310	1960	52	47	3	2½ Starch
	620	Sat 24		Daily 85%	Fiber 3			½ Other Carb
	60%	Trans 2		Parity 48	Sugar 10			5½ MF Meat 8 Fat
Chicken Philly Melt sandwich only	800	49	75	1560	56	35	3½	3½ Starch
	440	Sat 16		Daily 68%	Fiber 3			3½ MF Meat
	60%	Trans 1		Parity 54	Sugar 6			6 Fat
Club Sandwich sandwich only	830	39	90	2450	75	47	4½	3½ Starch
	350	Sat 8		Daily 107%	Fiber 7			1 Other Carb
	40%	Trans 0		Parity 74	Sugar 15			5 L Meat 6 Fat
Pot Roast Melt sandwich only	710	44	40	1940	59	23	3½	2½ Starch
	395	Sat 13		Daily 84%	Fiber 7			1 Other Carb
	55%	Trans 0		Parity 68	Sugar 14			2½ MF Meat 6 Fat
The Super Bird® sandwich only	610	32	70	1960	42	38	2½	2½ Starch
	290	Sat 10		Daily 85%	Fiber 1			4½ MF Meat
	50%	Trans 0		Parity 80	Sugar 3			2 Fat



Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Appetizers

Bacon Cheddar Tots w/Sour Cream full serving	500 225 45%	25 Sat 9 Trans 1	45	1600 Daily 70% Parity 80	52 Fiber 4 Sugar 5	17	3½	3½ Starch 1½ HF Meat 2 Fat
Chicken & Sausage Quesadilla full serving w/o drsg.	920 485 50%	54 Sat 17 Trans 1	100	2160 Daily 94% Parity 59	66 Fiber 7 Sugar 8	42	4	3½ Starch ½ Other Carb 4½ MF Meat 6 Fat
Mozzarella Cheese Sticks full serving w/o dip	560 180 30%	20 Sat 11 Trans 1	70	2480 Daily 108% Parity 111	58 Fiber 2 Sugar 3	38	3½	3½ Starch 4 MF Meat
Zesty Nachos half serving	660 295 45%	33 Sat 17 Trans 1	95	1160 Daily 50% Parity 44	67 Fiber 6 Sugar 5	28	4	4 Starch 2½ HF Meat 2 Fat

Salads

Garden Salad entrée salad w/o drsg.	190 80 40%	9 Sat 5 Trans 0	20	450 Daily 20% Parity 59	20 Fiber 3 Sugar 5	9	½	½ Starch 2 Vegetable ½ HF Meat 1 Fat
Caesar Salad small salad w/drsg.	220 100 45%	11 Sat 4 Trans 0	5	450 Daily 20% Parity 51	26 Fiber 3 Sugar 8	6	1½	1 Starch 1 Vegetable ½ Other Carb 2 Fat
Cranberry Apple Chicken Salad entrée salad w/ balsamic vinaigrette	360 80 20%	9 Sat 1 Trans 0	100	1060 Daily 46% Parity 74	36 Fiber 5 Sugar 24	36	2½	½ Starch 1½ Fruit ½ Other Carb 5 L Meat
Grilled Chicken Cobb Salad entrée salad w/drsg.	660 335 50%	37 Sat 11 Trans 0	385	1560 Daily 68% Parity 59	28 Fiber 7 Sugar 3	57	1	1 Starch 2 Vegetable 7 L Meat 6 Fat

Dinners (menu presentation w/o choices)

Bourbon Chicken Skillet entrée w/bread	840 235 30%	26 Sat 5 Trans 0	200	2950 Daily 128% Parity 88	78 Fiber 6 Sugar 35	73	4½	2½ Starch 2 Vegetable 2 Other Carb 9 L Meat 1 Fat
Chicken Strips entrée w/bread	780 360 45%	40 Sat 7 Trans 0	90	2220 Daily 97% Parity 71	64 Fiber 3 Sugar 1	40	4	4 Starch 4 MF Meat 4 Fat
Smoky Gouda Chicken & Broccoli Skillet full meal	840 360 45%	41 Sat 13 Trans 0	145	1740 Daily 83% Parity 77	61 Fiber 7 Sugar 7	60	3½	3½ Starch 2 Vegetable 6½ L Meat 5 Fat
Wild Alaskan Salmon Skillet entrée w/bread	740 430 60%	48 Sat 10 Trans 0	115	1460 Daily 63% Parity 49	37 Fiber 7 Sugar 3	39	1½	1½ Starch 2 Vegetable 4½ L Meat 8 Fat
Tilapia Ranchero entrée w/bread	550 215 40%	24 Sat 7 Trans 0	125	1030 Daily 45% Parity 47	27 Fiber 7 Sugar 4	56	1½	1½ Starch 7½ L Meat 2 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Country Fried Steak & Gravy entrée w/gravy & bread	1010 620 60%	69 18 2	60	2490 108% 62	64 2 1	33	4	4 Starch 3 MF Meat 11 Fat
Sirloin Steak entrée w/bread	470 170 35%	19 5 0	120	1260 55% 67	22 1 0	49	1½	1½ Starch 6½ L Meat 1 Fat
T-Bone Steak entrée w/bread	840 340 40%	38 18 0	180	1420 62% 43	23 1 0	101	1½	1½ Starch 14 L Meat 2 Fat

Lunch & Dinner Sides *(see also Breakfast Sides)*

Garlic Dinner Bread 2-piece serving	210 100 50%	11 3 0	0	360 16% 43	20 1 0	4	1½	1½ Starch 2 Fat
Broccoli individual serving	25 0 0%	0 0 0	0	20 <1% 20	4 2 1	2	0	1 Vegetable
Sweet Petite Corn individual serving	180 65 35%	7 1 0	0	280 12% 39	26 1 6	4	1½	1½ Starch 1 Fat
Whole Grain Rice individual serving	230 35 15%	4 0 0	0	620 27% 67	43 4 0	5	2½	2½ Starch ½ Fat
Sautéed Zucchini & Squash individual serving	60 55 90%	6 1 0	0	105 5% 44	3 1 2	1	0	1 Fat
Steamed Zucchini & Squash individual serving	15 0 0%	0 0 0	0	50 2% 83	3 1 2	1	0	Free
Dippable Veggies individual serving w/ranch dressing	210 180 85%	20 4 0	10	350 15% 42	5 2 4	1	0	1 Vegetable 4 Fat
French Fries small serving	510 250 50%	28 5 0	0	110 5% 5	59 6 0	6	4	4 Starch 5 Fat
Everything Hashbrowns individual serving	340 190 55%	21 8 0	20	1010 44% 74	33 2 3	8	2	2 Starch ½ HF Meat 3 Fat
Bacon Cheddar Tots individual serving	300 135 45%	15 6 0	25	960 42% 80	31 2 3	10	2	2 Starch 1 HF Meat 1 Fat
Mashed Potatoes individual serving	200 70 35%	8 3 0	5	590 26% 74	29 2 1	3	2	2 Starch 1 Fat
Red-Skinned Potatoes individual serving	200 80 40%	9 2 0	0	590 26% 74	27 3 0	4	1½	1½ Starch 2 Fat
Golden Fried Shrimp 6-piece serving	190 70 35%	8 2 0	70	750 33% 99	20 2 5	9	1	1 Starch 1 L Meat 1 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Domino's®

Choice of Crust (for comparison only; see Note below)

Large Thin Crust whole pizza	1840 865 45%	96 Sat 45%	200 40 0	3680 Daily Parity	160 —% 50	72 Fiber Sugar	10½ 8 12	10½ 7½ 12	Starch MF Meat Fat
Large Hand-Tossed whole pizza	2320 790 35%	88 Sat 35%	200 48 0	5120 Daily Parity	280 —% 55	96 Fiber Sugar	18½ 12 12	18½ 8½ 9	Starch MF Meat Fat
Medium Pan whole pizza	2320 1010 45%	112 Sat 45%	200 40 0	3760 Daily Parity	232 —% 41	80 Fiber Sugar	15½ 8 12	15½ 7 16	Starch MF Meat Fat
Large Brooklyn whole pizza	1560 650 40%	72 Sat 40%	200 36 0	3840 Daily Parity	162 —% 62	72 Fiber Sugar	10½ 6 18	10 ½ 7½	Starch Other Carb MF Meat Fat

Large Specialty Pizzas (presented on thin crust)

Buffalo Chicken 1 of 8 slices	260 135 50%	15 Sat 50%	45 8 0	725 Daily Parity	32% Fiber Sugar	16 0 1	13 1 1	1 1½ 1	Starch MF Meat Fat
Deluxe 1 of 8 slices	230 115 50%	13 Sat 50%	25 5 0	535 Daily Parity	23% Fiber Sugar	19 1 2	9 1 2	1 1 1	Starch MF Meat Fat
ExtravaganZZa 1 of 8 slices	300 160 55%	18 Sat 55%	45 8 0	795 Daily Parity	35% Fiber Sugar	20 1 2	13 1 2	1 1½ 2	Starch MF Meat Fat
Honolulu Hawaiian 1 of 8 slices	250 115 45%	13 Sat 45%	35 6 0	645 Daily Parity	28% Fiber Sugar	19 1 3	12 1 3	1 1½ 1	Starch MF Meat Fat
MeatZZa 1 of 8 slices	290 155 55%	17 Sat 55%	45 8 0	775 Daily Parity	34% Fiber Sugar	19 1 2	13 1 2	1 1½ 2	Starch MF Meat Fat
Pacific Veggie 1 of 8 slices	220 110 50%	12 Sat 50%	30 5 0	485 Daily Parity	21% Fiber Sugar	19 1 2	10 1 2	1 1 1	Starch MF Meat Fat
Philly Cheese Steak 1 of 8 slices	230 115 50%	13 Sat 50%	35 6 0	465 Daily Parity	20% Fiber Sugar	16 0 1	10 0 1	1 1 1	Starch MF Meat Fat
Ultimate Pepperoni 1 of 8 slices	280 155 55%	17 Sat 55%	45 8 0	725 Daily Parity	32% Fiber Sugar	18 1 2	12 1 2	1 1½ 2	Starch MF Meat Fat
Wisconsin 6-Cheese 1 of 8 slices	250 125 50%	14 Sat 50%	35 7 0	525 Daily Parity	23% Fiber Sugar	18 1 2	12 1 2	1 1½ 1	Starch MF Meat Fat

NOTE: Data for **Choice of Crust** represents the basic crust, sauce and cheese for an entire pizza and is for comparison purposes only. Specialty Pizzas are shown per slice using a Thin Crust as a healthier alternative due to its lower calorie and carb content. **Brooklyn-style** crust is also a healthier choice. Being cut in 6 slices instead of 8, the data shown per slice for the Brooklyn-style increases the sodium, daily %, parity, carbohydrate and protein by nearly one-third (*multiply by 133%*). The larger serving also increases the starch and meat exchanges by one-half of an exchange per slice.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Sandwiches

Buffalo Chicken w/Blue Cheese sandwich only	860	41	120	2550	80	43	5	5	Starch
	370	Sat 15		Daily 111%	Fiber 4				4 MF Meat
	45%	Trans 1		Parity 74	Sugar 5				4 Fat
Chicken Parm sandwich only	780	31	135	2000	79	49	5	5	Starch
	280	Sat 17		Daily 87%	Fiber 4				5 L Meat
	35%	Trans 1		Parity 64	Sugar 5				4 Fat
Italian Sandwich sandwich only	860	42	130	2780	77	42	5	5	Starch
	380	Sat 20		Daily 121%	Fiber 3				4 MF Meat
	45%	Trn. 1½		Parity 81	Sugar 4				4 Fat
Philly Cheese Steak sandwich only	740	31	105	2410	76	39	5	5	Starch
	280	Sat 17		Daily 105%	Fiber 3				3½ MF Meat
	40%	Trn. 1½		Parity 81	Sugar 4				2 Fat
Mediterranean Veggie sandwich only	720	30	90	2280	79	34	5	5	Starch
	270	Sat 17		Daily 99%	Fiber 3				2½ MF Meat
	35%	Trans 1		Parity 79	Sugar 5				3 Fat

Chicken & Sides

Boneless Chicken 3-piece w/o dip	170	7	35	640	15	11	1	1	Starch
	65	Sat 1½		Daily 28%	Fiber 0				1 MF Meat
	40%	Trans 0		Parity 94	Sugar 1				½ Fat
Plain Chicken Wings w/o Sauce 4-piece w/o dip	190	13	85	440	2	17	0	2½	MF Meat
	115	Sat 3½		Daily 19%	Fiber 1				
	60%	Trans 0		Parity 58	Sugar 0				
Mild or Hot or Fire Chicken Wings 4-piece w/o dip	200	13	85	1110	3	17	0	2½	MF Meat
	115	Sat 3½		Daily 48%	Fiber 1				
	60%	Trans 0		Parity 139	Sugar 0				
Sweet Mango Habanero or BBQ Chicken Wings* 4-pc. serving w/o sauce	240	13	85	620	14	17	½	½	Other Carb
	115	Sat 3½		Daily 27%	Fiber 1				2½ L Meat
	50%	Trans 0		Parity 65	Sugar 10				2 Fat
Parmesan Bread Bites 4-piece serving	360	14	45	960	40	17	2½	2½	Starch
	125	Sat 4½		Daily 42%	Fiber 1				1½ HF Meat
	35%	Trans 0		Parity 67	Sugar 6				½ Fat
Breadsticks per piece w/o dip	110	6	0	100	11	2	½	½	Starch
	55	Sat 1½		Daily 4%	Fiber 0				1 Fat
	50%	Trans 0		Parity 23	Sugar 1				
Stuffed Cheesy Bread or Spinach & Feta Stuffed Cheesy Bread per piece	140	6	15	240	16	6	1	1	Starch
	55	Sat 3		Daily 10%	Fiber 1				½ HF Meat
	40%	Trans 0		Parity 43	Sugar 1				½ Fat
Jalapeño Bacon Stuffed Cheesy Bread per piece	160	7	20	350	17	7	1	1	Starch
	65	Sat 3½		Daily 15%	Fiber 1				½ HF Meat
	40%	Trans 0		Parity 55	Sugar 1				½ Fat
Cinna Stix® per stick	120	6	0	85	14	2	1	1	Other Carb
	55	Sat 1		Daily 4%	Fiber 1				1 Fat
	45%	Trans 0		Parity 18	Sugar 3				

*Data shown represents BBQ Wings. Sweet Mango Habanero Wings carries nearly identical data with significant changes only in the Sodium/Daily%/Parity numbers which are as follows: 500mg/22%/52.

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Dunkin' Donuts®

Cake Donuts* (for Munchkins, see Note below)

Old-Fashioned	290	19	25	320	28	4	1½	1½	Otr. Carb
per donut	170	Sat 8		Daily 14%	Fiber 1				4 Fat
	65%	Trans 0		Parity 28	Sugar 10				

Sugared or Cinnamon	320	19	25	320	33	4	2	2	Other Carb
per donut	170	Sat 9		Daily 13%	Fiber 1				4 Fat
	60%	Trans 0		Parity 22	Sugar 14				

Double Chocolate	350	20	0	440	39	4	2½	2½	Otr. Carb
per donut	180	Sat 9		Daily 17%	Fiber 2				4 Fat
	60%	Trans 0		Parity 26	Sugar 18				

Crumb or Maple Crumb	380	20	25	330	46	4	3	3	Other Carb
per donut	180	Sat 9		Daily 14%	Fiber 1				4 Fat
	45%	Trans 0		Parity 22	Sugar 25				

Blueberry Crumb	380	18	30	390	50	4	3	3	Other Carb
per donut	160	Sat 8		Daily 17%	Fiber 1				3 Fat
	40%	Trans 0		Parity 26	Sugar 27				

Chocolate Crumb	380	22	0	490	43	4	3	3	Other Carb
per donut	190	Sat 9		Daily 21%	Fiber 2				4 Fat
	50%	Trans 0		Parity 32	Sugar 22				

Yeast or Guava-Style Donuts* (for Munchkins, see Note below)

Glazed Yeast	260	14	0	330	31	3	2	2	Other Carb
per donut	125	Sat 6		Daily 14%	Fiber 1				3 Fat
	50%	Trans 0		Parity 32	Sugar 12				

Apple 'n Spice	260	14	0	340	29	3	2	2	Other Carb
per donut	125	Sat 6		Daily 15%	Fiber 1				3 Fat
	50%	Trans 0		Parity 33	Sugar 9				

Apple Stick	420	25	30	390	44	4	3	3	Other Carb
per donut	225	Sat 12		Daily 17%	Fiber 1				4 Fat
	55%	Trans 0		Parity 23	Sugar 20				

Apple Streusel	340	16	0	350	45	3	3	3	Other Carb
per donut	145	Sat 7		Daily 17%	Fiber 1				3 Fat
	55%	Trans 0		Parity 23	Sugar 23				

Bismark	490	25	0	350	62	5	4	4	Other Carb
per donut	225	Sat 20		Daily 16%	Fiber 1				4 Fat
	45%	Trans 0		Parity 23	Sugar 37				

Chocolate Iced Bismark	390	19	0	360	52	5	3½	3½	Otr. Carb
per donut	170	Sat 8		Daily 16%	Fiber 2				4 Fat
	45%	Trans 0		Parity 23	Sugar 21				

Blueberry Butternut	420	17	30	380	60	4	4	4	Other Carb
per donut	155	Sat 8		Daily 17%	Fiber 1				3 Fat
	35%	Trans 0		Parity 23	Sugar 35				

*Frosted or glazed variations may be available for some varieties not normally frosted or glazed. When this is the only variation, add 9 grams of sugar and 35 calories to data shown and increase the Suggested Exchanges by one-half Other Carb. Likewise, an addition of Spinkles or a Drizzle will add 3 grams of sugar and 15 calories to the base variety. The subsequent higher calorie count is responsible for a slight decrease of the Percentage of Calories from Fat.

NOTE: Due to limited space, nutritional information for **Munchkins** is not presented. To ascertain the values for a 4-piece serving, multiply the similar variety shown by 0.75.

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Bow Tie per donut	270 135 50%	12 Sat 4½ Trans 0	0	270 Daily 12% Parity 25	38 Fiber 1 Sugar 16	4	2½	2½ Otr. Carb 2 Fat
French Cruller per donut	260 160 60%	18 Sat 9 Trans 0	50	240 Daily 10% Parity 23	21 Fiber 0 Sugar 10	2	1½	1½ Otr. Carb 3 Fat
Maple Frosted per donut	270 135 50%	15 Sat 7 Trans 0	0	340 Daily 15% Parity 31	32 Fiber 1 Sugar 13	3	2	2 Other Carb 3 Fat
Powdered per donut	320 170 55%	19 Sat 9 Trans 0	25	320 Daily 14% Parity 25	33 Fiber 1 Sugar 14	4	2	2 Other Carb 4 Fat
Sour Cream per donut	350 155 45%	17 Sat 7 Trans 0	10	330 Daily 14% Parity 24	47 Fiber 1 Sugar 26	4	3	3 Other Carb 3 Fat
Sugar Raised per donut	230 125 55%	14 Sat 6 Trans 0	0	330 Daily 14% Parity 36	22 Fiber 1 Sugar 4	3	1½	1½ Otr. Carb 3 Fat
Plain Stick per donut	370 225 60%	25 Sat 11 Trans 0	30	370 Daily 16% Parity 25	31 Fiber 1 Sugar 10	4	2	2 Other Carb 5 Fat
Sugared or Powdered Stick per donut	370 225 60%	25 Sat 11 Trans 0	30	370 Daily 16% Parity 25	31 Fiber 1 Sugar 10	4	2	2 Other Carb 5 Fat
Kreme-Filled Donuts*								
Bavarian Kreme per donut	270 135 50%	15 Sat 7 Trans 0	0	350 Daily 15% Parity 32	31 Fiber 1 Sugar 9	4	2	2 Other Carb 3 Fat
Boston Kreme per donut	300 145 50%	16 Sat 7 Trans 0	0	360 Daily 16% Parity 30	37 Fiber 1 Sugar 17	3	2½	2½ Otr. Carb 3 Fat
Chocolate or Vanilla Kreme Filled per donut	320 170 55%	19 Sat 8 Trans 0	0	360 Daily 16% Parity 28	35 Fiber 1 Sugar 14	4	2	2 Other Carb 4 Fat
Eclair per donut	380 160 40%	18 Sat 7 Trans 0	0	350 Daily 15% Parity 23	50 Fiber 2 Sugar 22	5	3	3 Other Carb 3 Fat
Maple Kreme per donut	330 170 50%	19 Sat 8 Trans 0	0	350 Daily 15% Parity 27	36 Fiber 1 Sugar 17	4	2½	2½ Otr. Carb 4 Fat
Jelly-Filled*								
Jelly Stick per donut	440 225 50%	25 Sat 11 Trans 0	30	380 Daily 17% Parity 22	50 Fiber 1 Sugar 29	4	3	3 Other Carb 5 Fat
Jelly Donut per donut	270 125 45%	14 Sat 6 Trans 0	0	330 Daily 14% Parity 31	32 Fiber 1 Sugar 15	3	2	2 Other Carb 3 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Fazoli's®

