

*Make educated choices within  
your meal plan...*

## Tips for Healthier Eating



Indispensable to  
human health

# BD Getting Started™ Fast Food Guide

## Introduction to Fast Food Guide

### Dining Out

BD provides this Guide for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Do not disregard professional advice or delay in seeking it because of something you read in this guide.

Eating at fast food restaurants can be a challenge for someone with diabetes. Meals can be high in fat, sodium, calories, and carbohydrate. Finding fast food that fits into your meal plan takes planning. If you know the nutritional content of the menu items you want to eat, you can make educated choices within your meal plan. This booklet provides you with the nutritional information for the following fast food restaurants: Arby's®, Baskin Robbins®, Burger King®, Carl's Jr.®, Dairy Queen®, Domino's Pizza®, Dunkin Donuts®, Einstein Bros Bagels®, Jack-In-The-Box®, Jamba Juice®, Kentucky Fried Chicken®, Krispy Kreme Doughnuts®, McDonald's®, Panda Express®, Pizza Hut®, Starbucks®, Subway®, Taco Bell®, and Wendy's®.

The nutrition information was obtained from the individual restaurants. Menu items were analyzed by computer and not by chemical analysis of the product. Soft drinks are not listed in each of the fast food restaurants. Refer to Einstein's cold beverage section for a sampling of these items. Specialty drinks like milkshakes, smoothies, and coffees have been included. For more detailed information you may visit the restaurant's web site found at the top of each page.

The nutritional information includes serving sizes (weight), calories, carbohydrates, fiber, protein, fat, percent calories from fat, saturated fat, cholesterol, and sodium. Meal Exchanges are also included. **The legend for the Exchanges are: c=carb (starch, fruit, milk and vegetables); m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat.**

A Registered Dietitian or Certified Diabetes Educator can teach you how to interpret this guide so that you can make food choices that best fit into your meal plan.

### Tips for Healthier Eating

- Know your meal plan

Meal plans should be based on the eating habits of the person with diabetes. For most adults, 2-4 carbohydrate servings (30-60g) per meal and 1-2 carbohydrate servings (15-30g) for snacks are reasonable amounts. Children, teenagers and athletes need more calories and may need to eat more carbohydrates. Check with your diabetes educator for the proper amount of carbohydrates for meals and snacks.

Healthy ranges of fat are 30-60g for children, 40-80g for teenagers, 30-60g for women, 40-80g for men, and 80-120g for athletes or those with very high activity levels. People over the age of two generally should get no more than 30 percent of their calories from fat. Limiting saturated fat to less than 10% (no more than 20g for adults) is also important for a healthy heart. The following chart will help you determine the maximum fat intake for your calorie level.

Calories	Fat	% Cals from Fat
1200	30g	23%
1500	40g	24%
1800	50g	25%
2000	60g	27%
2200	70g	28%
2500	80g	29%
2800	90g	29%
3000	100g	30%

- Sodium (Salt) should be limited to 2400mg/day. People with high blood pressure should generally eat 2000mg or less/day. Discuss your sodium limits with your diabetes educator.
- Fill up on fiber - choose salads, vegetables, and whole grain breads. Bring fruit or raw vegetables from home to add to your meal.
- To reduce fat, calories, and sodium, limit fried foods, cheese, bacon, pickles, olives, mayonnaise, tartar sauces, sour cream, and "special sauces". Order sauces, gravy, and dressings on the side and use a small amount. Choose a small order of fries instead of a large. A side salad or a serving of vegetables is a better choice than fries. Eat fresh vegetables, light mayonnaise, and reduced calorie dressings whenever possible.
- Choose grilled or baked chicken or fish instead of beef. Grilled chicken sandwiches or salads are usually the best fast food choices. When ordering beef, choose the smallest burger without special sauces and cheese. Ask for extra lettuce, tomatoes, and onions.
- Control portions - consider splitting a meal with a friend or take half home for another meal. Avoid super-sizing!
- Speak up - don't be afraid to ask questions to make sure that you are getting what you really want. Ask how a sandwich is prepared or if the restaurant offers a low fat salad dressing selection.
- If possible, exercise more to help burn additional calories and control blood sugar levels.

- Test blood sugar levels 2-3 hours after your meal to evaluate its effect.
- A high fat meal may cause your blood sugar to rise 6 to 8 hours after eating.

