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From: Kathleen Frank on behalf of Sara Jones
Sent: Wednesday, February 20, 2008 8:15 AM
To: DistrictWideUsers
Subject: Wellness Wednesday: Fast Food

Fast Food:

It's fast! It's easy! It tastes good! There are lots of reasons why people cruise through fast food restaurants. "I'm trying to lose weight," is not usually one of them. While the occasional burger and fries won't wreak havoc with your waistline, eating at fast food restaurants regularly might.

Check out the calorie counts below for some of your favorite fast foods—and think about how you can make some choices that can easily trim calories, but still give you that fast, easy, cheap, tasty fix you're looking for.

Menu Item	Calories		Menu Item	Calories
Hamburger	270		Garden salad (small)*	180
Cheeseburger	320		Garden salad (large)*	217
Double cheeseburger	600		Grilled chicken salad*	327
Double cheeseburger w bacon	640		Cobb salad*	308
Fish sandwich w sauce	430		Taco salad (no shell)*	519
Roast Beef Sandwich	310		Fries, small	210
Big Roast Beef Sandwich	490		Fries, large	450
Grilled chicken sandwich	310		Fries, super	540
Chicken nuggets, 6 pieces	300		Cheddar fries	583
Turkey bacon club	401		Onion rings	310
Pork Tenderloin	515		Mixed Fresh Fruit (seasonal)	95
Boca Burger (no pickle)	340		Hot fudge sundae	340
Veggie Club	243		Fruit Pie	290
Baked potato, plain	310		Soda, small (16 oz)	150
Baked potato with cheese	570		Soda, medium (21 oz)	210
Chili, small (8 oz)	210		Soda, large (32 oz)	310
Chili, large (12 oz)	310		Chocolate milkshake, small	360
Chicken noodle soup (8oz)	140		Vanilla milkshake, small	310

*Salad dressing not included

For more information with calorie counts for other fast food restaurants check out www.dwlz.com/restaurants.html.

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The Wellness Committee welcomes your comments & suggestions.