Pasta Entrées

3-Cheese Tortellini Alfredo full entrée	990 395 40%	44 Sat 22 Trans 0	155	3190 Daily 139% Parity 81	87 Fiber 5 Sugar 16	60 5½	4½ Starch 1 Other Carb 6½ MF Meat 2 Fat
Chicken Parmigiano full entrée	750 190 25%	21 Sat 8 Trans 0	90	2290 Daily 100% Parity 76	99 Fiber 8 Sugar 15	43 6½	5½ Starch 1 Other Carb 4 L Meat 3 Fat
Chicken Broccoli Penne full entrée	790 280 35%	31 Sat 13 Trans 0	60	1850 Daily 80% Parity 59	74 Fiber 5 Sugar 12	47 4½	4 Starch 1 Vegetable ½ Other Carb 4½ L Meat 5 Fat
Penne w/Creamy Basil Chicken full entrée	820 335 40%	37 Sat 15 Trans 1	65	1900 Daily 83% Parity 58	73 Fiber 4 Sugar 12	44 4½	4 Starch ½ Other Carb 4½ L Meat 6 Fat
Penne Romano full entrée	780 315 40%	35 Sat 14 Trans 0	95	2020 Daily 88% Parity 65	74 Fiber 7 Sugar 12	38 4½	4 Starch ½ Other Carb 4 MF Meat 3 Fat
Twice-Baked Lasagna full entrée	770 280 35%	31 Sat 17 Trans 0	85	1850 Daily 80% Parity 60	74 Fiber 5 Sugar 12	47 4½	4 Starch ½ Other Carb 5 MF Meat 1 Fat
Baked Spaghetti full entrée	520 125 25%	14 Sat 7 Trans 0	45	1160 Daily 50% Parity 56	73 Fiber 7 Sugar 13	24 4½	4 Starch ½ Other Carb 1½ MF Meat 1 Fat
Ultimate Spaghetti full entrée	920 325 35%	36 Sat 13 Trans 0	90	2330 Daily 101% Parity 63	105 Fiber 9 Sugar 17	37 7	6 Starch 1 Other Carb 2½ MF Meat 4 Fat
Ultimate Fettuccine full entrée	850 270 30%	30 Sat 12 Trans 0	45	2140 Daily 93% Parity 63	94 Fiber 4 Sugar 14	44 6	5 Starch 1 Vegetable 1 Other Carb 4 MF Meat 2 Fat
Baked Ziti full entrée	570 160 30%	18 Sat 9 Trans 0	55	1410 Daily 61% Parity 62	71 Fiber 7 Sugar 11	29 4½	4 Starch ½ Other Carb 2½ MF Meat 1 Fat

Build Your Own (see Note on page 49)

Spaghetti or Penne or Fettuccine noodle base	470 20 5%	2 Sat 0 Trans 0	0	0 Daily 0% Parity low	91 Fiber 4 Sugar 4	16 6	6 Starch ½ Fat
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	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Ravioli	350	14	80	550	37	19	2½	2½ Starch
noodle base	125 Sat	8	Daily	24% Fiber	2			1½ PB Prot.
	35% Trans	0	Parity	39 Sugar	2			2 Fat
Tortellini	380	10	80	570	55	18	3½	3½ Starch
noodle base	90 Sat	5	Daily	25% Fiber	3			1½ PB Prot.
	25% Trans	0	Parity	38 Sugar	1			1 Fat
Marinara Sauce	110	1	0	1100	22	4	1½	1½ Otr. Carb
sauce choice	10 Sat	0	Daily	48% Fiber	4			
	10% Trans	0	Parity	250 Sugar	14			
Meat Sauce	180	7	15	1430	20	10	1	1 Other Carb
sauce choice	65 Sat	3	Daily	62% Fiber	5			1½ MF Meat
	35% Trans	0	Parity	198 Sugar	12			
Alfredo Sauce	250	16	30	1370	16	10	1	1 Whole Milk
sauce choice	145 Sat	9	Daily	60% Fiber	0			2 Fat
	60% Trans	0	Parity	137 Sugar	8			
Creamy Basil Sauce	360	29	30	1560	17	9	1	1 Whole Milk
sauce choice	260 Sat	11	Daily	68% Fiber	0			4 Fat
	70% Trans	0	Parity	108 Sugar	9			
Roasted Chicken	120	4	0	370	3	18	0	2½ L Meat
topping choice	35 Sat	0	Daily	16% Fiber	0			
	30% Trans	0	Parity	77 Sugar	1			
Broccoli	70	5	0	230	4	2	0	1 Vegetable
topping choice	45 Sat	1	Daily	10% Fiber	2			1 Fat
	65% Trans	0	Parity	82 Sugar	1			
Bacon	90	8	25	400	0	5	0	½ HF Meat
topping choice	70 Sat	4	Daily	17% Fiber	0			1 Fat
	80% Trans	0	Parity	111 Sugar	0			
Italian Meatballs	210	18	45	640	5	9	0	1½ HF Meat
topping choice	160 Sat	7	Daily	28% Fiber	0			1 Fat
	70% Trans	1	Parity	70 Sugar	0			
Italian Sausage	200	16	40	680	3	10	0	1½ HF Meat
topping choice	145 Sat	5	Daily	30% Fiber	0			1 Fat
	75% Trans	0	Parity	85 Sugar	1			
Pizza & Extras								
Cheese Pizza	280	12	25	680	31	14	2	2 Starch
per slice	110 Sat	5	Daily	30% Fiber	2			1½ MF Meat
	40% Trans	0	Parity	61 Sugar	3			1 Fat
Pepperoni Pizza	290	13	25	780	31	13	2	2 Starch
per slice	115 Sat	5	Daily	34% Fiber	2			1½ MF Meat
	40% Trans	0	Parity	67 Sugar	3			1 Fat
Garlic Breadstick	140	8	0	320	16	3	1	1 Starch
per breadstick	70 Sat	1½	Daily	14% Fiber	0			1 Fat
	50% Trans	0	Parity	57 Sugar	1			
Dry Breadstick	80	1	0	150	16	3	1	1 Starch
per breadstick	10 Sat	0	Daily	7% Fiber	0			
	15% Trans	0	Parity	47 Sugar	1			

NOTE: To build your own pasta, combine your choice of noodle with one of the Sauce Choices and add desired Toppings. **Kids' Meals** are developed in the same way, with the combined data then divided by 3 (multiply by 0.33) since Kids' Meals are approximately one-third the size of adult entrées.

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Five Guys® Burgers & Fries

Burgers (shown w/o additional toppings*)

Little Hamburger sandwich only	480 235 50%	26 Sat 12 Trans 0	65		380 Daily 17% Parity 20		39 Fiber 2 Sugar 8	23 2 8	2 1/2	2 Starch 1/2 Other Carb 2 1/2 MF Meat 2 Fat
Little Cheeseburger sandwich only	550 290 55%	32 Sat 15 Trans 0	85		690 Daily 30% Parity 31		40 Fiber 2 Sugar 9	27 2 9	2 1/2	2 Starch 1/2 Other Carb 3 MF Meat 3 Fat
Little Bacon Burger sandwich only	560 295 55%	33 Sat 15 Trans 0	80		640 Daily 28% Parity 29		39 Fiber 2 Sugar 8	27 2 8	2 1/2	2 Starch 1/2 Other Carb 3 MF Meat 3 Fat
Little Bacon Cheeseburger sandwich only	630 350 55%	39 Sat 18 Trans 0	100		950 Daily 41% Parity 38		40 Fiber 2 Sugar 9	31 2 9	2 1/2	2 Starch 1/2 Other Carb 3 1/2 MF Meat 4 Fat

Other Sandwiches & Fries

Veggie Sandwich sandwich only	440 135 30%	15 Sat 6 Trans 0	25		1040 Daily 45% Parity 59		60 Fiber 2 Sugar 14	16 2 14	3 1/2	2 1/2 Starch 1 Vegetable 1 Other Carb 1/2 HF Meat 2 Fat
Cheese Veggie Sandwich sandwich only	510 190 35%	21 Sat 10 Trans 0	45		1350 Daily 59% Parity 66		61 Fiber 2 Sugar 14	20 2 14	3 1/2	2 1/2 Starch 1 Vegetable 1 Other Carb 1 1/2 HF Meat 2 Fat
Grilled Cheese Sandwich sandwich only	470 235 50%	26 Sat 9 Trans 0	35		720 Daily 31% Parity 38		41 Fiber 3 Sugar 10	11 3 10	2 1/2	2 Starch 1/2 Other Carb 1 HF Meat 4 Fat
BLT Sandwich sandwich only	530 305 60%	34 Sat 12 Trans 0	45		930 Daily 40% Parity 44		42 Fiber 3 Sugar 10	16 3 10	2 1/2	2 Starch 1/2 Other Carb 1 1/2 HF Meat 4 Fat
Hot Dog sandwich only	550 315 60%	35 Sat 16 Trans 0	60		1130 Daily 49% Parity 51		40 Fiber 2 Sugar 8	18 2 8	2 1/2	2 Starch 1/2 Other Carb 1 1/2 HF Meat 5 Fat
Little Fries small 8 oz. serving	530 205 40%	23 Sat 4 Trans 0	0		530 Daily 23% Parity 25		72 Fiber 8 Sugar 2	8 8 2	4 1/2	4 1/2 Starch 4 Fat

*As a general rule, most vegetable toppings can be added without significant change to nutritional data. Tomatoes and onions will have a noticeable effect of about 1 gram of carb and 5 calories per slice. Olives (due to high fat content) and pickles or relish (due to high sodium values) should be limited. Steak sauces and hot sauces are also restrictively high in sodium (4 to 10 times higher than a reasonable parity). Spreads based on full-fat salad dressings or mayonnaise are very high in calories from fat and should be used sparingly.

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Golden Corral®

Pork Dinner Items

Barbeque Pork	170	8	75	100	5	18	0	2½	L Meat
3 oz. piece	70	Sat 2½		Daily 4%	Fiber 1			1	Fat
	40%	Trans 0		Parity 15	Sugar 4				
Southern-Style Boneless Pork Chop	220	16	65	400	8	13	½	½	Starch
	145	Sat 4½		Daily 17%	Fiber 0			1½	L Meat
	65%	Trans 0		Parity 45	Sugar 0			2	Fat
3 oz. piece									
Italian Sausage w/Onions & Peppers	190	16	35	350	2	9	0	1½	HF Meat
	145	Sat 5		Daily 15%	Fiber 0			1	Fat
	75%	Trans 1		Parity 46	Sugar 1				
1-piece serving									
Glazed Ham	130	3½	35	620	10	13	½	½	Other Carb
3 oz. serving	35	Sat 1½		Daily 27%	Fiber 0			2	L Meat
	25%	Trans 0		Parity 119	Sugar 9				
Sweet & Sour Pork	220	11	35	540	18	14	1	1	Other Carb
	100	Sat 2½		Daily 23%	Fiber 1			2	L Meat
per cup	45%	Trans 0		Parity 61	Sugar 12			1	Fat

Beef Dinner Items

Pot Roast	150	7	55	320	8	15	0	1	Vegetable
per half cup	65	Sat 3		Daily 14%	Fiber 1			2	L Meat
	45%	Trans 0		Parity 53	Sugar 2			½	Fat
Marinated Beef Tips	140	5	65	250	0	21	0	3	L Meat
	45	Sat 1½		Daily 11%	Fiber 0				
3 oz. serving	30%	Trans 0		Parity 45	Sugar 0				
Smothered Chopped Steak	290	18	0	440	4	27	0	4	MF Meat
	160	Sat 7		Daily 19%	Fiber 0				
6 oz. piece	55%	Trans 1		Parity 38	Sugar 1				
Carved Roast Beef	110	3	50	115	0	19	0	2½	L Meat
	25	Sat 1		Daily 5%	Fiber 0				
3 oz. piece	25%	Trans 0		Parity 26	Sugar 0				
BBQ Beef	120	5	50	160	0	18	0	2½	L Meat
3 oz. serving	45	Sat 1½		Daily 7%	Fiber 0				
	40%	Trans 0		Parity 33	Sugar 0				
London Broil	140	6	45	500	2	19	0	2½	L Meat
2-slice serving	55	Sat 2½		Daily 22%	Fiber 0			½	Fat
	40%	Trans 0		Parity 89	Sugar 0				

Fish & Seafood

Baked Fish w/ Piccata Sauce	150	10	30	440	2	14	0	2	L Meat
	90	Sat 2½		Daily 19%	Fiber 1			1	Fat
3 oz. serving	60%	Trans 2		Parity 73	Sugar 0				
Baked Fish w/ Shrimp & Lemon Herb Sauce	160	10	75	410	2	16	0	2½	L Meat
	90	Sat 2½		Daily 18%	Fiber 0			1	Fat
3 oz. serving	55%	Trn. 1½		Parity 64	Sugar 0				

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Baked Fish Florentine per piece	180 110 60%	12 Sat 2½ Trn. 1½	30	290 Daily 13% Parity 40	Fiber 1 Sugar 0	2 14	0	2 L Meat 2 Fat
Baked New Orleans-Style Fish per piece	100 45 45%	5 Sat 1½ Trans 1	30	220 Daily 10% Parity 55	Fiber 0 Sugar 0	0 13	0	2 L Meat
Carved Salmon Fillet 3 oz. piece	120 55 45%	6 Sat 1½ Trans 1	50	580 Daily 25% Parity 121	Fiber 1 Sugar 0	1 13	0	2 L Meat ½ Fat
Salmon Lemonata 3 oz. piece	130 90 70%	10 Sat 2½ Trn. 1½	25	470 Daily 20% Parity 90	Fiber 1 Sugar 1	3 7	0	1 L Meat 2 Fat
Golden Shrimp 6-piece serving	210 80 40%	9 Sat 1½ Trans 0	55	330 Daily 14% Parity 39	Fiber 1 Sugar 1	23 9 1½	1 1½	1 ½ Starch 1 MF Meat ½ Fat

Chicken

Grilled Chicken Breast 3½ oz. piece (avg.)	100 20 20%	2½ Sat 0 Trans 0	50	390 Daily 17% Parity 98	Fiber 0 Sugar 0	2 17	0	2½ L Meat
Bourbon Street Chicken 3 oz. piece	170 80 45%	9 Sat 2½ Trans 0	95	350 Daily 15% Parity 51	Fiber 1 Sugar 4	4 19	0	2½ L Meat 1 Fat
Sweet & Sour Chicken per cup w/o rice	240 90 40%	10 Sat 2 Trans 0	40	370 Daily 16% Parity 39	Fiber 2 Sugar 13	21 17	1	1 Other Carb 2½ L Meat 1 Fat

Sides

Sweet Potato Fries 10-piece serving	170 100 60%	11 Sat 1½ Trans 0	0	150 Daily 7% Parity 22	Fiber 2 Sugar 8	17 1	1	1 Starch 2 Fat
Roasted Red Potatoes per half cup	140 80 55%	9 Sat 1½ Trans 1	0	470 Daily 20% Parity 84	Fiber 1 Sugar 1	2 ½	½	½ Starch 2 Fat
Scalloped Potatoes per half cup	160 70 45%	8 Sat 4½ Trans 0	25	470 Daily 20% Parity 73	Fiber 1 Sugar 1	17 5	1	1 Starch 1 Fat
Mashed Potatoes w/ Brown Gravy per half cup	180 75 40%	8 Sat 1½ Trans 0	0	720 Daily 31% Parity 100	Fiber 1 Sugar 2	23 2 1½	1 1½	1 ½ Starch 1 Fat
Sweet Potato Casserole per half cup	190 30 15%	3½ Sat 1 Trans 0	5	50 Daily 2% Parity 7	Fiber 2 Sugar 25	37 2 2½	1	1 Starch 1½ Otr. Carb ½ Fat
Yams & Apples Casserole per half cup	180 30 15%	3½ Sat <1 Trans 0	0	120 Daily 5% Parity 17	Fiber 1 Sugar 27	35 1 2½	1	1 Starch 1½ Otr. Carb ½ Fat
Yeast or Multi-Grain Roll per roll	180 30 15%	3½ Sat 1 Trans <1	5	210 Daily 9% Parity 29	Fiber 1 Sugar 9	31 5 2	1 1½	1 ½ Starch ½ Other Carb ½ Fat

	Calories & calories from fat w/pct.		Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Escalloped Apples per half cup	130	1½	0	20	29	0	2	1	Fruit
	15	Sat 0		Daily 1%	Fiber 2				1 Other Carb
	10%	Trans 0		Parity low	Sugar 24				
Asparagus 5-piece serving	70	5	0	135	4	2	0	1	Vegetable
	45	Sat 1		Daily 6%	Fiber 1				1 Fat
	65%	Trans <1		Parity 48	Sugar 0				
Green Beans per half cup	35	1½	0	520	4	1	0	1	Vegetable
	15	Sat 0		Daily 23%	Fiber 2				
	45%	Trans 0		Parity 371	Sugar 2				
Green Bean Casserole per half cup	80	4½	0	650	8	2	0	1	Vegetable
	40	Sat 1		Daily 28%	Fiber 2				1 Fat
	50%	Trans 0		Parity 203	Sugar 2				
Steamed Broccoli per half cup	25	<1	0	85	6	2	0	1	Vegetable
	5	Sat 0		Daily 4%	Fiber 3				
	20%	Trans 0		Parity 85	Sugar 1				
Steamed Cauliflower per half cup	20	<1	0	65	3	1	0	0	Free
	5	Sat 0		Daily 3%	Fiber 1				
	25%	Trans 0		Parity 81	Sugar 2				
Steamed Brussel Sprouts in Sauce per half cup	100	8	5	230	5	2	0	1	Vegetable
	70	Sat 2½		Daily 10%	Fiber 2				1 Fat
	70%	Trn. 1½		Parity 58	Sugar 2				
Kettle-Cooked Cabbage per half cup	45	2½	5	180	4	2	0	1	Vegetable
	25	Sat <1		Daily 8%	Fiber 1				½ Fat
	55%	Trans 0		Parity 100	Sugar 2				
Steamed Baby Carrots per half cup	100	7	0	220	9	1	0	2	Vegetable
	65	Sat 1½		Daily 10%	Fiber 2				1 Fat
	65%	Trans 0		Parity 55	Sugar 5				
Corn-on-the-Cob 1-piece serving	70	<1	0	90	13	2	1	1	Starch
	5	Sat 0		Daily 4%	Fiber 2				
	5%	Trans 0		Parity 32	Sugar 3				
Steamed Kernel Corn per half cup	140	7	0	150	19	3	1	1	Starch
	55	Sat 1		Daily 7%	Fiber 1				1 Fat
	40%	Trans 1		Parity 27	Sugar 5				
Kettle-Cooked Collard Greens per half cup	70	3	5	370	9	4	0	2	Vegetable
	25	Sat 1		Daily 16%	Fiber 2				½ Fat
	35%	Trans 0		Parity 132	Sugar 5				
Spinach Greens w/Ham per half cup	50	3	0	320	5	4	0	1	Vegetable
	25	Sat <1		Daily 14%	Fiber 3				½ Fat
	50%	Trans 0		Parity 160	Sugar 1				
Steamed Peas per half cup	120	6	0	160	11	4	½	½	Starch
	55	Sat 1		Daily 7%	Fiber 5				1 Fat
	45%	Trans <1		Parity 33	Sugar 3				
Sautéed Mushrooms per half cup	60	4½	0	260	3	2	0	1	Fat
	40	Sat <1		Daily 2%	Fiber 0				
	15%	Trans 0		Parity 16	Sugar 1				
Sautéed Squash or Zucchini per half cup	60	5	0	125	3	1	0	1	Fat
	45	Sat 1		Daily 5%	Fiber 1				
	75%	Trans <1		Parity 52	Sugar 2				

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Hardee's®

Breakfast with a Biscuit

Made from Scratch Biscuit™ per biscuit	300 135 45%	15 Sat 4 Trans ^{N/A}	0	780 Daily 34% Parity 65	36 Fiber 3 Sugar 2	5	2	2	2 Starch 3 Fat
Blueberry Biscuit per biscuit	390 135 35%	15 Sat 4 Trans ^{N/A}	0	790 Daily 34% Parity 51	58 Fiber 4 Sugar 21	5	3½	2	2 Starch ½ Fruit 1 Other Carb 3 Fat
Cinnamon 'N' Raisin™ Biscuit per biscuit	340 135 40%	15 Sat 3½ Trans ^{N/A}	0	680 Daily 30% Parity 50	49 Fiber 1 Sugar 26	3	3	1½	1½ Starch ½ Fruit 1 Other Carb 3 Fat
Biscuit 'N' Gravy™ 1 serving	460 235 50%	26 Sat 7 Trans ^{N/A}	10	1390 Daily 60% Parity 76	49 Fiber 3 Sugar 2	9	3	3	3 Starch 5 Fat
Chicken Fillet Biscuit mini sandwich	550 290 55%	32 Sat 7 Trans ^{N/A}	45	1330 Daily 58% Parity 60	47 Fiber 4 Sugar 3	20	3	3	3 Starch 1½ MF Meat 5 Fat
Country Fried Steak Biscuit mini sandwich	510 280 55%	31 Sat 9 Trans ^{N/A}	25	1180 Daily 51% Parity 58	44 Fiber 4 Sugar 3	13	3	3	3 Starch ½ MF Meat 5 Fat
Country Ham Biscuit mini sandwich	370 170 45%	19 Sat 6 Trans ^{N/A}	35	1610 Daily 70% Parity 109	37 Fiber 3 Sugar 2	15	2	2	2 Starch 1½ L Meat 3 Fat
Sausage Biscuit mini sandwich	490 295 60%	33 Sat 10 Trans ^{N/A}	30	1150 Daily 50% Parity 59	37 Fiber 3 Sugar 3	12	2	2	2 Starch 1 HF Meat 5 Fat
Sausage & Egg Biscuit mini sandwich	560 335 60%	37 Sat 12 Trans ^{N/A}	225	1230 Daily 53% Parity 55	39 Fiber 4 Sugar 3	17	2½	2½	2½ Starch 1½ MF Meat 5 Fat
Smoked Sausage Biscuit mini sandwich	560 350 65%	39 Sat 12 Trans ^{N/A}	50	1550 Daily 67% Parity 69	39 Fiber 3 Sugar 3	15	2½	2½	2½ Starch 1½ HF Meat 5 Fat
Bacon, Egg & Cheese Biscuit mini sandwich	480 255 55%	27 Sat 9 Trans ^{N/A}	220	1350 Daily 59% Parity 70	39 Fiber 4 Sugar 3	19	2½	2½	2½ Starch 2 MF Meat 3 Fat
Loaded Omelet Biscuit mini sandwich	490 250 50%	28 Sat 10 Trans ^{N/A}	230	1310 Daily 57% Parity 67	40 Fiber 4 Sugar 3	18	2½	2½	2½ Starch 1½ MF Meat 4 Fat