You can work fast food into your diet once in a while and still maintain good health. The basis of a healthy diet is one that is made up of a variety of foods such as whole grains, fruits and vegetables, lean meats, low fat dairy products, and healthy fats. Choosing foods that are not processed foods and are high in fiber will improve the quality of your diet and keep sodium low.

## Sample Menu Items

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### Breakfast:

**McDonald's** - 400 calories, 60g carbohydrate, 12g fat, 800mg sodium  
Egg McMuffin  
6 oz Orange Juice

**Dunkin Donuts** - 400 calories, 70g carbohydrate, 4.5g fat, 270mg sodium  
Bagel with 2T cream cheese

**Einstein's** - 300 calories, 55g carbohydrate, 4.5g fat, 270mg sodium  
Challah Roll

**Krispy Kreme Donuts** - 230 calories, 33g carbohydrate, 9g fat, 85mg sodium  
Cinnamon Twist

### Lunch and Dinner:

**Subway** - 300 calories, 40g carbohydrate, 6g fat, 900 mg sodium  
Roasted Chicken Breast on Country Wheat (6" sub)  
Water

**Wendy's** - 400 calories, 40g carbohydrate, 10g fat, 900mg sodium  
Grilled Chicken Sandwich  
Side Salad  
Water

**Pizza Hut** - 400 calories, 60g carbohydrate, 16g fat, 1200mg sodium  
2 Slices Cheese Pizza w/Veggies  
(order pizza with 1/2 the amount of cheese)

**Taco Bell** - 370 calories, 54g carbohydrate, 12g fat, 1100mg sodium  
Bean Burrito  
Raw Veggies (i.e. baby carrots) from home

**Carl's Jr** - 400 calories, 45g carbohydrate, 12g fat, 450mg sodium  
Charbroiled Chicken Salad-To-Go  
1/2 Plain Baked Potato w/Chives and 2T Sour Cream

**KFC** - 350 calories, 35g carbohydrate, 8g fat, 1300mg sodium  
Tender Roast Sandwich without sauce  
Mean Greens

**Arby's** - 400 calories, 45g carbohydrate, 17g fat, 1000mg sodium  
Regular Roast Beef Sandwich with Garden Salad

**Arby's** - 450 calories, 45g carbohydrate, 15g fat, 1200mg sodium  
Grilled Chicken Salad  
Child Size Homestyle Fries

**Dairy Queen** - 400 calories, 35g carbohydrate, 14g fat, 1400mg sodium  
Grilled Chicken Salad with Fat Free Italian Dressing (to reduce sodium, use less salad dressing)  
1/2C. DQ Chocolate Soft Serve Ice Cream

**Jack-In-The-Box** - 400 calories, 65g carbohydrate, 11g fat, 900mg sodium  
Chicken Fajita Pita  
Fruit (from home)

### Snacks:

**Starbucks** - 160 calories, 23g carbohydrate, 1g fat, 200mg sodium  
Grande Nonfat Latte

**Baskin Robbins** - 180 calories, 31g carbohydrate, 2.5g fat, 100mg sodium  
Low fat Espresso 'n Cream Regular Scoop Ice Cream

**Taco Bell** - 190 calories, 19g carbohydrate, 7g fat, 480mg sodium  
Soft Chicken Taco



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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Breakfast Items</b>					
Biscuit With Butter	1 each	82	280	27	0.5
Biscuit With Ham	1 each	125	330	28	1
Biscuit With Sausage	1 each	122	460	28	1
Biscuit With Bacon	1 each	96	360	27	1
Croissant With Ham	1 each	105	310	29	0
Croissant With Sausage	1 each	102	440	29	0
Croissant With Bacon	1 each	76	340	28	1
Sourdough With Ham	1 each	173	390	67	2
Sourdough With Sausage	1 each	170	520	67	2
Sourdough With Bacon	1 each	144	420	66	3
Add Egg	1 each	57	110	2	0
Add Slice Swiss Cheese	1 each	14	45	0	0
French Toastix (No Syrup)	1 serving	124	370	48	4
<b>Roast Beef Sandwiches</b>					
Arby's Melt With Cheddar	1 each	150	340	36	2
Arby-Q®	1 each	186	360	40	2
Beef 'N Cheddar	1 each	198	480	43	2
Big Montana®	1 each	313	630	41	3
Giant Roast Beef	1 each	228	480	41	3
Junior Roast Beef	1 each	129	310	34	2
Regular Roast Beef	1 each	157	350	34	2
Super Roast Beef	1 each	245	470	47	3
<b>Other Sandwiches</b>					
Chicken Bacon 'N Swiss	1 each	213	610	49	2
Chicken Breast Fillet	1 each	208	540	47	2
Chicken Cordon Bleu	1 each	242	630	47	2
Grilled Chicken Deluxe	1 each	252	450	37	2
Roast Chicken Club	1 each	278	520	38	2
Hot Ham 'N Swiss	1 each	170	340	35	1
<b>Sub Sandwiches</b>					
French Dip	1 each	285	440	42	2
Hot Ham 'N Swiss	1 each	278	530	45	3
Italian	1 each	312	780	49	3
Philly Beef 'N Swiss	1 each	311	700	46	4
Roast Beef	1 each	334	760	47	3
Turkey	1 each	306	630	51	2
<b>Market Fresh Sandwiches</b>					
Roast Beef & Swiss	1 each	360	810	73	5
Roast Ham & Swiss	1 each	360	730	74	5