Other Breakfast Items

Steak 'N' Egg Breakfast Burrito 1 burrito	580 260 45%	29 Sat 12 Trans ^{N/A}	450	1700 Daily 74% Parity 73	45 Fiber 2 Sugar 2	35	3	3	3 Starch 4 MF Meat 2 Fat
Loaded Breakfast Burrito 1 burrito	580 270 45%	30 Sat 12 Trans ^{N/A}	445	1320 Daily 57% Parity 57	46 Fiber 3 Sugar 2	30	3	3	3 Starch 3½ MF Meat 2 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Frisco Breakfast Sandwich®	450	19	230	1570	45	24	2½	2½ Starch
sandwich only	170 Sat	8	Daily	68%	Fiber 2			2 MF Meat
	40% Trans	N/A	Parity	87	Sugar 5			2 Fat
Hash Rounds®	260	15	0	320	23	2	1½	1½ Starch
small serving	135 Sat	3	Daily	14%	Fiber 3			3 Fat
	50% Trans	N/A	Parity	31	Sugar 1			

Charbroiled Burgers

Small Hamburger	280	12	30	630	32	14	2	2 Starch
sandwich only	110 Sat	3½	Daily	27%	Fiber 1			1 MF Meat
	40% Trans	N/A	Parity	56	Sugar 7			1 Fat
Small Cheeseburger	330	15	40	860	32	16	2	2 Starch
sandwich only	135 Sat	4	Daily	37%	Fiber 1			1½ MF Meat
	40% Trans	N/A	Parity	65	Sugar 7			1 Fat
Double Cheeseburger	420	22	70	890	33	25	2	2 Starch
sandwich only	190 Sat	5	Daily	39%	Fiber 2			2½ MF Meat
	45% Trans	N/A	Parity	53	Sugar 7			2 Fat
Hardee's® Classic Double Cheeseburger	610	40	90	1050	38	28	2½	2 Starch
sandwich only	360 Sat	14	Daily	46%	Fiber 2			½ Other Carb
	60% Trans	N/A	Parity	43	Sugar 10			3 MF Meat
								5 Fat
¼ lb. Little Thickburger®	450	25	75	1210	33	23	2	2 Starch
sandwich only	225 Sat	10	Daily	53%	Fiber 2			2½ MF Meat
	55% Trans	N/A	Parity	67	Sugar 8			2 Fat
¼ lb. Little Thick Cheeseburger	550	32	90	1250	35	30	2	2 Starch
sandwich only	290 Sat	13	Daily	54%	Fiber 3			3½ MF Meat
	65% Trans	N/A	Parity	52	Sugar 8			3 Fat
¼ lb. Frisco Thickburger®	810	55	130	2020	46	37	3	3 Starch
sandwich only	495 Sat	18	Daily	88%	Fiber 3			4 MF Meat
	60% Trans	N/A	Parity	62	Sugar 7			6 Fat
Budweiser® Beer Cheese Bacon Burger Single	710	38	85	1430	51	40	3	2½ Starch
sandwich only	340 Sat	16	Daily	62%	Fiber 3			½ Other Carb
	50% Trans	N/A	Parity	50	Sugar 11			4½ MF Meat
								3 Fat
½ lb. Low-Carb Thickburger®	440	35	110	1180	9	25	0	1 Vegetable
sandwich only	315 Sat	13	Daily	51%	Fiber 1			3½ MF Meat
	70% Trans	N/A	Parity	67	Sugar 6			3 Fat
½ lb. Mushroom & Swiss Thickburger®	690	40	115	1630	52	34	3	2½ Starch
sandwich only	360 Sat	15	Daily	71%	Fiber 3			½ Other Carb
	50% Trans	N/A	Parity	59	Sugar 11			4 MF Meat
								4 Fat

Hand-Breaded Chicken Items

Hand-Breaded Chicken Tenders™	260	13	70	770	13	25	½	½ Starch
3-piece w/o dip	115 Sat	2½	Daily	33%	Fiber 2			3½ L Meat
	45% Trans	N/A	Parity	74	Sugar 0			1 Fat
Spicy Chicken Sandwich	450	24	30	1290	44	13	3	3 Starch
sandwich only	215 Sat	4½	Daily	56%	Fiber 3			½ MF Meat
	50% Trans	N/A	Parity	72	Sugar 4			4 Fat
Charbroiled BBQ Chicken Sandwich	340	4	80	1020	42	32	2½	1½ Starch
sandwich only	35 Sat	1	Daily	44%	Fiber 2			1 Other Carb
	10% Trans	N/A	Parity	75	Sugar 16			4 L Meat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Charbroiled Chicken Club™ Sandwich sandwich only	590 280 Sat 45% Trans	31 8 N/A	130 Daily Parity	1510 66% 64	35 Fiber Sugar	42 2 9	2 1½ 5½	Starch Other Carb MF Meat Fat
The Big Chicken Fillet Sandwich sandwich only	750 380 Sat 50% Trans	42 8 N/A	85 Daily Parity	1490 65% 50	63 Fiber Sugar	32 3 11	4 1½ 3 5	Starch Other Carb MF Meat Fat

Other Sandwiches & Side Items

The Redhook Beer-Battered Pollock Sandwich sandwich only	620 360 Sat 60% Trans	40 7 N/A	45 Daily Parity	850 37% 34	48 Fiber Sugar	16 2 6	3 1 7	3 Starch MF Meat Fat
Big Hot Ham 'N' Cheese™ sandwich only	410 160 Sat 40% Trans	18 8 N/A	75 Daily Parity	2030 88% 124	31 Fiber Sugar	30 1 6	2 2 3½	Starch MF Meat
French Fries small serving	360 160 Sat 45% Trans	18 3 N/A	0 Daily Parity	730 32% 51	47 Fiber Sugar	4 4 0	3 3 3	Starch Fat
Crispy Curls® small serving	360 160 Sat 45% Trans	18 4½ N/A	0 Daily Parity	910 40% 63	46 Fiber Sugar	5 4 0	3 3 3	Starch Fat
Beer-Battered Onion Rings 1 serving	410 215 Sat 50% Trans	24 4½ N/A	0 Daily Parity	470 20% 29	45 Fiber Sugar	3 3 5	3 3 4	Starch Fat
Red Burrito								
Red Burrito Chicken Bowl 1 bowl	430 100 Sat 25% Trans	11 5 N/A	60 Daily Parity	1420 62% 83	55 Fiber Sugar	27 5 4	3½ 2½ 1	Starch L Meat Fat
Beef Grilled Burrito per burrito	710 280 Sat 40% Trans	31 14 N/A	80 Daily Parity	1970 86% 69	73 Fiber Sugar	36 8 5	4½ 4 2	Starch MF Meat Fat
Chicken Grilled Burrito per burrito	630 205 Sat 35% Trans	23 11 N/A	80 Daily Parity	1810 79% 72	71 Fiber Sugar	35 7 5	4½ 4 3	Starch L Meat Fat
Beef Taco per taco	180 115 Sat 65% Trans	13 5 N/A	30 Daily Parity	290 13% 40	13 Fiber Sugar	11 2 0	½ 1½ 1	Starch MF Meat Fat
Soft Beef Taco per taco	210 100 Sat 50% Trans	11 5 N/A	35 Daily Parity	580 25% 69	17 Fiber Sugar	12 0 1	1 1½ ½	Starch MF Meat Fat
Soft Chicken Taco per taco	230 80 Sat 35% Trans	9 4½ N/A	55 Daily Parity	620 27% 67	18 Fiber Sugar	20 0 0	1 2½ 1	Starch L Meat Fat
Southwest Chicken Soft Taco per taco	300 145 Sat 50% Trans	16 6 N/A	60 Daily Parity	690 30% 58	18 Fiber Sugar	20 0 0	1 2½ 2	Starch L Meat Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

In-N-Out® Burger

Hamburgers (includes mustard, ketchup & onion; see Note below)

Hamburger sandwich only	310	10	35	730	41	16	2½	2 Starch
	90 Sat	4		Daily 32%	Fiber 3			½ Other Carb
	30% Trans	0		Parity 59	Sugar 10			1½ MF Meat
Cheeseburger sandwich only	400	18	60	1080	41	22	2½	2 Starch
	160 Sat	9		Daily 47%	Fiber 3			½ Other Carb
	40% Trans	<1		Parity 68	Sugar 10			2½ MF Meat
Double-Double sandwich only	590	32	115	1520	41	37	2½	2 Starch
	290 Sat	17		Daily 66%	Fiber 3			½ Other Carb
	50% Trans	1		Parity 64	Sugar 10			4½ MF Meat 1 Fat
Spread Adjustment exchanging mustard & ketchup w/spread	80	9	5	80	3	0	0	Add
	80 Sat	1		Daily 4%	Fiber 0			2 Fat
	Var% Trans	0		Minor Incr.	Sugar 0			
Protein Style® Adjustment* bun replacement	-150	-2	0	-280	-28	-4	-2	Subtract
	-20 Sat	-1		Daily -12%	Fiber 0			2 Starch
	Var% Trans	0		Major Rdc.	Sugar -3			

French Fries & Shakes

French Fries 4½ oz. serving	400	18	0	245	54	7	3½	3½ Starch
	160 Sat	5		Daily 11%	Fiber 2			3 Fat
	40% Trans	0		Parity 15	Sugar 0			
Chocolate Shake 15 oz. serving	590	29	15	320	72	10	4½	4½ Otr. Carb
	260 Sat	19		Daily 14%	Fiber 0			6 Fat
	45% Trans	1		Parity 14	Sugar 65			
Strawberry Shake 15 oz. serving	590	27	15	270	81	8	5	5 Other Carb
	245 Sat	18		Daily 12%	Fiber 0			5 Fat
	40% Trans	1		Parity 11	Sugar 67			
Vanilla Shake 15 oz. serving	580	31	20	300	67	10	4	4 Other Carb
	280 Sat	20		Daily 13%	Fiber 0			6 Fat
	50% Trans	1		Parity 13	Sugar 57			

*Any sandwich can be ordered protein-style, which merely replaces the bun with leaves of lettuce. This adjustment primarily demonstrates the savings expected in calories, carbs, and sodium.

NOTE: Sandwiches are also available with a mayonnaise-based spread replacing mustard & ketchup. If ordering with spread, add the Spread Adjustment data to the chosen sandwich style. Adjustment represents only the difference, not the total nutritional value of the spread.

For a complete listing of fountain drinks, see inside back cover.



Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Jimmy John's®

Plain Slims (see Note below)

Ham & Provolone Cheese sandwich only	570	13	50	1660	76	33	4½	4½	Starch
	115	Sat 6		Daily 72%	Fiber 5				3 L Meat
	20%	Trans ^{N/A}		Parity 73	Sugar ^{N/A}				1 Fat
Roast Beef sandwich only	480	6	45	1220	73	29	4½	4½	Starch
	55	Sat 1		Daily 53%	Fiber 5				2½ L Meat
	10%	Trans ^{N/A}		Parity 64	Sugar ^{N/A}				
Turkey Breast sandwich only	450	3	30	1310	74	29	4½	4½	Starch
	25	Sat 0		Daily 57%	Fiber 5				2½ L Meat
	5%	Trans ^{N/A}		Parity 73	Sugar ^{N/A}				
Salami, Capicola & Cheese sandwich only	650	24	70	1670	75	34	4½	4½	Starch
	215	Sat 9		Daily 73%	Fiber 5				3 HF Meat
	35%	Trans ^{N/A}		Parity 64	Sugar ^{N/A}				
Double Provolone sandwich only	610	21	50	1240	75	31	4½	4½	Starch
	190	Sat 10		Daily 54%	Fiber 5				2½ HF Meat
	30%	Trans ^{N/A}		Parity 51	Sugar ^{N/A}				

8-Inch Sub Sandwiches (see Note below)

#1 Pepe® sandwich only	630	31	60	1590	58	29	3½	3½	Starch
	280	Sat 8		Daily 69%	Fiber 4				2½ MF Meat
	45%	Trans ^{N/A}		Parity 63	Sugar ^{N/A}				4 Fat
#2 Big John® sandwich only	540	23	55	1150	55	25	3½	3½	Starch
	205	Sat 3½		Daily 50%	Fiber 4				2 L Meat
	40%	Trans ^{N/A}		Parity 53	Sugar ^{N/A}				4 Fat
#3 Totally Tuna® (made w/mayo) sandwich only	720	35	70	1700	61	36	3½	3½	Starch
	315	Sat 4½		Daily 74%	Fiber 6				1 Vegetable
	45%	Trans ^{N/A}		Parity 59	Sugar ^{N/A}				3½ L Meat 6 Fat
#4 Turkey Tom® sandwich only	510	21	40	1240	56	25	3½	3½	Starch
	190	Sat 2½		Daily 54%	Fiber 4				2 L Meat
	35%	Trans ^{N/A}		Parity 61	Sugar ^{N/A}				3 Fat
#5 Vito® sandwich only	640	32	70	1540	60	30	3½	3½	Starch
	290	Sat 11		Daily 67%	Fiber 4				1 Vegetable
	45%	Trans ^{N/A}		Parity 60	Sugar ^{N/A}				2½ HF Meat 2 Fat
#6 Vegetarian sandwich only	690	39	60	1230	60	27	3½	3½	Starch
	350	Sat 13		Daily 53%	Fiber 5				1 Vegetable
	50%	Trans ^{N/A}		Parity 45	Sugar ^{N/A}				2 HF Meat 4 Fat
J.J.B.L.T.® sandwich only	600	32	35	1310	55	23	3½	3½	Starch
	290	Sat 8		Daily 57%	Fiber 4				2 HF Meat
	50%	Trans ^{N/A}		Parity 55	Sugar ^{N/A}				3 Fat

NOTE: Data reflects normal preparation on French Bread which includes removing an inside portion of the bun. Requesting that the **bun remain intact** will increase sandwich 20gm carb, 210mg sodium, 90 calories, and 1 starch. Sandwiches can also be ordered in a **lettuce wrap** instead of bread which removes nearly all starch, reducing sandwich 53gm carb, 560mg sodium, and 280 calories.

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

KFC®

Original Recipe® Chicken

Breast per piece	320	16	105	1100	9	33	1/2	1/2	Starch
	155	Sat 3 1/2		Daily 48%	Fiber 2				4 1/2 L Meat
	50%	Trans 0		Parity 86	Sugar 0				2 Fat
Drumstick per piece	160	10	50	410	5	12	0	1 1/2	MF Meat
	90	Sat 1 1/2		Daily 18%	Fiber 0				1 Fat
	55%	Trans 0		Parity 64	Sugar 0				
Thigh per piece	270	19	85	770	8	16	1/2	1/2	Starch
	170	Sat 4 1/2		Daily 33%	Fiber <1				2 MF Meat
	65%	Trans 0		Parity 71	Sugar 0				2 Fat
Whole Wing per piece	120	7	40	360	4	9	0	1 1/2	MF Meat
	65	Sat 1 1/2		Daily 16%	Fiber <1				
	55%	Trans 0		Parity 75	Sugar 0				

Extra Crispy™ Chicken

Breast per piece	390	23	95	870	10	34	1/2	1/2	Starch
	215	Sat 4		Daily 38%	Fiber 2				4 1/2 MF Meat
	55%	Trans 0		Parity 56	Sugar 0				
Drumstick per piece	130	7	40	350	4	12	0	1 1/2	MF Meat
	65	Sat 1		Daily 15%	Fiber 0				1/2 Fat
	50%	Trans 0		Parity 67	Sugar 0				
Thigh per piece	290	20	90	790	11	18	1/2	1/2	Starch
	180	Sat 4		Daily 34%	Fiber 0				2 1/2 MF Meat
	60%	Trans 0		Parity 68	Sugar 0				1 Fat
Whole Wing per piece	170	11	50	370	6	10	0	1 1/2	MF Meat
	100	Sat 2		Daily 16%	Fiber <1				1 Fat
	60%	Trans 0		Parity 54	Sugar 0				

Spicy Crispy Chicken

Breast per piece	350	20	100	1100	11	30	1/2	1/2	Starch
	180	Sat 3 1/2		Daily 48%	Fiber <1				4 MF Meat
	50%	Trans 0		Parity 79	Sugar 0				
Drumstick per piece	130	8	40	420	5	9	0	1 1/2	MF Meat
	70	Sat 1 1/2		Daily 18%	Fiber <1				1/2 Fat
	55%	Trans 0		Parity 81	Sugar 0				
Thigh per piece	270	20	65	720	10	14	1/2	1/2	Starch
	180	Sat 3 1/2		Daily 31%	Fiber 1				2 MF Meat
	65%	Trans 0		Parity 67	Sugar 0				2 Fat
Whole Wing per piece	120	8	35	350	5	7	0	1	MF Meat
	70	Sat 1 1/2		Daily 15%	Fiber 0				1 Fat
	60%	Trans 0		Parity 73	Sugar 0				

Kentucky Grilled® Chicken

Breast per piece	180	6	105	630	0	31	0	4 1/2	L Meat
	55	Sat 2		Daily 27%	Fiber 0				
	30%	Trans 0		Parity 88	Sugar 0				
Drumstick per piece	60	3	50	220	0	10	0	1 1/2	L Meat
	25	Sat 1		Daily 10%	Fiber 0				
	40%	Trans 0		Parity 92	Sugar 0				

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Thigh per piece	130 80 Sat 60% Trans	9 2½ 0	70 Daily Parity	350 15% 67	0 Fiber Sugar	13 0 0	0	2 MF Meat
Whole Wing per piece	60 30 Sat 50% Trans	3½ 1 0	40 Daily Parity	190 9% 79	0 Fiber Sugar	8 0 0	0	1 L Meat

Sandwiches

Colonel's Original Sandwich sandwich only	500 205 Sat 40% Trans	23 3½ 0	65 Daily Parity	1150 50% 58	47 Fiber Sugar	27 3 7	3	2½ Starch ½ Other Carb 3 MF Meat 1 Fat
Chicken Littles® small sandwich w/sauce	320 170 Sat 55% Trans	19 3 0	35 Daily Parity	590 26% 46	25 Fiber Sugar	13 1 4	1½	1½ Starch 1½ MF Meat 2 Fat
Honey BBQ Sandwich sandwich only	370 30 Sat 40% Trans	3½ 1 0	55 Daily Parity	1320 50% 58	60 Fiber Sugar	26 3 24	3½	2 Starch 1½ Otr. Carb 2½ L Meat

Side Dishes

Biscuit per biscuit	180 80 Sat 45% Trans	9 7 0	0 Daily Parity	540 23% 75	22 Fiber Sugar	4 1 2	1½	1½ Starch 2 Fat
BBQ Baked Beans individual serving	240 15 Sat 5% Trans	1½ 0 0	0 Daily Parity	820 36% 85	43 Fiber Sugar	14 9 18	2½	1½ Starch 1 Other Carb 1½ PB Prot.
Cole Slaw individual serving	170 110 Sat 65% Trans	12 2 0	<5 Daily Parity	180 8% 26	14 Fiber Sugar	<1 4 10	1	1 Other Carb 2 Fat
Green Beans individual serving	25 0 Sat 0% Trans	0 0 0	0 Daily Parity	260 11% 260	4 Fiber Sugar	1 2 <1	0	1 Vegetable
Potato Wedges individual serving	270 115 Sat 45% Trans	13 1½ 0	0 Daily Parity	700 30% 65	34 Fiber Sugar	4 3 0	2	2 Starch 2 Fat
Mashed Potatoes w/Gravy individual serving	120 35 Sat 30% Trans	4 1 0	0 Daily Parity	500 22% 104	19 Fiber Sugar	2 1 0	1	1 Starch 1 Fat
Macaroni & Cheese individual serving	170 55 Sat 30% Trans	6 1½ 0	<5 Daily Parity	830 36% 122	22 Fiber Sugar	5 2 2	1½	1½ Starch 1 Fat
Corn-on-the-Cob 3-inch piece	70 5 Sat 5% Trans	<1 0 0	0 Daily Parity	0 0% low	16 Fiber Sugar	2 2 3	1	1 Starch
Sweet Kernel Corn individual serving	100 5 Sat 5% Trans	<1 0 0	0 Daily Parity	0 0% low	21 Fiber Sugar	3 2 3	1	1 Starch

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Little Caesar's®

Hot-N-Ready® Classic Pizza

Cheese	250	8	20	420	31	12	2	2	Starch
1 of 8 slices	70	Sat 4		Daily 18%	Fiber 1				1 MF Meat
	30%	Trans 0		Parity 42	Sugar 3				1/2 Fat

Pepperoni	280	11	25	540	31	13	2	2	Starch
1 of 8 slices	100	Sat 5		Daily 23%	Fiber 2				1 1/2 MF Meat
	35%	Trans 0		Parity 48	Sugar 3				1/2 Fat

Hot-N-Ready® Deep!Deep!™ Dish Pizza

Cheese	320	11	20	500	39	15	2 1/2	2 1/2	Starch
1 of 8 slices	100	Sat 5		Daily 22%	Fiber 2				1 MF Meat
	30%	Trans 0		Parity 39	Sugar 4				1 Fat

Pepperoni	350	14	25	620	40	16	2 1/2	2 1/2	Starch
1 of 8 slices	125	Sat 7		Daily 27%	Fiber 2				1 1/2 MF Meat
	35%	Trans 0		Parity 44	Sugar 4				1 Fat

Optional Round Pizzas

3-Meat Treat®	330	16	35	720	31	16	2	2	Starch
1 of 8 slices	145	Sat 7		Daily 31%	Fiber 2				1 1/2 MF Meat
	45%	Trans 0		Parity 55	Sugar 3				2 Fat

Hula Hawaiian® w/Ham	270	9	25	590	35	15	2	2	Starch
1 of 8 slices	80	Sat 4		Daily 26%	Fiber 2				1 1/2 MF Meat
	30%	Trans 0		Parity 55	Sugar 6				1/2 Fat