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
5	17	54	4	0	780	2c-1m-1f
12	20	55	5	30	830	2c-2m-1f
12	33	65	9	25	300	2c-2m-3f
9	24	61	7	10	220	2c-1m-3f
13	19	55	11	50	1130	2c-2m
13	32	66	15	45	600	2c-2m-3f
10	23	62	13	30	520	2c-1m-3f
19	6	12	1	30	1570	4c-2 lm
19	19	33	5	25	1040	4c-2m-1f
16	10	21	2.5	10	960	4c-2m
5	9	72	2	175	170	1m-1f
3	3	68	2	10	220	1 lm
7	17	41	4	0	440	3c-1m-1f
16	15	41	5	70	890	2c-2m-1f
16	14	36	4	70	1530	3c-2m
23	24	46	8	90	1240	3c-3m
47	32	46	15	155	2080	3c-6m
32	23	43	10	110	1440	3c-4m
16	13	39	4.5	70	740	2c-2m
21	16	43	6	85	950	2c-3m
22	23	44	7	85	1130	3c-3m
31	33	48	8	110	1550	3c-4m-1f
24	30	49	5	90	1160	3c-3m-2f
34	35	49	8	120	1820	3c-5m
29	22	44	4	110	1050	2c-4m
29	28	50	7	115	1440	2c-4m-2f
23	13	35	4.5	90	1450	2c-3 lm
28	18	36	8	100	1680	3c-3m
29	27	45	8	110	1860	3c-4m
29	53	60	15	120	2440	3c-4m-5f
36	42	54	15	130	1940	3c-5m-2f
35	48	56	16	130	2230	3c-5m-3f
26	37	52	9	100	2170	4c-4m
37	42	47	13	130	1780	5c-5m-1f
36	34	42	8	125	2180	5c-5m



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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Roast Chicken Caesar	1 each	363	820	75	5
Roast Turkey & Swiss	1 each	360	760	75	5
<b>Market Fresh Salads</b>					
Turkey Club Salad (dressing not included)	1 each	325	350	9	3
Caesar Salad (dressing not included)	1 each	223	90	8	3
Grilled Chicken Caesar (dressing not incl.)	1 each	338	230	8	3
Chicken Finger Salad (dressing not incl.)	1 each	367	570	39	3
Caesar Side Salad	1 each	137	45	4	2
<b>Light Menu</b>					
Light Grilled Chicken	1 each	174	280	30	3
Light Roast Chicken Deluxe	1 each	194	260	33	3
Light Roast Turkey Deluxe	1 each	194	260	33	3
<b>Salads</b>					
Roast Chicken Salad	1 each	420	160	15	6
Grilled Chicken Salad	1 each	464	210	14	6
Garden Salad	1 each	349	70	14	6
Side Salad	1 each	161	25	5	2
<b>Side Items</b>					
Cheddar Curly Fries	1 each	170	460	54	4
Curly Fries, small	1 each	99	310	39	3
Curly Fries, medium	1 each	128	400	50	4
Curly Fries, large	1 each	198	620	78	7
Homestyle Fries, child-size	1 each	85	220	32	3
Homestyle Fries, small	1 each	113	300	42	3
Homestyle Fries, medium	1 each	142	370	53	4
Homestyle Fries, large	1 each	213	560	79	6
Potato Cakes (2)	1 each	100	250	26	3
Jalapeño Bites®	1 each	111	330	30	2
Mozzarella Sticks	1 each	137	470	34	2
Onion Petals	1 each	113	410	43	2
Chicken Finger Snack	1 each	181	580	55	3
Chicken Finger 4-Pack	1 each	192	640	42	0
Baked Potato with Butter & Sour Cream	1 each	320	500	65	6
Broccoli 'N Cheddar Baked Potato	1 each	384	540	71	7