Hula Hawaiian® w/Canadian Bacon & Pineapple	280	9	25	620	35	15	2	2	Starch
1 of 8 slices	80	Sat 4 1/2		Daily 28%	Fiber 2				1 1/2 MF Meat
	30%	Trans 0		Parity 57	Sugar 6				1/2 Fat

Veggie	270	10	20	570	32	13	2	2	Starch
1 of 8 slices	90	Sat 4 1/2		Daily 25%	Fiber 2				1 1/2 MF Meat
	35%	Trans 0		Parity 53	Sugar 4				1/2 Fat

Ultimate Supreme	300	13	25	630	32	14	2	2	Starch
1 of 8 slices	115	Sat 6		Daily 27%	Fiber 2				1 1/2 MF Meat
	40%	Trans 0		Parity 53	Sugar 4				1 Fat

Side Items

Crazy Bread®	100	3	0	130	15	3	1	1	Starch
per breadstick	25	Sat <1		Daily 6%	Fiber 1				1/2 Fat
	25%	Trans 0		Parity 33	Sugar 1				

Crazy Sauce®	45	0	0	460	10	2	1/2	1/2	Other Carb
per container	5	Sat 0		Daily 20%	Fiber 1				
	10%	Trans 0		Parity 256	Sugar 8				

Italian Cheese Bread®	140	6	10	220	15	6	1	1	Starch
per piece	55	Sat 2 1/2		Daily 10%	Fiber 1				1/2 HF Meat
	40%	Trans 0		Parity 39	Sugar 1				1/2 Fat

Pepperoni Cheese Bread®	150	7	10	260	15	7	1	1	Starch
per piece	65	Sat 3		Daily 11%	Fiber 1				1/2 HF Meat
	45%	Trans 0		Parity 43	Sugar 1				1/2 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

McDonald's®

Breakfast Meals (includes regular biscuit & whole eggs)

Big Breakfast®	750	49	465	1490	53	25	3½	3½	Starch
full meal	440	Sat 18		Daily 65%	Fiber 3				2 MF Meat
	60%	Trans 0		Parity 50	Sugar 3				8 Fat
Big Breakfast® w/Hotcakes	1080	57	480	2020	109	34	7	6½	Starch
full meal	515	Sat 20		Daily 88%	Fiber 6				½ Other Carb
	50%	Trans 0		Parity 47	Sugar 15				2 MF Meat
									9 Fat
Hotcakes	330	8	15	530	56	9	3½	3	Starch
3-piece entrée	70	Sat 1½		Daily 23%	Fiber 2				½ Other Carb
	20%	Trans 0		Parity 40	Sugar 12				1 Fat
Hotcakes & Sausage	520	26	55	820	57	16	3½	3	Starch
full meal	235	Sat 8		Daily 36%	Fiber 2				½ Other Carb
	45%	Trans 0		Parity 39	Sugar 13				1 HF Meat
									3 Fat

Breakfast Sandwiches

Sausage Burrito	290	15	165	800	26	13	1½	1½	Starch
1 burrito	135	Sat 6		Daily 35%	Fiber 1				1½ MF Meat
	45%	Trans 0		Parity 69	Sugar 2				1 Fat
Egg McMuffin®	290	12	245	710	29	17	2	2	Starch
mini sandwich	110	Sat 6		Daily 31%	Fiber 2				1½ MF Meat
	40%	Trans 0		Parity 61	Sugar 3				½ Fat
Egg White Delight McMuffin®	250	8	35	720	29	17	2	2	Starch
mini sandwich	70	Sat 4½		Daily 31%	Fiber 1				1½ L Meat
	30%	Trans 0		Parity 72	Sugar 3				½ Fat
Sausage McMuffin®	400	25	55	720	28	14	2	2	Starch
mini sandwich	225	Sat 10		Daily 31%	Fiber 2				1½ HF Meat
	55%	Trans 0		Parity 45	Sugar 3				2 Fat
Sausage McMuffin® w/Egg	470	30	275	790	29	21	2	2	Starch
mini sandwich	270	Sat 12		Daily 34%	Fiber 2				2½ MF Meat
	55%	Trans 0		Parity 42	Sugar 3				3 Fat
Bacon, Egg & Cheese Biscuit	450	24	200	1290	40	18	2½	2½	Starch
mini sandwich	215	Sat 12		Daily 56%	Fiber 3				2 MF Meat
	50%	Trans 0		Parity 72	Sugar 3				2 Fat
Sausage Biscuit	460	30	40	1050	36	11	2½	2½	Starch
mini sandwich	270	Sat 13		Daily 46%	Fiber 2				1 HF Meat
	60%	Trans 0		Parity 57	Sugar 3				4 Fat
Sausage Biscuit w/Egg	530	34	205	1140	38	17	2½	2½	Starch
mini sandwich	305	Sat 15		Daily 50%	Fiber 2				2 MF Meat
	60%	Trans 0		Parity 54	Sugar 3				4 Fat
Steak, Egg & Cheese Biscuit	530	30	230	1490	40	25	2½	2½	Starch
mini sandwich	270	Sat 15		Daily 65%	Fiber 3				3 MF Meat
	50%	Trans 1		Parity 70	Sugar 4				3 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Bacon, Egg & Cheese Bagel mini sandwich	550 225 Sat 40% Trans	25 11 <1	225	1260 Daily 55% Parity 57	54 Fiber 4 Sugar 7	26 3 1/2	3 Starch 1/2 Other Carb 2 1/2 MF Meat 2 Fat	

Bacon, Egg & Cheese McGriddles® mini sandwich	420 160 Sat 40% Trans	18 8 0	195	1230 Daily 53% Parity 73	45 Fiber 2 Sugar 15	18 2 1/2	1 1/2 Starch 1 Other Carb 2 MF Meat 2 Fat	
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Sausage McGriddles® mini sandwich	430 215 Sat 50% Trans	24 9 0	35	990 Daily 43% Parity 58	42 Fiber 1 Sugar 15	11 2 1/2	1 1/2 Starch 1 Other Carb 1 HF Meat 3 Fat	
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Sausage, Egg & Cheese McGriddles® mini sandwich	550 290 Sat 55% Trans	32 13 0	215	1280 Daily 56% Parity 58	45 Fiber 2 Sugar 15	20 2 1/2	1 1/2 Starch 1 Other Carb 2 1/2 MF Meat 4 Fat	
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Breakfast Side Items

Fruit 'n Yogurt Parfait 1 cup	150 20 Sat 15% Trans	2 1 0	5	75 Daily 3% Parity 13	30 Fiber 1 Sugar 22	4 2	1/2 RF Milk 1/2 Fruit 1 Other Carb	
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Hotcake Syrup per packet	180 0 Sat 0% Trans	0 0 0	0	20 Daily 1% Parity low	45 Fiber 0 Sugar 32	0 3	3 Other Carb	
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Hash Brown per pattie	150 80 Sat 55% Trans	9 1 1/2 0	0	320 Daily 14% Parity 53	16 Fiber 1 Sugar 0	1 1	1 Starch 2 Fat	
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Fruit & Maple Oatmeal 10 oz. bowl	310 35 Sat 10% Trans	4 1 1/2 0	5	140 Daily 6% Parity 11	62 Fiber 5 Sugar 33	6 4	2 Starch 1 Fruit 1 Other Carb 1/2 Fat	
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Hamburgers

Hamburger sandwich only	250 70 Sat 30% Trans	8 3 0	30	480 Daily 21% Parity 48	31 Fiber 2 Sugar 6	13 2	2 Starch 1 MF Meat 1/2 Fat	
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Cheeseburger sandwich only	300 110 Sat 35% Trans	12 5 <1	40	680 Daily 30% Parity 57	33 Fiber 2 Sugar 7	15 2	2 Starch 1 1/2 MF Meat 1 Fat	
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Double Cheeseburger sandwich only	430 190 Sat 45% Trans	21 11 1	85	1040 Daily 45% Parity 60	35 Fiber 2 Sugar 7	25 2	2 Starch 2 1/2 MF Meat 2 Fat	
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McDouble sandwich only	380 160 Sat 40% Trans	18 8 1	70	840 Daily 37% Parity 55	34 Fiber 2 Sugar 7	23 2	2 Starch 2 1/2 MF Meat 1 Fat	
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Big Mac® sandwich only	540 250 Sat 45% Trans	28 10 1	80	950 Daily 41% Parity 44	46 Fiber 3 Sugar 9	25 3	2 1/2 Starch 1/2 Other Carb 2 1/2 MF Meat 3 Fat	
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Quarter Pounder® w/Cheese sandwich only	530 245 Sat 45% Trn.	27 13 1 1/2	100	1090 Daily 47% Parity 51	41 Fiber 3 Sugar 10	31 2 1/2	2 Starch 1/2 Other Carb 3 1/2 MF Meat 2 Fat	
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Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Other Sandwiches & Chicken McNuggets®

McChicken® sandwich only	350	15	40	600	40	15	2½	2½	Starch
	135 Sat	3½		Daily 26%	Fiber 2				1 MF Meat
	40% Trans	0		Parity 43	Sugar 5				2 Fat
Artisan Grilled Chicken Sandwich sandwich only	380	7	95	1110	44	37	3	2½	Starch
	65 Sat	2		Daily 48%	Fiber 3				½ Other Carb
	15% Trans	0		Parity 73	Sugar 11				4½ L Meat
Buttermilk Crispy Chicken Sandwich sandwich only	570	23	60	1050	64	28	4	3½	Starch
	205 Sat	5		Daily 46%	Fiber 4				½ Other Carb
	35% Trans	0		Parity 46	Sugar 11				2½ MF Meat 2 Fat
Filet-O-Fish sandwich only	390	19	45	560	38	17	2½	2½	Starch
	170 Sat	4		Daily 24%	Fiber 2				1½ MF Meat
	45% Trans	0		Parity 36	Sugar 5				2 Fat
Chkn. McNuggets® 4-piece w/o dipping sauce	180	11	30	340	11	10	½	½	Starch
	100 Sat	2		Daily 15%	Fiber 1				1 MF Meat
	55% Trans	0		Parity 47	Sugar 0				1 Fat

Salads & Salad Dressings

Small Salad small salad w/o dressing	15	0	0	15	3	1	0	Free	
	0 Sat	0		Daily <1%	Fiber 1				
	0% Trans	0		Parity 25	Sugar 1				
Bacon Ranch Salad w/o Chicken entrée salad w/o dressing	190	12	40	500	9	14	0	1	Vegetable
	110 Sat	5		Daily 22%	Fiber 3				1½ HF Meat
	60% Trans	0		Parity 66	Sugar 3				
Bacon Ranch Salad w/Buttermilk Crispy Chicken entrée salad w/o dressing	490	28	95	1120	28	33	1½	1½	Starch
	250 Sat	8		Daily 38%	Fiber 4				1 Vegetable
	35% Trans	0		Parity 55	Sugar 4				4 MF Meat 1 Fat
Bacon Ranch Grl. Chicken Salad entrée salad w/o drsg.	320	14	135	1230	9	42	0	1	Vegetable
	125 Sat	6		Daily 53%	Fiber 3				5½ L Meat
	40% Trans	0		Parity 96	Sugar 4				1 Fat
Southwestern Salad w/o Chicken entrée salad w/o dressing	220	10	15	340	26	8	1	1	Starch
	90 Sat	3½		Daily 15%	Fiber 6				1 Vegetable
	40% Trans	0		Parity 39	Sugar 9				½ HF Meat 1 Fat
Southwestern Buttermilk Crispy Chicken Salad entrée salad w/o dressing	520	25	75	960	46	28	2½	2	Starch
	225 Sat	6		Daily 30%	Fiber 8				1 Vegetable
	45% Trans	0		Parity 46	Sugar 9				½ Other Carb 3 MF Meat 2 Fat
Southwestern Grilled Chicken Salad entrée salad w/o dressing	320	11	75	740	29	29	1½	1	Starch
	100 Sat	4		Daily 32%	Fiber 7				1 Vegetable
	30% Trans	0		Parity 58	Sugar 10				½ Other Carb 3½ L Meat 1 Fat
LF Balsamic Vinaigrette per packet	35	1½	0	400	5	0	0	½	Fat
	15 Sat	0		Daily 17%	Fiber 0				
	45% Trans	0		Parity 285	Sugar 3				

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
LF Family	50	1½	0	380	8	0	½	½ Other Carb
Recipe Italian	15 Sat	0	Daily	17%	Fiber 1			½ Fat
per packet	30% Trans	0	Parity	190	Sugar 2			
Creamy Caesar	190	18	20	500	4	2	0	4 Fat
per packet	160 Sat	3½	Daily	22%	Fiber 0			
	85% Trans	0	Parity	66	Sugar 2			
Creamy Southwest	120	5	20	300	11	1	½	½ Other Carb
per packet	70 Sat	1½	Daily	13%	Fiber 0			1 Fat
	60% Trans	0	Parity	63	Sugar 3			
Ranch	200	17	20	50	11	1	½	½ Other Carb
per packet	155 Sat	2½	Daily	23%	Fiber 1			3 Fat
	75% Trans	0	Parity	78	Sugar 4			

Wraps

Mac Snack Wrap®	330	19	45	670	26	14	1½	1½ Starch
small wrap w/ hamburger pattie	190 Sat	7	Daily	29%	Fiber 1			1½ MF Meat
	60% Trans	1	Parity	51	Sugar 3			2 Fat
Ranch Grl. Chicken Snack Wrap®	290	13	55	820	25	19	1½	1½ Starch
small wrap	115 Sat	4½	Daily	36%	Fiber 1			2½ L Meat
	40% Trans	0	Parity	71	Sugar 2			2 Fat
Crispy Ranch Snack Wrap®	380	21	45	760	33	16	2	2 Starch
small wrap	190 Sat	6	Daily	33%	Fiber 2			1½ MF Meat
	50% Trans	0	Parity	50	Sugar 2			3 Fat
Grilled Chicken & Ranch McWrap	470	19	100	1370	41	35	2½	2½ Starch
large wrap	170 Sat	7	Daily	60%	Fiber 3			4½ L Meat
	35% Trans	<1	Parity	73	Sugar 5			2 Fat
Buttermilk Crispy Chicken & Ranch McWrap	660	34	85	1250	59	31	3½	3½ Starch
large wrap	305 Sat	9	Daily	54%	Fiber 4			3½ MF Meat
	45% Trans	<1	Parity	47	Sugar 6			3 Fat

Fries & Sides

French Fries	110	5	0	80	15	1	1	1 Starch
kids' serving	45 Sat	1	Daily	3%	Fiber 1			1 Fat
	40% Trans	0	Parity	18	Sugar 0			
French Fries	230	11	0	160	29	3	2	2 Starch
small serving	100 Sat	1½	Daily	7%	Fiber 3			2 Fat
	45% Trans	0	Parity	17	Sugar 0			
Apple Slices	15	0	0	0	4	0	0	Free
kids' serving w/o dipping sauce	0 Sat	0	Daily	0%	Fiber 0			
	0% Trans	0	Parity	low	Sugar 3			
Cuties®	35	0	0	0	8	0	½	½ Fruit
whole fruit	0 Sat	0	Daily	0%	Fiber 0			
	0% Trans	0	Parity	low	Sugar 6			
Yoplait® Strwbry. Gogurt®	50	<1	5	30	8	3	½	½ RF Milk
1 dessert	5 Sat	0	Daily	1%	Fiber 0			
	10% Trans	0	Parity	15	Sugar 6			
Baked Apple Pie	230	10	0	160	32	2	2	2 Other Carb
1 dessert	90 Sat	5	Daily	7%	Fiber 4			2 Fat
	40% Trans	0	Parity	17	Sugar 13			

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Olive Garden®

Appetizers

Calamari sampler portion	430	28	160	1200	34	12	2	2	Starch
	250	Sat 2½		Daily 52%	Fiber 3				1 MF Meat
	60%	Trans 0		Parity 70	Sugar 1				4 Fat
Stuffed Mushrooms sampler portion	380	30	20	860	13	15	½	½	Starch
	270	Sat 8		Daily 37%	Fiber 1				1 Vegetable
	70%	Trans 0		Parity 57	Sugar 3				1½ HF Meat 4 Fat
Lasagna Fritta sampler portion	530	31	60	730	43	20	2½	2½	Starch
	280	Sat 10		Daily 32%	Fiber 3				2 MF Meat
	55%	Trans <1		Parity 34	Sugar 0				4 Fat
Toasted Beef & Pork Ravioli sampler portion	340	15	15	750	39	12	2½	2½	Starch
	135	Sat 2½		Daily 33%	Fiber 3				½ MF Meat
	40%	Trans 0		Parity 55	Sugar 3				2 Fat
Fried Mozzarella sampler portion	320	21	45	740	20	14	1	1	Starch
	190	Sat 9		Daily 32%	Fiber 1				1½ MF Meat
	60%	Trans 0		Parity 58	Sugar 1				3 Fat
Breadsticks 2 sticks w/garlic butter	140	2½	0	460	25	4	1½	1½	Starch
	20	Sat <1		Daily 20%	Fiber <1				½ Fat
	15%	Trans 0		Parity 82	Sugar 1				
Classic Shrimp Scampi Fritta full serving	580	36	220	1870	36	22	2½	2½	Starch
	325	Sat 11		Daily 81%	Fiber <1				2 L Meat
	55%	Trans 0		Parity 81	Sugar 3				6 Fat

Dipping Sauces

Alfredo large dipping cup	440	43	140	600	5	8	0	1	HF Meat
	385	Sat 27		Daily 26%	Fiber 0				7 Fat
	90%	Trans 1		Parity 34	Sugar 1				
Marinara large dipping cup	90	5	0	480	11	1	½	½	Other Carb
	45	Sat 0		Daily 21%	Fiber 2				1 Fat
	50%	Trans 0		Parity 133	Sugar 6				
5-Cheese Marinara large dipping cup	220	17	45	540	11	5	½	½	Other Carb
	155	Sat 9		Daily 23%	Fiber 1				½ HF Meat
	70%	Trans 0		Parity 61	Sugar 6				3 Fat
Gongonzola Sauce large dipping cup	170	17	20	350	2	2	0	3	Fat
	155	Sat 4		Daily 15%	Fiber 0				
	90%	Trans 0		Parity 51	Sugar 1				
Ranch large dipping cup	250	25	15	300	3	2	0	5	Fat
	225	Sat 4½		Daily 13%	Fiber 0				
	90%	Trans 0		Parity 30	Sugar 2				

Soups & Salads (w/o croutons)

Chicken & Gnocchi per bowl	250	13	45	1420	24	10	1½	1½	Starch
	115	Sat 5		Daily 62%	Fiber 1				1 L Meat
	45%	Trans 0		Parity 142	Sugar 4				2 Fat
Pasta é Fagioli per bowl	180	6	25	620	21	9	1½	1½	Starch
	55	Sat 2½		Daily 27%	Fiber 4				1 L Meat
	30%	Trans 0		Parity 86	Sugar 7				½ Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Minestrone per bowl	110 15 Sat 15% Trans	1½ 0	0	840 Daily 37% Parity 191	18 Fiber 4 Sugar 4	5	1	1 Starch ½ MF Meat
Zuppa Toscana per bowl	220 135 Sat 60% Trans	15 6	40	990 Daily 43% Parity 113	15 Fiber 2 Sugar 2	7	1	1 Starch ½ HF Meat 2 Fat
House Salad per single serving w/regular dressing	140 80 Sat 55% Trans	9 1½	<5	740 Daily 32% Parity 132	12 Fiber 2 Sugar 3	3	0	2 Vegetable 2 Fat
House Salad per single serving w/low-fat dressing	90 35 Sat 40% Trans	4 0	5	660 Daily 29% Parity 183	12 Fiber 2 Sugar 4	2	0	2 Vegetable 1 Fat

Breadstick Sandwiches

Eggplant Parmigiana whole sandwich	610 280 Sat 45% Trans	31 8	30	1330 Daily 58% Parity 55	64 Fiber 5 Sugar 8	20	4	3½ Starch 1 Vegetable ½ Other Carb 1 HF Meat 4 Fat
Chicken Parmigiana whole sandwich	590 250 Sat 40% Trans	28 8	75	1760 Daily 77% Parity 75	49 Fiber 3 Sugar 5	35	3	3 Starch 3½ MF Meat 2 Fat
Spicy Calabrian Chicken whole sandwich	470 235 Sat 50% Trans	26 6	55	1240 Daily 54% Parity 66	37 Fiber 2 Sugar 2	25	2½	2½ Starch 2½ MF Meat 2 Fat
Italian Meatball whole sandwich	540 280 Sat 50% Trans	31 12	95	1090 Daily 47% Parity 50	40 Fiber 2 Sugar 5	29	2½	2½ Starch 3 MF Meat 3 Fat

Tastes of the Mediterranean

Linguine di Mare entrée only	570 155 Sat 25% Trans	16 2	180	1450 Daily 63% Parity 64	64 Fiber 14 Sugar 11	44	4	3½ Starch ½ Other Carb 5 L Meat 1 Fat
Shrimp Scampi entrée only	500 170 Sat 35% Trans	19 9	150	1150 Daily 50% Parity 58	56 Fiber 6 Sugar 1	26	3½	3½ Starch 2½ L Meat 3 Fat
Herb-Grilled Salmon entrée only	460 250 Sat 55% Trans	28 8	125	570 Daily 25% Parity 31	8 Fiber 4 Sugar 3	43	½	½ Starch 6 L Meat 3 Fat
Tilapia Piccata entrée only	420 200 Sat 50% Trans	22 10	120	1210 Daily 53% Parity 72	11 Fiber 2 Sugar 3	46	½	½ Starch 6½ L Meat 2 Fat
Cod Piccata entrée only	370 170 Sat 45% Trans	19 9	125	1760 Daily 77% Parity 119	11 Fiber 2 Sugar 3	37	½	½ Starch 5 L Meat 2 Fat
Chicken Piccata entrée only	500 215 Sat 45% Trans	24 10	220	1460 Daily 63% Parity 73	11 Fiber 3 Sugar 4	61	½	½ Starch 8½ L Meat 2 Fat
Chicken Margherita entrée only	590 290 Sat 50% Trans	32 11	230	1100 Daily 48% Parity 47	9 Fiber 3 Sugar 4	69	½	½ Starch 9½ L Meat 3 Fat

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges**Classic Recipes** (*dinner portion; for luncheons see Note below*)

Chicken Alfredo entrée only	1480 845 55%	94 Sat Trans	395 56 2		1480 Daily Parity	64% 25	95 Fiber Sugar	63 4 9	6 5½ 7½ 11	5½ Starch Other Carb MF Meat Fat
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Grilled Chicken Parmigiana entrée only	760 260 35%	29 Sat Trans	225 9 0		2000 Daily Parity	87% 66	54 Fiber Sugar	75 6 13	3½ 3 9½ 2	3 Starch Other Carb L Meat Fat
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Lasagna Classico entrée only	930 475 50%	53 Sat Trn.	210 28 1½		2070 Daily Parity	90% 56	56 Fiber Sugar	58 8 18	3½ 2½ 1 7½ 3	2½ Starch Other Carb MF Meat Fat
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Ravioli di Portobello entrée only	820 415 50%	46 Sat Trans	125 24 1		1150 Daily Parity	50% 35	73 Fiber Sugar	27 6 8	4½ 4 1 ½ 2 7	4 Starch Vegetable Other Carb MF Meat Fat
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Tuscan Sirloin entrée only	620 215 35%	24 Sat Trans	195 1½ <1		1640 Daily Parity	71% 66	24 Fiber Sugar	77 4 6	1½ 1½ 10½ ½	1½ Starch L Meat Fat
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Mini Pasta Bowls & Sides

Fettuccine Alfredo entrée only	500 305 60%	34 Sat Trans	105 20 1		450 Daily Parity	20% 23	38 Fiber Sugar	12 2 2	2½ 2½ 1 5	2½ Starch HF Meat Fat
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Spaghetti w/Meat Sauce entrée only	280 80 30%	9 Sat Trans	25 2½ 0		390 Daily Parity	17% 35	40 Fiber Sugar	11 2 7	2½ 2½ 1	2½ Starch MF Meat Fat
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Tortellini al Forno entrée only	420 260 60%	29 Sat Trans	115 17 <1		740 Daily Parity	32% 44	25 Fiber Sugar	15 1 2	1½ 1½ 5	1½ Starch L Meat Fat
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Sausage Stuffed Giant Rigatoni entrée only	400 180 45%	20 Sat Trans	50 9 0		570 Daily Parity	25% 36	45 Fiber Sugar	11 3 8	3 2½ ½ ½ 3	2½ Starch Other Carb HF Meat Fat
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Garlic Parmesan Fries individual serving	270 110 50%	12 Sat Trans	0 1 0		720 Daily Parity	100% 45	36 Fiber Sugar	3 3 0	2½ 2½ 2	2½ Starch Fat
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Mashed Potatoes individual serving	150 70 45%	8 Sat Trans	10 3 0		460 Daily Parity	65% 53	17 Fiber Sugar	3 2 3	1 1	1 Starch Fat
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Steamed Broccoli individual serving	20 0 45%	0 Sat Trans	0 0 0		20 Daily Parity	65% 53	4 Fiber Sugar	2 2 2	2 0	1 Vegetable
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Parmesan Crusted Zucchini individual serving	90 65 45%	7 Sat Trans	5 2 0		190 Daily Parity	65% 53	5 Fiber Sugar	4 1 3	0 1 ½ ½	1 Vegetable MF Meat Fat
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NOTE: Some items (shown here as a dinner portion) may also be available as a smaller portion for luncheon. Ask your server to confirm size of serving. For **Luncheons**, data and dietary exchanges are slightly larger than half the size (*multiply by 0.6*). Only the Percentage of Calories from Fat and Parity numbers remain constant and should not be changed.

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Outback Steakhouse®

Aussi-Tizers (data shown for entire platter)

Aussie Cheese Fries regular serving w/drsg.	1160 765 65%	Sat Trans	85 35 2	140	1680 73% 36	63 Fiber <1 Sugar 2	34	4	4	4 Starch 4 HF Meat 11 Fat
Bloomin Onion® table serving of 4 bloom petal-sized portions w/sauce	1950 1395 70%	Sat Trans	155 56 8	130	3840 167% 49	123 Fiber 14 Sugar 18	18	7½	6½	2 Starch 2 Vegetable 1 Other Carb 30 Fat
Coconut Shrimp 8-piece serving w/marmalade serves 2	640 315 50%	Sat Trn.	35 18 1½	155	1240 54% 48	59 Fiber <1 Sugar 21	23	4	2½	2 Starch 1½ Otr. Carb 2½ MF Meat 4 Fat
Grilled Shrimp On The Barbie serving w/bread	580 270 45%	Sat Trans	30 13 <1	240	1570 68% 68	44 Fiber 3 Sugar 3	35	3	3	3 Starch 3½ L Meat 4 Fat
Marinara Sauce dipping cup	25 10 40%	Sat Trans	1 <1 0	0	100 4% 100	3 Fiber 0 Sugar 3	0	½	½	Other Carb
Bloom Sauce dipping cup	140 135 95%	Sat Trans	15 2½ <1	10	270 12% 48	1 Fiber 0 Sugar 1	1	0	0	3 Fat

Salads

House Salad small salad w/o dressing	110 55 50%	Sat Trans	6 3 0	10	130 6% 30	11 Fiber 3 Sugar 4	4	½	½	1 Starch 1 Vegetable 1 Fat
Caesar Salad small salad tossed in dressing	290 225 80%	Sat Trans	25 5 <1	35	570 25% 49	12 Fiber 5 Sugar 4	6	½	½	1 Starch 1 Vegetable ½ HF Meat 4 Fat
Blue Cheese Pecan Chopped Salad small salad tossed in blue cheese dressing	340 425 65%	Sat Trans	17 7 <1	15	470 57% 50	39 Fiber 10 Sugar 13	14	2	1	1 Starch 1 Vegetable 1 Other Carb 1½ HF Meat 1 Fat

Chicken, Chops, Ribs & Steaks

Alice Springs Chicken® entrée only	750 395 55%	Sat Trans	44 15 <1	205	1550 67% 52	15 Fiber 1 Sugar 11	73	½	½	Other Carb 10½ L Meat 6 Fat
Parmesan-Herb Crusted Chicken entrée only	510 200 40%	Sat Trans	22 11 0	170	1130 49% 55	13 Fiber 1 Sugar 2	61	½	½	1 Starch 8½ L Meat 2 Fat
Baby Back Ribs half rack entrée	580 415 70%	Sat Trans	36 14 0	125	740 32% 32	20 Fiber <1 Sugar 15	47	1	1	Other Carb 6½ L Meat 5 Fat
Ribs & Chicken On The Barbie entrée only	500 205 40%	Sat Trans	23 8 0	155	810 35% 41	13 Fiber <1 Sugar 10	60	½	½	Other Carb 8½ L Meat 2 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
6 oz. Outback Center-Cut Sirloin steak only	250 115 Sat 45% Trans	13 5 <1	85 Daily Parity	230 10% 23	0 Fiber Sugar	37 0 0	0	5½ L Meat
Victoria's Filet® Mignon steak only	220 80 Sat 35% Trans	9 4 <1	75 Daily Parity	210 9% 24	0 Fiber Sugar	36 0 0	0	5 L Meat
10 oz. Ribeye steak only	540 315 Sat 60% Trans	35 15 3	125 Daily Parity	400 17% 19	0 Fiber Sugar	58 0 0	0	8½ L Meat 3 Fat
Bone-In Ribeye steak only	970 595 Sat 60% Trans	66 29 5	240 Daily Parity	1150 50% 30	0 Fiber Sugar	93 0 0	0	13 L Meat 8 Fat
Ayres Rock Strip steak only	615 235 Sat 55% Trans	26 9 3	260 Daily Parity	230 10% 9	0 Fiber Sugar	90 0 0	0	12½ L Meat 1 Fat
8 oz. Slow-Roast Prime Rib steak w/au jus	890 515 Sat 60% Trn.	73 33 4½	220 Daily Parity	1240 54% 35	1 Fiber Sugar	59 0 <1	0	8½ MF Meat 6 Fat

Steak Mates

Grilled Shrimp 4-piece skewer	170 100 Sat 60% Trans	11 5 <1	115 Daily Parity	570 25% 84	4 Fiber Sugar	14 <1 2	0	2 L Meat 2 Fat
Gold Coast Coconut Shrimp 4-piece serving w/creole marmalade	360 155 Sat 45% Trans	17 9 <1	75 Daily Parity	650 28% 45	41 Fiber Sugar	12 <1 21	2½	1 Starch 1½ Otr. Carb 1½ L Meat 3 Fat
Sautéed Mushrooms steak topping	130 55 Sat 40% Trans	6 3 0	0 Daily Parity	680 30% 131	10 Fiber Sugar	7 3 5	0	2 Vegetable ½ HF Meat ½ Fat
Lobster Tail 1 lobster tail	310 215 Sat 70% Trans	23 13 0	220 Daily Parity	470 20% 38	1 Fiber Sugar	22 <1 <1	0	3 L Meat 4 Fat

Straight from the Sea

Perfectly Grilled Salmon 7 oz. entrée only	380 225 Sat 60% Trans	25 4 0	65 Daily Parity	290 13% 19	1 Fiber Sugar	38 <1 <1	0	5½ L Meat 3 Fat
Tilapia w/Pure Lump Crab Meat entrée only	470 200 Sat 45% Trans	22 8 <1	160 Daily Parity	860 37% 46	10 Fiber Sugar	53 1 2	½	½ Starch 7½ L Meat 2 Fat
Lobster Tails entrée w/butter	440 235 Sat 55% Trans	26 14 0	385 Daily Parity	780 34% 44	2 Fiber Sugar	44 <1 <1	0	6½ L Meat 3 Fat

Joey Menu (Kids' Menu)

Grilled Cheese-a-Roo sandwich only	270 110 Sat 40% Trans	12 6 <1	25 Daily Parity	970 42% 90	30 Fiber Sugar	10 1 3	2	2 Starch ½ HF Meat 1 Fat
Mac a 'Roo 'N Cheese entrée only	520 170 Sat 35% Trans	19 10 <1	55 Daily Parity	1000 43% 48	65 Fiber Sugar	20 4 8	4	3½ Starch ½ Other Carb 1½ HF Meat 1 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Grilled Chicken On The Barbie entrée only	150 20 Sat 15% Trans	2 0 0	80 Daily Parity	340 15% 57	0 Fiber Sugar	32 0 0	0	4½ L Meat
Joey Sirloin Medallions entrée only	210 100 Sat 50% Trans	11 4 <1	70 Daily Parity	190 8% 23	0 Fiber Sugar	31 0 0	0	4½ L Meat
Junior Ribs entrée only	300 100 Sat 35% Trans	21 8 0	75 Daily Parity	210 9% 18	2 Fiber Sugar	28 0 0	0	4 L Meat 3 Fat
Chicken Fingers entrée only	470 260 Sat 55% Trn.	29 13 1½	65 Daily Parity	790 34% 42	28 Fiber Sugar	26 2 1	1½	1½ Starch 3 MF Meat 3 Fat
Boomerang Cheeseburger sandwich only	480 245 Sat 50% Trn.	27 12 1½	105 Daily Parity	740 32% 39	31 Fiber Sugar	27 1 4	2	2 Starch 3 MF Meat 2 Fat
Steamed Broccoli kids' serving w/o butter	60 5 Sat 10% Trans	<1 0 0	0 Daily Parity	55 2% 23	11 Fiber Sugar	5 4 3	0	2 Vegetable
Fresh Fruit kids' serving	100 0 Sat 0% Trans	0 0 0	0 Daily Parity	0 0% low	25 Fiber Sugar	1 4 19	1½	1½ Fruit
Aussie Fries kids' serving	290 135 Sat 45% Trans	15 6 <1	10 Daily Parity	400 17% 34	34 Fiber Sugar	4 3 0	2	2 Starch 3 Fat
Side Items								
Dressed Baked Potato potato w/toppings	360 110 Sat 30% Trans	12 6 0	20 Daily Parity	850 37% 59	53 Fiber Sugar	11 7 7	3½	3 Starch ½ Other Carb 1 HF Meat ½ Fat
Loaded Mashed Potatoes individual serving	350 150 Sat 45% Trans	19 9 0	25 Daily Parity	1190 52% 85	33 Fiber Sugar	11 6 3	2	2 Starch ½ HF Meat 3 Fat
Aussie Fries individual serving	320 145 Sat 45% Trans	16 7 <1	15 Daily Parity	410 18% 32	40 Fiber Sugar	4 0 0	2½	2½ Starch 3 Fat
Sweet Potato potato w/honey butter & brown sugar	290 20 Sat 5% Trans	2 <1 0	0 Daily Parity	170 7% 15	63 Fiber Sugar	5 9 13	4	3 Starch 1 Other Carb ½ Fat
Asparagus individual serving	60 35 Sat 60% Trans	4 0 0	0 Daily Parity	220 10% 92	4 Fiber Sugar	2 2 2	2	0 1 Vegetable ½ Fat
Broccoli & Cheese individual serving	380 270 Sat 70% Trans	30 16 <1	65 Daily Parity	940 41% 62	14 Fiber Sugar	15 5 4	0	2 Vegetable 1½ HF Meat 4 Fat
Seasonal Mixed Veggies individual serving	150 25 Sat 15% Trans	9 3½ <1	0 Daily Parity	310 13% 52	15 Fiber Sugar	4 5 5	½	½ Starch 1 Vegetable 2 Fat
Steakhouse Mac & Cheese individual serving	840 440 Sat 50% Trans	49 28 <1	140 Daily Parity	1630 71% 49	65 Fiber Sugar	31 5 4	4	4 Starch 2½ HF Meat 6 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Panda Express®

Appetizers (menu presentation w/sauces)

Chicken Egg Roll per egg roll	200	10	20	340	20	6	1	1	1	Starch
	90	Sat 2		Daily 15%	Fiber 2					1/2 L Meat
	45%	Trans 0		Parity 43	Sugar 2					2 Fat
Chicken Potsticker 3-piece serving	160	6	20	250	20	6	1	1	1	Starch
	55	Sat 1 1/2		Daily 11%	Fiber 1					1/2 L Meat
	35%	Trans 0		Parity 39	Sugar 2					1 Fat
Crispy Shrimp 3-piece serving	260	13	60	800	26	9	1 1/2	1 1/2	1 1/2	Starch
	115	Sat 2		Daily 35%	Fiber 1					1/2 MF Meat
	45%	Trans 0		Parity 77	Sugar 2					2 Fat
Cream Cheese Rangoon 3-piece serving	190	8	35	180	24	5	1 1/2	1 1/2	1 1/2	Starch
	70	Sat 5		Daily 8%	Fiber 2					1 Fat
	35%	Trans 0		Parity 24	Sugar 1					
Veggie Spring Roll 2-piece serving	200	10	20	340	20	6	1	1	1	Starch
	90	Sat 2		Daily 15%	Fiber 2					1 Vegetable
	45%	Trans 0		Parity 43	Sugar 2					2 Fat

Beef Entrées (menu presentation w/sauces)

Beijing Beef™ 1 panda bowl	470	26	25	660	46	21	2 1/2	1	1	Starch
	235	Sat 5		Daily 29%	Fiber 1					1 Vegetable
	50%	Trans <1		Parity 35	Sugar 24					1 1/2 Otr. Carb 2 1/2 L Meat 4 Fat
Broccoli Beef 1 panda bowl	150	7	10	520	13	9	0	2	2	Vegetable
	65	Sat 1 1/2		Daily 23%	Fiber 2					1 L Meat
	45%	Trans 0		Parity 87	Sugar 7					1 Fat
Shanghai Angus Steak™ 1 panda bowl	310	19	50	830	16	22	1/2	1	1	Vegetable
	170	Sat 4		Daily 36%	Fiber 1					1/2 Other Carb
	55%	Trans 0		Parity 67	Sugar 11					3 L Meat 2 Fat

Chicken Entrées (menu presentation w/sauces)

Black Pepper Chicken 1 panda bowl	280	19	50	1140	14	13	1/2	1	1	Vegetable
	170	Sat 3		Daily 50%	Fiber 1					1/2 Other Carb
	60%	Trans 0		Parity 102	Sugar 7					1 1/2 L Meat 3 Fat
Kung Pao Chicken 1 panda bowl	290	19	50	970	14	16	1/2	1	1	Vegetable
	170	Sat 3		Daily 42%	Fiber 2					1/2 Other Carb
	60%	Trans 0		Parity 84	Sugar 6					2 L Meat 3 Fat
Mushroom Chicken Breast 1 panda bowl	170	9	40	750	11	12	0	1	1	Vegetable
	80	Sat 2		Daily 33%	Fiber 1					1 1/2 L Meat
	45%	Trans 0		Parity 110	Sugar 4					1 Fat
Orange Chicken 1 panda bowl	380	18	80	620	45	14	3	2	2	Starch
	160	Sat 3 1/2		Daily 27%	Fiber 0					1 Other Carb
	45%	Trans 0		Parity 41	Sugar 19					1 L Meat 3 Fat

NOTE: When ordering any combination meal, simply add the data of all relevant panda bowls together, excluding the data for Parity and Percentage of Calories from Fat. Each panda bowl represents a single component of a combination meal.

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
String Bean Chicken Breast 1 panda bowl	190 80 Sat 40% Trans	9 2 0	35	590 Daily Parity	13 26% 78	14 Fiber Sugar	0 4 4	2 Vegetable 1½ L Meat 1 Fat
SweetFire Chicken Breast™ 1 panda bowl	380 135 Sat 35% Trans	15 3 0	35	320 Daily Parity	47 14% 21	13 Fiber Sugar	3 1 27	½ Starch 1½ Fruit 1 Other Carb 1½ MF Meat 2 Fat
Grilled Teriyaki Chicken 7-piece entrée	300 115 Sat 40% Trans	13 4 0	185	530 Daily Parity	8 23% 44	36 Fiber Sugar	½ 0 8	½ Other Carb 5 L Meat 1 Fat

Seafood Entrées (menu presentation w/sauces)

Five Flavor Shrimp 1 panda bowl	210 100 Sat 50% Trans	11 2½ 0	110	750 Daily Parity	14 33% 89	14 Fiber Sugar	½ 1 7	1 Vegetable ½ Other Carb 1½ L Meat 2 Fat
Honey Walnut Shrimp 1 panda bowl	360 205 Sat 55% Trans	23 3½ 0	100	440 Daily Parity	35 19% 31	13 Fiber Sugar	2 2 9	1½ Starch ½ Other Carb 1½ MF Meat 3 Fat

Side Dishes (also available as half servings)

Chow Mein full serving	510 200 Sat 40% Trans	22 4 0	0	980 Daily Parity	65 43% 48	13 Fiber Sugar	4 4 9	3½ Starch ½ Other Carb 4 Fat
Fried Rice full serving	520 145 Sat 30% Trans	16 3 0	120	850 Daily Parity	85 37% 41	11 Fiber Sugar	5½ 1 3	5½ Starch 3 Fat
Brown Steamed Rice full serving	420 35 Sat 10% Trans	4 1 0	0	15 Daily Parity	86 <1% 89	9 Fiber Sugar	5½ 4 1	5½ Starch ½ Fat
White Steamed Rice full serving	380 0 Sat 0% Trans	0 0 0	0	0 Daily Parity	87 0% low	7 Fiber Sugar	5½ 0 0	5½ Starch
Mixed Veggies full serving	80 5 Sat 5% Trans	<1 0 0	0	540 Daily Parity	16 23% 169	4 Fiber Sugar	½ 5 5	½ Starch 2 Vegetable

For a complete listing of fountain drinks, see inside back cover.



Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Panera Bread®

Bagels

Plain 1 bagel	290 15 5%	1½ Sat Trans	0 0 0	410 Daily Parity	58 18% 35	10 Fiber Sugar	3½ 2 3	3½ 3½ 3	Starch HF Meat
Asiago Cheese 1 bagel	330 55 15%	6 Sat Trans	15 4 0	470 Daily Parity	55 20% 36	13 Fiber Sugar	3½ 2 3	3½ ½ 3	Starch HF Meat
Cinnamon Swirl & Raisin or Blueberry 1 bagel	320 20 5%	2 Sat Trans	0 1 0	410 Daily Parity	66 18% 32	10 Fiber Sugar	4 3 11	3½ ½ 11	Starch Fruit
Chocolate Chip Bagel 1 bagel	380 55 15%	6 Sat Trans	5 3 0	410 Daily Parity	68 18% 27	11 Fiber Sugar	4½ 2 13	3½ 1 1	Starch Other Carb Fat
Everything 1 bagel	300 20 5%	2 Sat Trans	0 0 0	590 Daily Parity	58 26% 49	10 Fiber Sugar	3½ 2 4	3½ ½ 4	Starch Fat
French Toast 1 bagel	350 35 10%	4 Sat Trans	0 2 0	560 Daily Parity	67 24% 40	10 Fiber Sugar	4½ 2 15	3½ 1 ½	Starch Other Carb Fat
Sesame 1 bagel	300 25 10%	3 Sat Trans	0 0 0	410 Daily Parity	58 18% 34	10 Fiber Sugar	3½ 2 3	3½ ½ 3	Starch Fat
Sprouted Grain Flat 1 bagel	240 15 5%	1½ Sat Trans	0 0 0	310 Daily Parity	47 13% 32	9 Fiber Sugar	3 5 3	3 3 3	Starch
Whole Grain 1 bagel	330 30 10%	2½ Sat Trans	0 0 0	460 Daily Parity	67 20% 35	13 Fiber Sugar	4 7 5	4 ½ 5	Starch Fat

RF Cream Cheese Spreads

RF Plain per 2 oz. tub	130 110 85%	12 Sat Trans	35 7 <1	230 Daily Parity	2 10% 44	5 Fiber Sugar	0 1 1	2 1 1	Fat
RF Hazelnut per 2 oz. tub	140 100 70%	11 Sat Trans	35 6 <1	210 Daily Parity	6 9% 38	5 Fiber Sugar	½ 1 6	½ 2 6	Other Carb Fat
RF Chive & Onion per 2 oz. tub	130 100 75%	11 Sat Trans	35 7 <1	370 Daily Parity	4 16% 71	5 Fiber Sugar	0 1 2	2 1 2	Fat
RF Honey Walnut per 2 oz. tub	150 100 65%	11 Sat Trans	30 6 0	200 Daily Parity	8 9% 33	5 Fiber Sugar	½ 1 7	½ 2 7	Other Carb Fat
RF Roasted Vegetable Medley per 2 oz. tub	110 90 80%	10 Sat Trans	30 6 0	250 Daily Parity	3 11% 57	4 Fiber Sugar	0 1 2	2 1 2	Fat
RF Wild Blueberry per 2 oz. tub	150 90 55%	10 Sat Trans	30 6 0	190 Daily Parity	11 4% 31	4 Fiber Sugar	½ 1 9	½ 2 9	Other Carb Fat

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Breakfast Sandwiches

Avocado, Egg White & Spinach Power Sandwich sandwich only	410 125 30%	14 Sat Trans	25 6 0		600 Daily Parity	52 Fiber Sugar	22 7 4	3 2 2	3 L Fat	Starch Meat
Ham, Egg & Ch'se Power Sandwich sandwich only	340 135 40%	15 Sat Trans	220 7 0		890 Daily Parity	30 Fiber Sugar	23 4 3	2 2½	2 MF Fat	Starch Meat
Turkey Sausage, Egg White & Spinach Power Sandwich sandwich only	390 90 25%	10 Sat Trans	40 5 0		790 Daily Parity	50 Fiber Sugar	26 5 4	3 2½	3 L Fat	Starch Meat
Steak & Egg Everything Bagel sandwich only	480 160 35%	18 Sat Trans	240 8 0		1010 Daily Parity	59 Fiber Sugar	23 3 4	3½ 2 2	3½ MF Fat	Starch Meat
Egg & Cheese Ciabatta sandwich only	400 135 35%	16 Sat Trans	205 7 0		790 Daily Parity	44 Fiber Sugar	21 2 1	3 1½	3 MF Fat	Starch Meat
Mediterranean Egg White Ciabatta sandwich only	420 145 35%	16 Sat Trans	25 6 0		850 Daily Parity	48 Fiber Sugar	22 2 1	3 2 2	3 L Fat	Starch Meat

Half Sandwiches *(double data for whole sandwich)*

Chipotle Chicken Avocado Melt Black Pepper Focaccia half sandwich only	400 200 45%	22 Sat Trans	65 7 0		910 Daily Parity	30 Fiber Sugar	16 3 2	2 1½	2 MF Fat	Starch Meat
Mediterranean Veggie on Tomato Basil half sandwich only	230 55 20%	6 Sat Trans	5 1½ 0		590 Daily Parity	35 Fiber Sugar	9 3 4	2 1	2 Vegetable Fat	Starch
Napa Almond Chicken Salad on Sesame Semolina half sandwich only	350 115 35%	13 Sat Trans	35 2 0		570 Daily Parity	45 Fiber Sugar	8 3 6	3 ½ ½	2½ Fruit L Fat	Starch Meat
Roasted Turkey & Caramelized Kale Panini half sandwich only	300 100 35%	11 Sat Trans	30 3 0		660 Daily Parity	30 Fiber Sugar	14 2 1	1½ 1	1½ Vegetable MF Fat	Starch
Roast Turkey, Apple & Cheddar on Cranberry Walnut half sandwich only	360 145 35%	16 Sat Trans	50 6 0		660 Daily Parity	33 Fiber Sugar	16 3 8	2 ½ 2	1½ Fruit MF Fat	Starch Meat
Steak & Arugula Sourdough half sandwich only	250 80 30%	9 Sat Trans	45 4 0		430 Daily Parity	25 Fiber Sugar	12 2 4	1½ 1½	1½ MF Fat	Starch Meat
Turkey Breast on Whole Wheat half sandwich only	280 80 30%	9 Sat Trans	30 1½ 0		580 Daily Parity	32 Fiber Sugar	11 5 4	2 1 1	2 L Fat	Starch Meat

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Flatbread Sandwiches

BBQ Chicken	370	16	55	710	39	11	2½	2	Starch
1 flatbread	100	Sat 9		Daily 31%	Fiber 3				½ Other Carb
	25%	Trans 0		Parity 48	Sugar 9				1 L Meat
									3 Fat

Tomato Mozzarella	350	18	35	470	35	6	2	2	Starch
1 flatbread	160	Sat 9		Daily 20%	Fiber 4				1 Vegetable
	45%	Trans 0		Parity 34	Sugar 5				3 Fat

Kids' Sandwiches (shown on white bread)

Peanut Butter & Jelly Sandwich	400	17	5	460	52	11	3½	2½	Starch
sandwich only	80	Sat 3½		Daily 20%	Fiber 3				1 Other Carb
	20%	Trans 0		Parity 29	Sugar 19				½ PB Prot.
									3 Fat

Grilled Cheese Sandwich	450	18	50	1090	52	18	3½	3½	Starch
sandwich only	160	Sat 10		Daily 47%	Fiber 2				1 HF Meat
	35%	Trans <1		Parity 61	Sugar 5				2 Fat

Smoked Ham Sandwich	320	11	55	1210	33	14	2	2	Starch
sandwich only	100	Sat 6		Daily 53%	Fiber 1				1½ MF Meat
	30%	Trans 0		Parity 95	Sugar 4				1 Fat

Turkey Sandwich	310	11	50	820	32	15	2	2	Starch
sandwich only	100	Sat 6		Daily 36%	Fiber 1				1½ MF Meat
	30%	Trans 0		Parity 66	Sugar 3				1 Fat

Half Salads (double data for full entrée salad)

BBQ Salad w/Chicken	220	10	45	250	19	12	1	½	Starch
half salad w/dressing	90	Sat 1½		Daily 11%	Fiber 3				1 Vegetable
	40%	Trans 0		Parity 28	Sugar 10				½ Other Carb
									1½ L Meat
									1 Fat

Caesar Salad	160	13	20	310	8	5	½	½	Starch
half salad w/dressing	115	Sat 3		Daily 13%	Fiber 1				½ HF Meat
	70%	Trans 0		Parity 48	Sugar 1				2 Fat

Caesar Salad w/Chicken	230	14	60	390	9	15	½	½	Starch
half salad w/dressing	125	Sat 3½		Daily 17%	Fiber 1				2 MF Meat
	55%	Trans 0		Parity 42	Sugar 1				1 Fat

Fuji Apple Salad w/Chicken	280	17	45	290	18	14	1	1	Vegetable
half salad w/dressing	155	Sat 3½		Daily 13%	Fiber 3				½ Fruit
	55%	Trans 0		Parity 26	Sugar 10				½ Other Carb
									1½ L Meat
									3 Fat

Greek Salad	200	18	10	510	7	4	0	1	Vegetable
half salad w/dressing	160	Sat 4		Daily 22%	Fiber 2				½ MF Meat
	80%	Trans 0		Parity 64	Sugar 4				3 Fat

Green Goddess Cobb Salad w/Chicken	270	16	145	340	12	18	½	1	Vegetable
half salad w/dressing	235	Sat 3½		Daily 15%	Fiber 4				½ Other Carb
	85%	Trans 0		Parity 31	Sugar 6				2½ MF Meat
									½ Fat

Seasonal Greens Salad	90	6	0	75	10	2	½	1	Vegetable
half salad w/dressing	55	Sat 1		Daily 3%	Fiber 2				½ Other Carb
	60%	Trans 0		Parity 21	Sugar 7				1 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Papa John's®

Original Crust (Large or Extra Large sizes – see Note below)

Cheese per slice	290	10	25	730	38	11	2½	2½	Starch
	90	Sat	4½	Daily	32%	Fiber	2	1	MF Meat
	30%	Trans	0	Parity	63	Sugar	4	1	Fat
Pepperoni per slice	330	14	30	870	38	13	2½	2½	Starch
	125	Sat	6	Daily	38%	Fiber	2	1	MF Meat
	40%	Trans	0	Parity	66	Sugar	4	2	Fat
Sausage per slice	340	15	30	830	38	12	2½	2½	Starch
	135	Sat	6	Daily	36%	Fiber	2	1	MF Meat
	40%	Trans	0	Parity	61	Sugar	4	2	Fat
Garden Fresh or Spinach Alfredo per slice	290	9	20	700	40	11	2½	2½	Starch
	80	Sat	4	Daily	30%	Fiber	2	1	MF Meat
	30%	Trans	0	Parity	60	Sugar	5	1	Fat
Mediterranean Vegetable per slice	280	7	10	630	39	8	2½	2½	Starch
	65	Sat	2	Daily	27%	Fiber	2	½	MF Meat
	25%	Trans	0	Parity	56	Sugar	5	1	Fat
Lighter Choice Chicken & Veggie per slice	290	7	15	620	40	11	2½	2½	Starch
	65	Sat	2	Daily	27%	Fiber	2	1	MF Meat
	20%	Trans	0	Parity	53	Sugar	5	½	Fat
Grilled Chicken & Canadian Bacon per slice	280	7	25	750	39	13	2½	2½	Starch
	65	Sat	2½	Daily	33%	Fiber	2	1½	MF Meat
	25%	Trans	0	Parity	67	Sugar	5		
Lighter Choice Tropical Luau per slice	270	6	25	670	40	10	2½	2½	Starch
	55	Sat	2½	Daily	29%	Fiber	2	1	MF Meat
	20%	Trans	0	Parity	62	Sugar	6	½	Fat

NOTE: For clarification, as the pizza increases in size so do the number of slices. This allows the nutritional data of some sizes to be nearly identical by the slice using insignificant adjustments. For **Extra Large** pizza sizes only, increase sodium shown by 5% (multiply by 1.05). For **Medium** and **Pizza for One** sizes by the slice, data is approximately 70% of appropriate style shown (multiply by 0.7). **Small** size pizzas per slice are approximately 60% of data shown (multiply data by 0.6). During these recalculations, Parity and Percentage of Calories from Fat will always remain unchanged, while all other data including exchanges will reduce.



Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Large Thin Crust

Cheese per slice	230	12	25	380	22	9	1½	1½	Starch
	110 Sat	5		17% Daily	Fiber 1				1 MF Meat
	50% Trans	0		41 Parity	Sugar 2				1 Fat
Pepperoni per slice	270	16	30	530	22	10	1½	1½	Starch
	145 Sat	6		23% Daily	Fiber 1				1 MF Meat
	55% Trans	0		49 Parity	Sugar 2				2 Fat
Sausage per slice	270	16	30	490	22	9	1½	1½	Starch
	145 Sat	6		21% Daily	Fiber 1				1 MF Meat
	45% Trans	0		45 Parity	Sugar 2				2 Fat
Mediterranean Vegetable per slice	200	8	10	410	21	5	1½	1½	Starch
	70 Sat	2½		18% Daily	Fiber 1				½ MF Meat
	35% Trans	0		51 Parity	Sugar 2				1 Fat
Garden Fresh or Spinach Alfredo per slice	220	11	20	360	24	8	1½	1½	Starch
	100 Sat	4		16% Daily	Fiber 2				½ MF Meat
	45% Trans	0		41 Parity	Sugar 3				1 Fat
Chicken & Veggie per slice	210	8	15	400	21	8	1½	1½	Starch
	70 Sat	2½		17% Daily	Fiber 1				½ MF Meat
	35% Trans	0		48 Parity	Sugar 2				1 Fat
Grilled Chicken & Canadian Bacon per slice	190	8	25	530	20	11	1	1	Starch
	70 Sat	2½		23% Daily	Fiber 1				1½ MF Meat
	35% Trans	0		70 Parity	Sugar 2				
Tropical Luau per slice	190	8	15	450	21	7	1½	1½	Starch
	70 Sat	2½		20% Daily	Fiber 1				½ MF Meat
	35% Trans	0		59 Parity	Sugar 4				1 Fat

Side Items

Breadsticks 2-piece serving	290	4½	0	540	53	9	3½	3½	Starch
	40 Sat	<1		23% Daily	Fiber 2				½ Fat
	15% Trans	0		47 Parity	Sugar 5				
Parmesan Breadsticks 2-piece serving	340	10	0	720	54	9	3½	3½	Starch
	90 Sat	1½		31% Daily	Fiber 2				2 Fat
	25% Trans	0		53 Parity	Sugar 5				
Cheesesticks 4-piece serving	370	16	35	860	41	14	2½	2½	Starch
	145 Sat	7		37% Daily	Fiber 2				1 MF Meat
	40% Trans	0		58 Parity	Sugar 4				2 Fat
Garlic Knots 4-piece serving	220	9	0	510	29	5	2	2	Starch
	80 Sat	2		22% Daily	Fiber 1				2 Fat
	35% Trans	0		58 Parity	Sugar 2				
Papa's Chicken Poppers 5-piece serving	180	6	40	470	16	15	1	1	Starch
	55 Sat	1		20% Daily	Fiber 1				1½ MF Meat
	30% Trans	0		65 Parity	Sugar 0				
Roasted Wings w/o Sauce per 2-wing serving	140	9	70	270	0	14	0	2	L Meat
	90 Sat	2½		12% Daily	Fiber 0				1 Fat
	65% Trans	0		48 Parity	Sugar 0				
Spicy Buffalo Wings per 2-wing serving	170	13	50	1070	3	12	0	1½	MF Meat
	115 Sat	3		47% Daily	Fiber 0				1 Fat
	70% Trans	0		157 Parity	Sugar 1				
BBQ or Honey Chipotle Wings per 2-wing serving	190	12	50	760	6	12	½	½	Other Carb
	110 Sat	3		33% Daily	Fiber 0				1½ L Meat
	60% Trans	0		100 Parity	Sugar 2				2 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Sonic®

Breakfast Sandwiches & Breakfast Burritos

Biscuit Sandwich w/Bacon* mini sandwich	500 295 60%	33 Sat 15 Trans 1	320	1740 Daily 76% Parity 87	30 Fiber 1 Sugar 2	24	2	2 Starch 2½ MF Meat 4 Fat
Biscuit Sandwich w/Ham* mini sandwich	450 225 50%	25 Sat 12 Trans <1	315	1950 Daily 85% Parity 108	30 Fiber 1 Sugar 3	25	2	2 Starch 3 MF Meat 2 Fat
Biscuit Sandwich w/Sausage* mini sandwich	580 370 65%	41 Sat 18 Trans 1	340	1690 Daily 73% Parity 73	30 Fiber 1 Sugar 2	24	2	2 Starch 2½ MF Meat 5 Fat
Croissonic® Adjustment adjust from biscuit	+70 +70 Var%	+8 Sat +1 Trans 0	0	-270 Daily -12% Minor Rdc.	-2 Fiber -1 Sugar +2	0	0	Add 2 Fat
Bagel Sandwich Adjustment adjust from biscuit	+100 -80 Var%	-9 Sat -6 Trans 0	0	+40 Daily +2% Minor Rdc.	+38 Fiber +1 Sugar +3	+7	+2½	Add 2½ Starch Subtract 2 Fat
Breakfast Toaster® Adjustment adjust from biscuit	+90 -20 Var%	-2 Sat -5 Trans 0	0	-180 Daily -8% Minor Rdc.	+23 Fiber +1 Sugar +5	+2	+1½	Add 1 Starch ½ Other Carb Subtract 1 Fat
Jr. Breakfast Burrito small burrito	280 135 50%	15 Sat 7 Trans 0	140	830 Daily 36% Parity 74	23 Fiber 0 Sugar 0	13	1½	1½ Starch 1½ MF Meat 1 Fat
Breakfast Burrito w/Sausage 1 burrito	500 260 50%	29 Sat 12 Trans 1	320	1480 Daily 64% Parity 74	39 Fiber 1 Sugar 0	24	2½	2½ Starch 2½ MF Meat 3 Fat
SuperSonic® Breakfast Burrito 1 burrito	580 290 50%	32 Sat 13 Trans 1	320	1920 Daily 83% Parity 83	49 Fiber 2 Sugar 1	25	3	3 Starch 2½ MF Meat 4 Fat

Burgers

Sonic® Burger sandwich w/mayonnaise	690 380 55%	42 Sat 15 Trn. 1½	110	820 Daily 36% Parity 30	43 Fiber 2 Sugar 7	31	3	2½ Starch ½ Other Carb 3½ MF Meat 5 Fat
Sonic® Cheeseburger sandwich w/mayonnaise	750 430 55%	48 Sat 18 Trn. 1½	125	1150 Daily 50% Parity 38	44 Fiber 2 Sugar 8	35	3	2½ Starch ½ Other Carb 4 MF Meat 5 Fat
Jr. Burger small sandwich	330 155 45%	17 Sat 6 Trans <1	35	480 Daily 21% Parity 36	30 Fiber 1 Sugar 3	15	2	2 Starch 1½ MF Meat 1 Fat
Jr. Deluxe Cheeseburger small sandwich	420 225 55%	25 Sat 9 Trans <1	60	830 Daily 36% Parity 49	32 Fiber 1 Sugar 5	19	2	2 Starch 2 MF Meat 2 Fat

*Breakfast Sandwiches are also available on Bagel, Croissant or as a Breakfast Toaster. When choosing one of these alternatives, select the similar biscuit sandwich and adjust as shown for your preferred bread choice.

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Jr. Double Cheeseburger small sandwich	520 295 55%	33 Sat 13 Trans 1	90	860 Daily 37% Parity 41	31 Fiber 1 Sugar 4	28	2	2 Starch 3 MF Meat 3 Fat
Veggie Burger sandwich w/mayo	500 170 35%	19 Sat 4½ Trans 0	20	1380 Daily 60% Parity 69	65 Fiber 5 Sugar 8	15	4	3½ Starch ½ Other Carb 1 PB Protein 3 Fat

Chicken

Asiago Caesar Crispy Chicken Club Sandwich sandwich only	680 350 50%	39 Sat 9 Trans 0	80	1120 Daily 49% Parity 41	53 Fiber 4 Sugar 7	31	3½	3 Starch ½ Other Carb 3 MF Meat 4 Fat
Classic Crispy Chicken Sandwich sandwich only	580 260 45%	29 Sat 4½ Trans 0	60	900 Daily 39% Parity 39	57 Fiber 5 Sugar 7	28	3½	3 Starch ½ Other Carb 2½ MF Meat 3 Fat
Chicken Strip Sandwich sandwich only	440 180 40%	20 Sat 3½ Trans 0	40	790 Daily 34% Parity 45	47 Fiber 2 Sugar 4	21	3	3 Starch 1½ MF Meat 2 Fat
Super Crunch™ Chicken Strips 3-piece serving	330 135 40%	16 Sat 3 Trans 0	55	670 Daily 29% Parity 51	25 Fiber 2 Sugar 0	22	1½	1½ Starch 2½ MF Meat ½ Fat
Jumbo Popcorn Chicken® medium serving	380 200 55%	22 Sat 4 Trans 0	45	1260 Daily 55% Parity 83	27 Fiber 3 Sugar 1	18	1½	1½ Starch 2 MF Meat 2 Fat

Snacks & Side Items

Apple Slices w/ FF Caramel Dip 1 serving	110 0 0%	0 Sat 0 Trans 0	0	60 Daily 3% Parity 14	28 Fiber 2 Sugar 15	0	1½	½ Fruit 1 Other Carb
Ched 'r' Bites® 12-piece serving	280 135 50%	15 Sat 6 Trans 0	30	740 Daily 32% Parity 66	22 Fiber 1 Sugar 0	13	1½	1½ Starch 1½ HF Meat ½ Fat
Ched 'r' Peppers® 4-piece serving	330 155 45%	17 Sat 6 Trans 1	25	1110 Daily 48% Parity 84	36 Fiber 2 Sugar 2	8	2	2 Starch ½ HF Meat 3 Fat
French Fries small serving	220 90 40%	10 Sat 2 Trans 0	10	220 Daily 10% Parity 25	29 Fiber 2 Sugar 0	3	2	2 Starch 2 Fat
French Fries w/ Chili & Cheese small serving	380 180 45%	20 Sat 6 Trans 0	10	650 Daily 28% Parity 43	40 Fiber 3 Sugar 1	9	2½	2½ Starch 1 MF Meat 3 Fat
Tots small serving	220 110 50%	12 Sat 2 Trans 0	0	560 Daily 24% Parity 64	27 Fiber 2 Sugar 0	2	1½	1½ Starch 2 Fat
Onion Rings medium serving	440 190 45%	21 Sat 3½ Trans 0	0	430 Daily 19% Parity 24	55 Fiber 3 Sugar 14	6	3½	2½ Starch 1 Other Carb 4 Fat
Mozzarella Sticks 5-piece serving	440 200 45%	22 Sat 9 Trans <1	45	1050 Daily 46% Parity 60	40 Fiber 2 Sugar 1	19	2½	2½ Starch 1½ MF Meat 3 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Starbuck's®

Chocolate Beverages (made w/2% milk; includes whipped cream)

Hot Chocolate	230	10	30		85	28	7	2	½ RF Milk
short cup	90	Sat 6		Daily	4%	Fiber 2			1½ Otr. Carb
	40%	Trans 0		Parity	9	Sugar 24			1 Fat
Peppermint Hot Chocolate	260	10	30		80	37	7	2½	½ RF Milk
short cup	90	Sat 6		Daily	3%	Fiber 2			2 Other Carb
	35%	Trans 0		Parity	8	Sugar 33			1 Fat
Tuxedo Hot Cocoa	260	11	30		115	32	8	2	½ RF Milk
short cup	100	Sat 7		Daily	5%	Fiber 2			1½ Otr. Carb
	40%	Trans 0		Parity	11	Sugar 30			2 Fat

Lattés, Mochas & Cappuccinos (made w/2% milk unless noted)

Caffè Americano*	<5	0	0		0	1	0	0	Free
any size w/o milk	0	Sat 0		Daily	0%	Fiber 0			
	0%	Trans 0		Parity	low	Sugar 0			
Caffè Latte*	100	3½	15		75	9	6	½	½ RF Milk
short cup	30	Sat 2½		Daily	3%	Fiber 0			½ Fat
	30%	Trans 0		Parity	19	Sugar 8			
Caffè Mocha*	200	9	30		75	22	7	1½	½ RF Milk
short cup w/ whipped cream	80	Sat 6		Daily	3%	Fiber 1			1 Other Carb
	40%	Trans 0		Parity	9	Sugar 18			1 Fat
Cappuccino*	80	3	10		70	8	5	½	½ RF Milk
short cup	25	Sat 1½		Daily	3%	Fiber 0			
	35%	Trans 0		Parity	22	Sugar 7			
Flavored Latte*	130	3½	15		80	18	6	1	½ RF Milk
(includes Vanilla & Vanilla Macchiato)	30	Sat 1½		Daily	3%	Fiber 0			½ Other Carb
short cup	25%	Trans 0		Parity	15	Sugar 17			½ Fat
Caramel Macchiato or Cascara Latte	120	4	15		80	16	5	1	½ RF Milk
short cup	35	Sat 2½		Daily	3%	Fiber 0			½ Other Carb
	30%	Trans 0		Parity	17	Sugar 15			½ Fat
Cinnamon Dolce Latte*	180	8	30		80	22	6	1½	½ RF Milk
short cup w/ whipped cream	70	Sat 5		Daily	3%	Fiber 0			1 Other Carb
	40%	Trans 0		Parity	11	Sugar 20			1 Fat
Skinny Flavored Latte or Mocha*	60	0	5		80	9	6	½	½ NF Milk
short cup w/NF milk	0	Sat 0		Daily	3%	Fiber 0			
	0%	Trans 0		Parity	33	Sugar 8			
White Chocolate Mocha*	230	10	30		125	28	7	2	½ RF Milk
short cup w/ whipped cream	90	Sat 7		Daily	5%	Fiber 0			1½ Otr. Carb
	40%	Trans 0		Parity	14	Sugar 27			1 Fat

Light Frappuccinos® (made w/NF milk)

Coffee	90	0	0		150	18	3	1	½ NF Milk
tall cup	0	Sat 0		Daily	7%	Fiber 0			½ Other Carb
	0%	Trans 0		Parity	15	Sugar 18			

*Also available over ice in a tall cup. Due to ice displacement, the larger cup gives you slightly less than one-third more product. To adjust, multiply data of variety desired by 1.3 for iced version.