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
43	38	41	9	140	2160	5c-6m
43	33	39	6	130	1920	5c-5m
33	21	54	10	90	920	5m
7	4	38	2.5	10	170	1m
33	8	30	3.5	80	920	4 lm
30	34	54	9	65	1300	2c-4m-2f
4	2	44	1	5	95	1f
29	5	17	1.5	55	1170	2c-3 lm
23	5	17	1	40	1010	2c-3 lm
23	5	17	0.5	40	980	2c-3 lm
20	2.5	13	0	40	700	1c-3 vlm
30	4.5	19	1.5	65	800	1c-4 vlm
4	1	7	0	0	45	1c
2	0	0	0	0	20	free
6	24	48	6	5	1290	4c-4f
4	15	45	3.5	0	770	2c-3f
5	20	45	5	0	990	3c-4f
8	30	44	7	0	1540	5c-5f
3	10	39	2.5	0	430	2c-2f
3	13	40	3.5	0	570	3c-2f
4	16	38	4	0	710	4c-2f
6	24	39	6	0	1070	5c-4f
2	16	56	4	0	490	2c-2f
7	21	57	9	40	670	2c-4f
18	29	55	14	60	1330	2c-7f
4	24	54	3.5	0	300	3c-4f
19	32	50	7	35	1450	4c-2m-3f
31	38	55	8	70	1590	4c-2m-4f
8	24	42	15	55	170	4c-4f
12	24	39	12	50	680	5c-1m-2f



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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Deluxe Baked Potato	1 each	361	650	67	6
<b>Desserts</b>					
Apple Turnover (Iced)	1 each	128	420	65	2
Cherry Turnover (Iced)	1 each	128	410	63	1
Vanilla Shake	1 each	397	470	83	0
Chocolate Shake	1 each	397	480	84	0
Strawberry Shake	1 each	397	500	87	0
Jamocha Shake	1 each	397	470	82	0
<b>Condiments</b>					
Arby's Sauce® Packet	1 each	14	15	4	0
BBQ Dipping Sauce	1 each	28	40	10	0
Au Jus Sauce	1 each	85	5	1	0
BBQ Vinaigrette Dressing	1 each	57	140	9	0
Bleu Cheese Dressing	1 each	57	300	3	0
Bronco Berry Sauce®	1 each	43	90	23	0
Buttermilk Ranch Dressing	1 each	57	360	2	0
Buttermilk Ranch Dressing, Reduced Calorie	1 each	57	60	13	1
Caesar Dressing	1 each	57	310	1	0
Croutons, Cheese & Garlic	1 each	18	100	10	0
Croutons, Seasoned	1 each	7	30	5	1
German Mustard Packet	1 each	5	5	0	0
Honey French Dressing	1 each	57	290	18	<1
Honey Mustard Sauce	1 each	28	130	5	0
Horsey Sauce® Packet	1 each	14	60	3	0
Italian Dressing, Reduced Calorie	1 each	57	25	3	<1
Italian Parmesan Dressing	1 each	57	240	4	0
Ketchup Packet	1 each	9	10	2	0
French Toast Syrup	1 each	43	130	32	0
Mayonnaise Packet	1 each	12	90	0	0
Mayonnaise Packet, Light, Cholesterol-Free	1 each	12	20	1	0
Marinara Sauce	1 each	43	35	4	0
Tangy Southwest Sauce®	1 each	43	250	3	0
Thousand Island Dressing	1 each	57	290	9	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
20	34	48	20	90	750	4c-2m-4f
4	16	33	4.5	0	230	4c-2f
4	16	34	4.5	0	250	4c-2f
10	15	30	7	45	360	6c
10	16	31	8	45	370	6c
11	13	24	8	15	340	6c
10	15	30	7	45	390	6c
0	0	0	0	0	180	free
0	0	0	0	0	350	1c
0	0	0	0	0	386	free
0	11	71	1.5	0	660	1c-1f
2	31	93	6	45	580	7f
0	0	0	0	0	35	1c
1	39	97	6	5	490	8f
1	0	0	0	0	750	1c
1	34	100	5	60	470	7f
2.5	6	53	NA	NA	138	1c
1	1	33	0	0	70	1f
0	0	0	0	0	60	free
0	24	72	4	0	410	1c-4f
0	12	85	1.5	10	160	4f
0	5	75	0.5	5	150	1f
0	1	40	1	0	1030	free
1	24	92	4	0	950	5f
0	0	0	0	0	100	free
0	0	0	0	0	45	2c
0	10	100	1.5	10	65	2f
0	1.5	75	0	0	110	free
1	1	33	0	0	260	free
0	26	96	4.5	30	290	5f
1	28	86	4.5	35	480	6f