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Caffè Vanilla tall cup	130 0 Sat 0% Trans	0 0	0 Daily Parity	150 7% 29	30 Fiber 0 Sugar 29	3 2	1/2 NF Milk 1 1/2 Otr. Carb	
Caramel or Mocha or Cinnamon Dolce tall cup	110 0 Sat 0% Trans	0 0	0 Daily Parity	160 7% 36	23 Fiber 0 Sugar 23	3 1 1/2	1/2 NF Milk 1 Other Carb	
Java Chip tall cup	150 25 Sat 15% Trans	3 2 0	0 Daily Parity	170 7% 28	29 Fiber 1 Sugar 26	4 1 1/2	1/2 NF Milk 1 Other Carb 1/2 Fat	

Frappuccinos® (made w/2% milk)

Coffee tall cup w/ whipped cream	170 15 Sat 10% Trans	1 1/2 1 0	5 Daily Parity	160 7% 24	36 Fiber 0 Sugar 36	3 2	1/2 RF Milk 1 1/2 Otr. Carb	
Espresso tall cup	150 10 Sat 5% Trans	1 0 0	5 Daily Parity	140 6% 23	34 Fiber 0 Sugar 33	2 2	2 Other Carb	
Caffè Vanilla tall cup	290 90 Sat 30% Trans	10 6 0	35 Daily Parity	170 7% 15	50 Fiber 0 Sugar 48	3 3 1/2	1/2 RF Milk 3 Other Carb 1 Fat	
Caramel Cocoa Cluster tall cup w/whip. cream	320 110 Sat 35% Trans	12 7 0	45 Daily Parity	210 8% 14	51 Fiber 0 Sugar 49	3 3	1/2 RF Milk 2 1/2 Otr. Carb 2 Fat	
Cinnamon Dolce tall cup w/ whipped cream	370 115 Sat 30% Trans	13 8 0	50 Daily Parity	220 10% 15	60 Fiber 0 Sugar 58	4 4	1/2 RF Milk 3 1/2 Otr. Carb 2 Fat	
Caramel tall cup w/ whipped cream	290 90 Sat 30% Trans	10 6 0	40 Daily Parity	180 8% 19	47 Fiber 0 Sugar 46	3 3	1/2 RF Milk 2 1/2 Otr. Carb 1 Fat	
Cupcake Crème or Mocha or White Chocolate Mocha tall cup w/whip. cream	280 90 Sat 30% Trans	10 6 0	35 Daily Parity	170 7% 15	44 Fiber 1 Sugar 42	4 3	1/2 RF Milk 2 1/2 Otr. Carb 1 Fat	
Double Chocolatey Chip Crème tall cup w/whipped cream & drizzle	300 115 Sat 40% Trans	13 9 0	40 Daily Parity	200 9% 17	42 Fiber 2 Sugar 38	5 2 1/2	1/2 RF Milk 2 Other Carb 2 Fat	
Green Tea Crème tall cup w/ whipped cream	310 90 Sat 30% Trans	10 6 0	40 Daily Parity	180 8% 15	50 Fiber 1 Sugar 48	5 3	1/2 RF Milk 2 1/2 Otr. Carb 1 Fat	
Oprah Cinnamon Chai Crème tall cup w/whipped cream & cinnamon	230 90 Sat 40% Trans	10 6 0	35 Daily Parity	150 7% 16	33 Fiber 0 Sugar 31	3 2	1/2 RF Milk 1 1/2 Otr. Carb 1 Fat	
Java Chip tall cup w/whipped cream & drizzle	330 110 Sat 35% Trans	12 6 0	35 Daily Parity	190 8% 14	51 Fiber 2 Sugar 47	4 3	1/2 RF Milk 2 1/2 Otr. Carb 2 Fat	
Strwbry. & Crème or Vanilla Bean Crème or White Chocolate Crème tall cup w/whip. cream	260 90 Sat 35% Trans	10 6 0	35 Daily Parity	160 7% 15	40 Fiber 0 Sugar 39	4 2 1/2	1/2 RF Milk 2 Other Carb 1 Fat	

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Subway®

Breakfast Flatbreads (w/American cheese)

Egg & Cheese*	370	13	170	880	44	19	3	3	Starch
6-inch flatbread	115	Sat 4½		Daily 38%	Fiber 4				1½ MF Meat
	30%	Trans 0		Parity 59	Sugar 5				1 Fat
Bacon, Egg & Cheese*	450	18	180	1310	44	25	3	3	Starch
6-inch flatbread	160	Sat 7		Daily 57%	Fiber 4				2½ MF Meat
	35%	Trans 0		Parity 73	Sugar 6				1 Fat
Black Forest Ham, Egg & Cheese*	400	14	185	1140	45	24	3	3	Starch
6-inch flatbread	125	Sat 5		Daily 50%	Fiber 4				2 MF Meat
	30%	Trans 0		Parity 71	Sugar 6				½ Fat
Steak, Egg & Cheese*	440	15	195	1210	46	28	3	3	Starch
6-inch flatbread	135	Sat 6		Daily 53%	Fiber 4				2½ MF Meat
	30%	Trans 0		Parity 69	Sugar 6				½ Fat

Subs (on 9-grain wheat w/American cheese when applicable)

Subway Club*	310	4½	40	840	46	23	2½	2½	Starch
6-inch sub	40	Sat 1½		Daily 37%	Fiber 5				1 Vegetable
	15%	Trans 0		Parity 68	Sugar 8				2 L Meat
B.L.T.*	320	9	20	650	43	15	2½	2½	Starch
6-inch sub	80	Sat 4		Daily 28%	Fiber 5				1 Vegetable
	25%	Trans 0		Parity 51	Sugar 6				1 HF Meat
Black Forest Ham*	290	4½	25	800	46	18	2½	2½	Starch
6-inch sub	40	Sat 1		Daily 35%	Fiber 5				1 Vegetable
	15%	Trans 0		Parity 69	Sugar 8				1½ L Meat
Chicken & Bacon Ranch Melt*	610	30	95	1290	47	38	2½	2½	Starch
6-inch sub	270	Sat 10		Daily 56%	Fiber 5				1 Vegetable
	45%	Trans <1		Parity 53	Sugar 8				4 MF Meat
									2 Fat
Chipotle Chicken Melt w/Guacamole*	460	18	70	740	46	28	2½	2½	Starch
6-inch sub	160	Sat 6		Daily 32%	Fiber 5				1 Vegetable
	35%	Trans 0		Parity 40	Sugar 7				2½ MF Meat
									1 Fat
Rotisserie-Style Chicken*	350	6	55	540	45	29	2½	2½	Starch
6-inch sub	55	Sat 1½		Daily 23%	Fiber 5				1 Vegetable
	15%	Trans 0		Parity 39	Sugar 7				3 L Meat
									½ Fat
Oven-Roasted Chicken*	320	5	45	610	46	23	2½	2½	Starch
6-inch sub	45	Sat 1½		Daily 27%	Fiber 5				1 Vegetable
	15%	Trans 0		Parity 48	Sugar 8				2 L Meat
Sweet Onion Chicken Teriyaki*	370	4	50	770	58	25	3	2½	Starch
6-inch sub	35	Sat 1		Daily 33%	Fiber 5				1 Vegetable
	10%	Trans 0		Parity 52	Sugar 16				½ Other Carb
									2½ L Meat

*Though data for Breakfast Flatbreads and Subs are shown using American Cheese, the data (except for sodium values) is nearly identical and, therefore, interchangeable for any variety of cheese available. For more information, see the note pertaining to **Salads, Breads & Cheeses** on page 85.

NOTE: Sub data is based on standard preparation which includes standard vegetables (lettuce, tomatoes, onions, green peppers, olives, & pickles) as well as cheese, oil, vinegar, salt, pepper, and select sauces when relevant. In standard amounts all vegetables contribute less than 5 calories each. **Avoid excessive use of olives.**

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Cold Cut Combo*	360	12	45	1030	46	17	2½	2½ Starch
6-inch sub	110 Sat 3½		Daily	45% Fiber	5			1 Vegetable
	30% Trans 0		Parity	72 Sugar	7			1½ MF Meat ½ Fat
Italian B.M.T.®*	410	16	45	1260	46	20	2½	2½ Starch
6-inch sub	145 Sat 6		Daily	55% Fiber	5			1 Vegetable
	35% Trans 0		Parity	77 Sugar	8			1½ MF Meat 2 Fat
Spicy Italian*	480	24	50	1480	46	20	2½	2½ Starch
6-inch sub	215 Sat 9		Daily	64% Fiber	5			1 Vegetable
	45% Trans <1		Parity	77 Sugar	8			1½ MF Meat 3 Fat
Meatball Marinara*	480	18	40	1000	60	21	3	2½ Starch
6-inch sub	160 Sat 7		Daily	43% Fiber	8			1 Vegetable
	35% Trans <1		Parity	52 Sugar	12			½ Other Carb 2 MF Meat 1 Fat
Roast Beef*	320	5	45	660	45	25	2½	2½ Starch
6-inch sub	45 Sat 1½		Daily	29% Fiber	5			1 Vegetable
	15% Trans 0		Parity	52 Sugar	7			2 L Meat
Steak & Cheese*	380	10	50	1030	49	26	2½	2½ Starch
6-inch sub	90 Sat 4½		Daily	45% Fiber	5			1 Vegetable
	25% Trans 0		Parity	68 Sugar	9			2½ L Meat 1 Fat
Turkey Breast*	280	3½	20	760	46	18	2½	2½ Starch
6-inch sub	30 Sat 1		Daily	33% Fiber	5			1 Vegetable
	10% Trans 0		Parity	68 Sugar	7			1½ L Meat
Turkey Breast & Black Forest Ham*	280	4	20	780	46	18	2½	2½ Starch
6-inch sub	35 Sat 1		Daily	34% Fiber	5			1 Vegetable
	15% Trans 0		Parity	70 Sugar	8			1½ L Meat
Classic Tuna*	480	25	40	580	44	20	2½	2½ Starch
6-inch sub	225 Sat 4½		Daily	25% Fiber	5			1 Vegetable
	45% Trans 0		Parity	30 Sugar	7			1½ L Meat 4 Fat
Veggie Delight*	230	2½	0	280	44	8	2½	2½ Starch
6-inch sub	20 Sat <1		Daily	12% Fiber	5			1 Vegetable
	10% Trans 0		Parity	30 Sugar	7			½ Fat

Salads, Cheeses & Breads *(see Note following section)*

Mini Italian or Mini Wheat Bread	130	1½	0	180	26	5	1½	1½ Starch
mini bun	15 Sat 0		Daily	8% Fiber	2			
	10% Trans 0		Parity	35 Sugar	3			
Italian or Hearty Italian or 9-Grain Wheat	210	2	0	280	40	7	2½	2½ Starch
6-inch bun	20 Sat <1		Daily	12% Fiber	2			½ Fat
	10% Trans 0		Parity	33 Sugar	5			
Italian Herbs & Cheese	250	5	10	470	40	9	2½	2½ Starch
6-inch bun	45 Sat 2½		Daily	20% Fiber	2			½ HF Meat
	20% Trans 0		Parity	47 Sugar	5			
9-Grain Honey Oat	230	3	0	280	43	8	2½	2½ Starch
6-inch bun	25 Sat <1		Daily	12% Fiber	4			½ Fat
	10% Trans 0		Parity	30 Sugar	6			

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Monterey Cheddar 6-inch bun	240 55 25%	6 Sat 2½ Trans 0	10 Daily Parity	340 15% 35	38 Fiber 2 Sugar 5	10 2½	2½ Starch ½ HF Meat	
Parmesan Oregano 6-inch bun	210 20 10%	2½ Sat <1 Trans 0	0 Daily Parity	420 18% 50	40 Fiber 2 Sugar 5	7 2½	2½ Starch ½ Fat	
Rye Bread 6-inch bun	190 20 10%	2½ Sat 0 Trans 0	0 Daily Parity	330 14% 43	34 Fiber 4 Sugar 4	8 2	2 Starch ½ Fat	
Flatbread 6-inch flatbread	230 40 15%	4½ Sat 1 Trans 0	0 Daily Parity	340 15% 37	39 Fiber 1 Sugar 2	7 2½	2½ Starch ½ Fat	
Multi-Grain Flatbread 6-inch flatbread	220 40 15%	5 Sat 1 Trans 0	0 Daily Parity	280 12% 32	38 Fiber 6 Sugar 3	8 2½	2½ Starch ½ Fat	
Adjust for Salad (sample; see note) entrée salad w/o dressing	-180 -20 Var%	-1 Sat 0 Trans 0	0 Daily Major Incr.	-210 -9% -	-34 Fiber -1 Sugar -2	-5 -2½	Add 1 Vegetable Subtract 2½ Starch	
American Cheese (sample; see note) 2 triangles	50 40 80%	4½ Sat 2½ Trans 0	15 Daily Parity	200 9% 100	0 Fiber 0 Sugar 0	4 0	½ HF Meat	

NOTE: Due to space constraints, **Salads** are shown as an adjustment based on the similar 6-inch sub. This adjustment simply allows the removal of the sub's 9-grain wheat bread and adjusts the portion of vegetables. The data represents the presence of cheese only on salads whose base sub originally contained cheese. **The sample cheese (American) shown** carries nearly identical data as all other cheese choices except for the sodium content. For each 2-triangle serving, the actual Sodium/Daily %/Parity of the other cheese choices are as follows: **Swiss** (30mg/1%/15), **Cheddar** or **Monterey Blend** (90mg/4%/45), **Pepperjack** or **Provolone** (140mg/6%/70). Previous 6-inch subs whose description denotes the use of cheese contain one of these servings; footlong subs will contain 2 such servings.

For a complete listing of fountain drinks, see inside back cover.



Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Taco Bell®

Breakfast Items

Crunchwrap® – Sausage breakfast wrap	700 415 60%	Sat Trans	14 0	150	Daily Parity	1200 52% 43	Fiber Sugar	4 3	21 3½	3½ 2 7	Starch MF Meat Fat
Crunchwrap® – Steak breakfast wrap	650 350 55%	Sat Trans	11 0	150	Daily Parity	1280 56% 49	Fiber Sugar	4 3	24 3½	3½ 2½ 5	Starch MF Meat Fat
California Crunchwrap® breakfast wrap	630 340 55%	Sat Trans	11 0	140	Daily Parity	1390 60% 55	Fiber Sugar	5 3	21 3½	3½ 2 5	Starch MF Meat Fat
Cheesy Burrito – Bacon breakfast burrito	490 250 50%	Sat Trans	11 0	240	Daily Parity	1080 47% 55	Fiber Sugar	2 3	23 2½	2½ 2½ 3	Starch MF Meat Fat
Cheesy Burrito – Sausage breakfast burrito	480 250 50%	Sat Trans	11 0	235	Daily Parity	900 39% 47	Fiber Sugar	2 2	20 2½	2½ 2 3	Starch MF Meat Fat
Cheesy Burrito – Steak & Egg breakfast burrito	480 225 45%	Sat Trans	10 0	245	Daily Parity	1060 46% 55	Fiber Sugar	2 2	26 2½	2½ 3 2	Starch MF Meat Fat
Fresco-Style Adjustment from cheesy burrito	-100 -80 Var%	Sat Trans	-5 0	-30	Daily Minor Incr.	-150 -6% Sugar	0 1 0	-7 1 0	0	0	Subtract 1 MF Meat 1 Fat
Grilled Breakfast Burrito – Bacon breakfast burrito	350 155 45%	Sat Trans	5 0	115	Daily Parity	900 39% 64	Fiber Sugar	2 3	13 2½	2½ 1 2	Starch MF Meat Fat
Grilled Breakfast Burrito – Fiesta Potato breakfast burrito	340 125 35%	Sat Trans	3½ 0	100	Daily Parity	780 34% 57	Fiber Sugar	3 3	10 3	3 ½ 2	Starch MF Meat Fat
Grilled Breakfast Burrito – Sausage breakfast burrito	340 155 45%	Sat Trans	5 0	110	Daily Parity	730 32% 54	Fiber Sugar	2 3	11 2½	2½ 1 2	Starch MF Meat Fat
Breakfast Soft Taco – Egg & Ch'se breakfast taco	170 80 45%	Sat Trans	3 0	105	Daily Parity	330 14% 49	Fiber Sugar	<1 <1	7 1	1 ½ 1	Starch MF Meat Fat
Breakfast Soft Taco – Bacon breakfast taco	240 125 50%	Sat Trans	5 0	120	Daily Parity	580 25% 60	Fiber Sugar	<1 <1	11 1	1 1 2	Starch MF Meat Fat
Breakfast Soft Taco – Sausage breakfast taco	230 130 55%	Sat Trans	5 0	115	Daily Parity	400 17% 43	Fiber Sugar	<1 <1	9 1	1 1 2	Starch MF Meat Fat
Mini Skillet Bowl 1 serving	180 100 55%	Sat Trans	2 0	100	Daily Parity	430 19% 60	Fiber Sugar	1 1	5 1	1 ½ 2	Starch MF Meat Fat
Hash Browns 2 oz. serving	160 110 70%	Sat Trans	1 0	0	Daily Parity	270 12% 42	Fiber Sugar	2 0	1 1	1 2	Starch Fat

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges**Tacos** (for "Supreme" versions of tacos, see Note below)

Doritos® Locos Taco (all styles) per taco	170 80 45%	9 Sat 3½ Trans 0	25	Daily Parity	370 16% 54	Fiber Sugar	13 3 <1	8	1	1 Starch ½ MF Meat 1 Fat
Crunchy Taco per taco	170 80 45%	9 Sat 3½ Trans 0	25	Daily Parity	310 13% 46	Fiber Sugar	13 3 <1	8	1	1 Starch ½ MF Meat 1 Fat
Double Decker® Taco per taco	320 115 35%	13 Sat 5 Trans 0	25	Daily Parity	700 30% 55	Fiber Sugar	36 7 2	14	2	2 Starch 1½ MF Meat 1 Fat
Beef Soft Taco per taco	180 80 45%	9 Sat 4 Trans 0	25	Daily Parity	490 21% 68	Fiber Sugar	17 3 1	9	1	1 Starch 1 MF Meat ½ Fat
Chicken Soft Taco per taco	160 45 30%	5 Sat 2½ Trans 0	25	Daily Parity	480 21% 75	Fiber Sugar	16 2 1	12	1	1 Starch 1½ L Meat ½ Fat
Grilled Steak Soft Taco per taco	200 90 45%	10 Sat 3½ Trans 0	30	Daily Parity	510 22% 64	Fiber Sugar	17 1 2	12	1	1 Starch 1½ L Meat 1 Fat
Spicy Potato Soft Taco per taco	230 110 50%	12 Sat 3 Trans 0	10	Daily Parity	460 20% 50	Fiber Sugar	27 2 1	5	1½	1½ Starch ½ HF Meat 2 Fat
Sour Cream Adjustment for Supreme Style add to any taco	+30 +20 Var%	+2 Sat +1 Trans 0	+5	Daily Minor Incr.	+20 +1% Sugar +1	+2 Fiber 0 Sugar +1	+1 +1	0		Add ½ Fat

Burritos

Beefy 5-Layer Burrito burrito only	500 170 35%	19 Sat 7 Trans 0	30	Daily Parity	1270 55% 64	Fiber Sugar	63 8 5	19	4	4 Starch 1½ MF Meat 2 Fat
7-Layer Burrito burrito only	430 145 35%	16 Sat 6 Trans 0	15	Daily Parity	1020 44% 59	Fiber Sugar	57 7 4	14	3½	3½ Starch 1 PB Protein 3 Fat
Bean Burrito burrito only	370 100 25%	11 Sat 4 Trans 0	5	Daily Parity	1060 46% 72	Fiber Sugar	55 9 3	14	3½	3½ Starch 1 PB Protein 2 Fat
Black Bean Burrito burrito only	380 100 25%	11 Sat 4 Trans 0	10	Daily Parity	1040 45% 60	Fiber Sugar	57 8 3	14	3½	3½ Starch 1 PB Protein 2 Fat
Beefy Fritos® Burrito burrito only	430 160 35%	18 Sat 4½ Trans 0	20	Daily Parity	1010 44% 59	Fiber Sugar	55 4 3	13	3½	3½ Starch 1 MF Meat 2 Fat
Beefy Nachos Loaded Burrito burrito only	370 135 35%	15 Sat 4 Trans 0	20	Daily Parity	810 35% 55	Fiber Sugar	47 5 3	12	3	3 Starch 1 MF Meat 2 Fat
Shredded Chicken Burrito burrito only	400 160 40%	18 Sat 4½ Trans 0	30	Daily Parity	950 41% 59	Fiber Sugar	45 3 3	16	3	3 Starch 1½ L Meat 3 Fat

NOTE: All tacos and burritos are also available as "Supreme" by adding sour cream. For the Supreme version, apply the adjustment at the end of Taco section to your chosen style of taco or burrito.

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Cheesy Bean & Rice Burrito	420	17	5	920	55	11	3½	3½ Starch
burrito only	155	Sat 3½	Daily	40%	Fiber 6			½ MF Meat
	35%	Trans 0	Parity	55	Sugar 4			3 Fat
Cheesy Potato Burrito	480	22	40	1280	54	18	3½	3½ Starch
burrito only	200	Sat 7	Daily	56%	Fiber 7			1½ HF Meat
	40%	Trans <1	Parity	67	Sugar 4			2 Fat

Chalupas & Gorditas

Beef Chalupa Supreme®	360	21	30	570	31	13	2	2 Starch
chalupa only	190	Sat 5	Daily	25%	Fiber 4			1½ MF Meat
	55%	Trans 0	Parity	40	Sugar 4			2 Fat
Chicken or Steak Chalupa Supreme®	340	18	35	540	30	16	2	2 Starch
chalupa only	160	Sat 4	Daily	23%	Fiber 2			1½ L Meat
	45%	Trans 0	Parity	40	Sugar 3			3 Fat
Cheesy Gordita Crunch	490	28	55	890	40	20	2½	2½ Starch
gordita only	250	Sat 10	Daily	39%	Fiber 5			2 HF Meat
	50%	Trans <1	Parity	45	Sugar 5			3 Fat
Beef Gordita Supreme®	280	12	30	570	31	13	2	2 Starch
gordita only	110	Sat 4½	Daily	25%	Fiber 3			1½ MF Meat
	40%	Trans 0	Parity	51	Sugar 5			½ Fat
Chicken or Steak Gordita Supreme®	260	9	35	540	30	16	2	2 Starch
gordita only	80	Sat 3½	Daily	23%	Fiber 2			1½ L Meat
	30%	Trans 0	Parity	52	Sugar 5			1 Fat

Mini Quesadillas

Beefy Mini Quesadilla	210	12	25	530	17	9	1	1 Starch
quesadilla only	110	Sat 4	Daily	23%	Fiber 3			1 MF Meat
	50%	Trans 0	Parity	63	Sugar 1			1 Fat
Shredded Chicken Mini Quesadilla	180	8	25	520	15	12	1	1 Starch
quesadilla only	70	Sat 2½	Daily	23%	Fiber 2			1½ MF Meat
	40%	Trans 0	Parity	72	Sugar 1			½ Fat

Taco Salads (includes chips)

Beef Fiesta Taco Salad	760	39	55	1340	75	27	4½	4½ Starch
entrée salad	350	Sat 10	Daily	58%	Fiber 11			1 Vegetable
	45%	Trans 1	Parity	44	Sugar 7			2½ MF Meat
								5 Fat
Chicken or Steak Fiesta Taco Salad	720	33	65	1280	71	32	4½	4½ Starch
entrée salad	295	Sat 7	Daily	56%	Fiber 8			1 Vegetable
	40%	Trans 0	Parity	44	Sugar 6			3 L Meat
								5 Fat

Specialties

Cheese Roll-Up	180	9	20	430	15	9	1	1 Starch
1 roll-up	80	Sat 5	Daily	19%	Fiber 2			1 HF Meat
	45%	Trans 0	Parity	60	Sugar <1			
Crunchwrap Supreme®	530	21	25	1190	71	16	4½	4½ Starch
wrap only	190	Sat 6	Daily	52%	Fiber 6			1 MF Meat
	35%	Trans 0	Parity	56	Sugar 6			3 Fat
MexiMelt®	250	13	40	720	19	14	1	1 Starch
meximelt only	115	Sat 7	Daily	31%	Fiber 3			1½ MF Meat
	45%	Trans <1	Parity	72	Sugar 2			1 Fat

	Calories & calories from fat w/pct.	Dietary fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Mexican Pizza 1 pizza	550 270 50%	30 Sat 8 Trans <1	40	980 Daily 43% Parity 45	49 Fiber 7 Sugar 3	21	3	3 Starch 2 MF Meat 4 Fat
Spicy Tostada tostada only	210 90 45%	10 Sat 3 Trans 0	10	440 Daily 19% Parity 52	22 Fiber 5 Sugar 1	6	1½	1½ Starch ½ PB Protein 1 Fat

Nachos & Side Items

Nachos BellGrande® platter serving	750 340 45%	38 Sat 6 Trans 0	25	1290 Daily 56% Parity 43	84 Fiber 13 Sugar 5	19	5	5 Starch 1 HF Meat 6 Fat
Nachos Supreme individual serving	440 205 45%	23 Sat 4½ Trans 0	25	840 Daily 37% Parity 48	46 Fiber 8 Sugar 3	13	2½	2½ Starch 1 HF Meat 3 Fat
Triple Layer Nachos individual serving	320 135 40%	15 Sat 1½ Trans 0	0	610 Daily 27% Parity 48	41 Fiber 6 Sugar 2	7	2½	2½ Starch ½ HF Meat 2 Fat
Black Beans individual serving	80 15 20%	1½ Sat 0 Trans 0	0	200 Daily 9% Parity 63	12 Fiber 5 Sugar <1	4	½	½ Starch ½ PB Protein ½ Fat
Black Beans & Rice individual serving	180 35 20%	4 Sat 0 Trans 0	0	430 Daily 19% Parity 60	30 Fiber 5 Sugar <1	6	1½	1½ Starch ½ PB Protein 1 Fat
Cheesy Fiesta Potatoes individual serving	230 110 50%	12 Sat 2 Trans 0	5	520 Daily 23% Parity 57	28 Fiber 2 Sugar 2	3	2	2 Starch 2 Fat
Pintos 'n Cheese individual serving	190 65 35%	7 Sat 3 Trans 0	10	680 Daily 30% Parity 89	22 Fiber 7 Sugar <1	10	1½	1½ Starch 1 PB Protein 1 Fat
Premium Latin Rice individual serving	100 20 20%	2½ Sat 0 Trans 0	0	230 Daily 10% Parity 58	18 Fiber 0 Sugar 0	2	1	1 Starch ½ Fat

For a complete listing of fountain drinks, see inside back cover.



Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

Wendy's®

Hamburgers

Kids' Hamburger small sandwich	240	9	40	500	24	14	1½	1½	Starch
	80	Sat 3½		Daily 22%	Fiber 1				1½ MF Meat
	35%	Trans <1		Parity 52	Sugar 5				
Kids' Cheeseburger small sandwich	270	13	50	700	25	15	1½	1½	Starch
	115	Sat 6		Daily 30%	Fiber 1				1½ MF Meat
	45%	Trans <1		Parity 65	Sugar 5				1 Fat
Jr. Hamburger small sandwich	240	10	40	620	25	14	1½	1½	Starch
	90	Sat 3½		Daily 27%	Fiber 1				1½ MF Meat
	40%	Trans <1		Parity 65	Sugar 5				
Jr. Cheeseburger small sandwich	280	13	50	820	25	16	1½	1½	Starch
	115	Sat 6		Daily 36%	Fiber 1				1½ MF Meat
	40%	Trans <1		Parity 73	Sugar 5				1 Fat
Jr. Cheeseburger Deluxe small sandwich	330	19	55	810	27	16	1½	1½	Starch
	170	Sat 7		Daily 35%	Fiber 2				1½ MF Meat
	50%	Trans 1		Parity 61	Sugar 6				2 Fat
Jr. Bacon Cheeseburger small sandwich	380	22	65	850	26	19	1½	1½	Starch
	200	Sat 8		Daily 37%	Fiber 1				2 MF Meat
	55%	Trans 1		Parity 56	Sugar 5				2 Fat
Dave's Single™ Cheeseburger sandwich only	570	34	100	1230	39	30	2½	2	Starch
	280	Sat 13		Daily 53%	Fiber 3				½ Other Carb
	50%	Trn. 1½		Parity 53	Sugar 9				3½ MF Meat
									3 Fat
Son of Baconator® sandwich only	630	40	130	1650	37	34	2½	2	Starch
	360	Sat 15		Daily 72%	Fiber 2				½ Other Carb
	55%	Trn. 1½		Parity 65	Sugar 8				4 MF Meat
									3 Fat

Other Sandwiches & Wraps

Homestyle Chicken Sandwich sandwich only	520	21	75	1200	52	30	3	3	Starch
	190	Sat 4		Daily 52%	Fiber 4				3 MF Meat
	35%	Trans 0		Parity 58	Sugar 6				1 Fat
Grilled Chicken Sandwich sandwich only	360	8	90	820	38	35	2½	2	Starch
	70	Sat 1½		Daily 36%	Fiber 3				½ Other Carb
	20%	Trans 0		Parity 57	Sugar 11				4 L Meat
Spicy Chicken Sandwich sandwich only	510	21	75	1110	51	30	3	3	Starch
	190	Sat 4		Daily 48%	Fiber 3				3 MF Meat
	35%	Trans 0		Parity 54	Sugar 6				1 Fat
Premium Cod Sandwich sandwich only	450	22	40	1080	48	17	3	3	Starch
	200	Sat 4		Daily 47%	Fiber 4				1 MF Meat
	45%	Trans 0		Parity 60	Sugar 5				3 Fat
Grilled Chicken Wrap wrap/kids' meal	270	11	55	680	24	20	1½	1½	Starch
	100	Sat 3½		Daily 30%	Fiber 2				2½ L Meat
	35%	Trans 0		Parity 63	Sugar 3				1 Fat
Spicy Chicken Wrap wrap only	370	20	50	850	30	18	2	2	Starch
	180	Sat 5		Daily 37%	Fiber 2				2 MF Meat
	50%	Trans 0		Parity 57	Sugar 2				2 Fat

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges**Half Salads (menu presentation)**

Apple Pecan Chicken Salad	340	17	55	570	29	20	1½	1½	Fruit
half salad w/ dressing & nuts	45%	Sat 4½	Trans 0	Daily Parity 25%	Fiber 4	Sugar 22			½ Other Carb
BBQ Ranch Chicken	310	15	65	710	25	21	1	1	Vegetable
half salad w/dressing	45%	Sat 5	Trans 0	Daily Parity 31%	Fiber 3	Sugar 17			1 Other Carb
Power Mediterranean Chicken Salad	240	9	50	520	22	20	1	1	Starch
half salad w/dressing	35%	Sat 2½	Trans 0	Daily Parity 23%	Fiber 5	Sugar 10			1 Vegetable
Spicy Caesar Chicken Salad	410	24	80	990	29	23	1½	1½	Starch
half salad w/dressing & croutons	50%	Sat 7	Trans <1	Daily Parity 43%	Fiber 5	Sugar 4			1 Vegetable

Side Items

Apple Slices kids' serving	35	0	0	0	9	0	½	½	Fruit
	0%	Sat 0	Trans 0	Daily Parity 0%	Fiber 2	Sugar 7			
Chicken Nuggets 4-piece kids' serving w/o sauce	180	13	30	390	10	10	½	½	Starch
	65%	Sat 2½	Trans 0	Daily Parity 17%	Fiber 1	Sugar 0			1½ MF Meat
Spicy Chicken Nuggets 4-piece w/o sauce	190	12	35	480	11	10	½	½	Starch
	60%	Sat 2½	Trans 0	Daily Parity 21%	Fiber 1	Sugar 0			1½ MF Meat
Baked Potato potato w/o toppings	270	0	0	25	61	7	4	4	Starch
	0%	Sat 0	Trans 0	Daily Parity 1%	Fiber 7	Sugar 3			
Sour Cream & Chive Bkd. Potato potato w/toppings	310	2½	10	35	63	8	4	4	Starch
	5%	Sat 1½	Trans 0	Daily Parity 11%	Fiber 7	Sugar 4			½ Fat
Broccoli Cheese Baked Potato potato w/toppings	430	11	25	570	70	15	4	4	Starch
	25%	Sat 6	Trans 0	Daily Parity 25%	Fiber 10	Sugar 7			1 Vegetable
Rich & Meaty Chili small bowl	170	5	35	780	16	15	1	1	Starch
	25%	Sat 2	Trans 0	Daily Parity 34%	Fiber 4	Sugar 6			1½ PB Prot.
Natural-Cut Fries small serving	320	15	0	320	43	5	2½	2½	Starch
	40%	Sat 2½	Trans 0	Daily Parity 14%	Fiber 4	Sugar 0			3 Fat
Chocolate Classic Frosty Jr. kids' cup	200	5	90	370	32	5	2	2	Other Carb
	25%	Sat 3	Trans 0	Daily Parity 16%	Fiber 2	Sugar 27			1 Fat
Vanilla Classic Frosty Jr. kids' cup	190	4½	90	310	32	5	2	2	Other Carb
	20%	Sat 3	Trans 0	Daily Parity 13%	Fiber 0	Sugar 27			1 Fat

For a complete listing of fountain drinks, see inside back cover.

Calories & calories
from fat w/pct.

Dietary fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Protein (g)

Carb exchange

Dietary
exchanges

White Castle®

Sliders® (see Note below)

The Original Slider® small sandwich	140	6	10	360	13	7	½	½	Starch
	55	Sat 2½		Daily 16%	Fiber 1				1 MF Meat
	40%	Trans <1		Parity 64	Sugar 1				½ Fat
Cheese Slider® small sandwich	160	9	15	500	14	8	½	½	Starch
	80	Sat 4		Daily 22%	Fiber 1				1 MF Meat
	50%	Trans <1		Parity 78	Sugar 2				1 Fat
Bacon Cheese Slider® small sandwich	220	14	25	640	13	11	½	½	Starch
	125	Sat 6		Daily 28%	Fiber 1				1½ MF Meat
	55%	Trans <1		Parity 73	Sugar 2				1 Fat
Chicken Ring Slider® small sandwich	380	30	40	460	16	10	1	1	Starch
	270	Sat 7		Daily 20%	Fiber 1				1 MF Meat
	70%	Trans 0		Parity 30	Sugar 2				5 Fat
Chicken Breast Slider® small sandwich	390	28	25	650	20	13	1	1	Starch
	250	Sat 6		Daily 28%	Fiber 1				1½ MF Meat
	65%	Trans 0		Parity 42	Sugar 2				4 Fat
Grl. Chicken Slider® w/Ched'r & Bacon small sandwich	240	12	50	880	15	16	1	1	Starch
	110	Sat 3		Daily 38%	Fiber 1				2 L Meat
	45%	Trans 0		Parity 92	Sugar 3				2 Fat
Fish Slider® small sandwich	340	24	20	410	18	11	1	1	Starch
	215	Sat 5		Daily 18%	Fiber 1				1 MF Meat
	65%	Trans 0		Parity 30	Sugar 2				4 Fat
Plain Grilled Chicken Slider® small sandwich	180	7	40	570	13	15	½	½	Starch
	65	Sat 1½		Daily 25%	Fiber 1				2 L Meat
	35%	Trans 0		Parity 79	Sugar 2				1 Fat

Side Items

French Fries small serving	330	21	0	50	32	3	2	2	Starch
	190	Sat 4		Daily 2%	Fiber 3				4 Fat
	60%	Trans 0		Parity low	Sugar 2				
Onion Chips small serving	480	36	0	690	33	4	2	2	Starch
	325	Sat 6		Daily 30%	Fiber 6				7 Fat
	70%	Trans 0		Parity 36	Sugar 4				
Chicken Rings 6-piece serving	530	47	105	610	12	18	½	½	Starch
	425	Sat 9		Daily 27%	Fiber 0				2½ MF Meat
	80%	Trans 0		Parity 29	Sugar 0				7 Fat
Fish Nibblers small serving	320	16	10	700	28	16	1½	1½	Starch
	145	Sat 3		Daily 30%	Fiber 1				1½ MF Meat
	45%	Trans 0		Parity 55	Sugar 1				2 Fat
Shrimp Nibblers small serving	430	29	80	910	31	12	2	2	Starch
	260	Sat 4½		Daily 40%	Fiber 2				1 MF Meat
	60%	Trans 0		Parity 53	Sugar 2				4 Fat
Mozzarella Cheese Sticks 3-piece serving	440	33	30	850	22	12	1½	1½	Starch
	295	Sat 9		Daily 37%	Fiber 1				1 MF Meat
	65%	Trans 0		Parity 48	Sugar 1				5 Fat

NOTE: An additional 50mg sodium per hamburger patty should be added to sandwiches sold in New York or New Jersey. All other information presented remains fairly consistent nationwide.

For a complete listing of fountain drinks, see inside back cover.

Serving size

Calories

Sodium (mg)

Carbohydrate (g)

Sugar (g)

Carb exchange

Dietary exchanges

Fountain Drinks *(Listing supplied by manufacturers)*

Coca-Cola Products

Coca-Cola® Classic	16 fl. oz. cup over ice	130	10	36	36	2	2	Other Carb
Diet Coke®	16 fl. oz. cup over ice	0	15	0	0	0	0	Free
Caffeine-Free Diet Coke®	16 fl. oz. cup over ice	0	15	0	0	0	0	Free
Cherry Coca-Cola®	16 fl. oz. cup over ice	135	5	37	37	2	2	Other Carb
Barq's® Root Beer	16 fl. oz. cup over ice	145	30	40	40	2½	2½	Otr. Carb
Fanta® Orange	16 fl. oz. cup over ice	150	10	40	40	2½	2½	Otr. Carb
Hi-C Flashin' Fruit Punch®	16 fl. oz. cup over ice	135	10	37	37	2	2	Other Carb
Hi-C Orange Lavaburst®	16 fl. oz. cup over ice	145	0	40	40	2½	2½	Otr. Carb
Mello Yello®	16 fl. oz. cup over ice	140	10	38	38	2½	2½	Otr. Carb
Min. Maid® Lemonade	16 fl. oz. cup over ice	130	55	34	34	2	2	Other Carb
Min. Maid® Lite Lemonade	16 fl. oz. cup over ice	5	5	1	1	0	0	Free
Minute Maid® Orange	16 fl. oz. cup over ice	140	0	38	38	2½	2½	Otr. Carb
Nestea® Iced Tea (sweet)	16 fl. oz. cup over ice	80	20	22	22	1½	1½	Otr. Carb
Nestea® Iced Tea (unsweet)	16 fl. oz. cup over ice	0	20	0	0	0	0	Free
Nestea® Rspbry. Iced Tea	16 fl. oz. cup over ice	105	10	28	28	2	2	Other Carb
Pibb Xtra®	16 fl. oz. cup over ice	130	20	34	34	2	2	Other Carb
Powerade Mtn. Blast®	16 fl. oz. cup over ice	95	20	25	25	1½	1½	Otr. Carb
Sprite®	16 fl. oz. cup over ice	130	30	34	34	2	2	Other Carb

Pepsi-Cola Products

Pepsi®	16 fl. oz. cup over ice	130	35	37	37	2	2	Other Carb
Diet Pepsi®	16 fl. oz. cup over ice	0	40	0	0	0	0	Free
Diet Caff.-Free Pepsi®	16 fl. oz. cup over ice	0	40	0	0	0	0	Free
Wild Cherry Pepsi®	16 fl. oz. cup over ice	145	35	38	38	2½	2½	Otr. Carb
Mountain Dew®	16 fl. oz. cup over ice	145	45	41	41	2½	2½	Otr. Carb
Diet Mountain Dew®	16 fl. oz. cup over ice	0	40	0	0	0	0	Free
Mtn. Dew Code Red®	16 fl. oz. cup over ice	145	45	41	41	2½	2½	Otr. Carb
Mug® Root Beer	16 fl. oz. cup over ice	130	40	34	34	2	2	Other Carb
Sierra Mist®	16 fl. oz. cup over ice	130	35	36	36	2	2	Other Carb
Slice®	16 fl. oz. cup over ice	145	45	41	41	2½	2½	Otr. Carb

Other Products

A&W® Root Beer	15 fl. oz. cup w/o ice	220	40	57	29	3½	3½	Otr. Carb
A&W® Diet Root Beer	15 fl. oz. cup w/o ice	0	40	0	0	0	0	Free
Dr Pepper®	16 fl. oz. cup over ice	130	50	35	35	2	2	Other Carb
Diet Dr Pepper®	16 fl. oz. cup over ice	0	50	0	0	0	0	Free
Squirt®	16 fl. oz. cup over ice	130	20	35	35	2	2	Other Carb

NOTE: Values represent fountain settings recommended by manufacturer. Sodium values will vary depending upon local water supplies. Categories not listed are not applicable. Calculations account for 16 fl. oz. cup over ice (approximately 10½ fl. oz. soda and 5½ fl. oz. ice).



For more resources, please call
The Lilly Answers Center at
1-800-LillyRx (1-800-545-5979)
or contact your local Lilly representative.