# Baskin Robbins®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Hard Scooped Premium Ice Cream</b>					
Chocolate	Reg. Scoop	NA	270	31	NA
Vanilla	Reg. Scoop	NA	250	24	NA
Chocolate Chip	Reg. Scoop	NA	270	26	NA
Pralines 'n Cream	Reg. Scoop	NA	280	33	NA
Jamoca Almond Fudge	Reg. Scoop	NA	280	30	NA
<b>Hard Scooped Sherbets, Ices &amp; Sorbets</b>					
Rainbow Sherbet	Reg. Scoop	NA	160	34	NA
Daiquiri Ice	Reg. Scoop	NA	130	33	NA
Peachy Keen Sorbet	Reg. Scoop	NA	110	29	NA
<b>Hard Scooped Lowfat Ice Cream</b>					
Espresso 'n Cream	Reg. Scoop	NA	180	31	NA
<b>Hard Scooped Lowfat Yogurt</b>					
Maui Brownie Madness	Reg. Scoop	NA	250	38	NA
<b>Hard Scooped No Sugar Added Ice Cream (NutraSweet)</b>					
Thin Mint	Reg. Scoop	NA	160	27	NA
Peach Crumb Pie	Reg. Scoop	NA	180	27	NA
<b>Soft Serve Nonfat Yogurt</b>					
Chocolate	5 oz.	NA	190	39	NA
<b>Soft Serve Truly Free Yogurt (NutraSweet)</b>					
Café Mocha	Small	NA	140	27	NA
<b>Beverages</b>					
Chocolate Ice Cream Shake	Regular	NA	750	80	NA
Vanilla Ice Cream Shake	Regular (16 fl. oz.)	NA	630	69	NA
Cappuccino Blast with Whipped Cream	Regular	NA	340	44	NA
Very Strawberry Smoothie with Soft Serve Ice Cream	Regular	NA	320	70	NA

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
2	16	53	10	55	105	3c-3f
2	16	58	10	80	60	2c-2f
2	17	57	11	60	80	2c-3f
2	15	48	8	50	160	2c-3f
2	16	51	8	45	70	2c-3f
2	2	11	1.5	10	35	2c
0	0	0	0	0	10	2c
0	0	0	0	0	10	2c
9	2.5	12	1.5	10	100	2c
4	9	32	3.5	20	130	2c-2f
4	4	22	3	10	110	2c
7	5	25	2.5	10	170	2c-1f
7	0.5	2	0	5	125	2c
7	0.5	3	0.5	5	130	2c
10	43	52	21	115	290	5c-8f
10	35	50	22	170	220	4c-7f
5	16	42	10	70	120	3c-2f
8	1	3	0.5	5	160	4c

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Breakfast Items</b>					
Croissan'wich® with Sausage, Egg & Cheese	1 each	153	500	26	1
Croissan'wich® with Sausage & Cheese	1 each	107	410	24	1
Biscuit	1 each	86	300	35	<1
Biscuit with Egg	1 each	132	390	37	<1
Biscuit with Sausage	1 each	131	510	35	1
Biscuit with Sausage, Egg & Cheese	1 each	189	650	38	1
French Toast Sticks	5 sticks	112	390	46	2
Cini-minis without Icing	4 rolls	108	440	51	1
Hash Brown Rounds	Small	75	240	23	2
Hash Brown Rounds	Large	128	390	38	4
<b>Individual Breakfast Menu Components</b>					
Bacon	3 pieces	8	40	0	0
Ham	2 pieces	34	35	0	0
Sausage Patty	2 oz.	44	210	0	0
Biscuit	1 each	86	300	35	0
Grape Jam	1 serving	12	30	7	0
Strawberry Jam	1 serving	12	30	7	0
Breakfast Syrup	1 serving	28	80	21	0
Land O' Lakes® Whipped Classic Blend	1 serving	5	25	0	0
Vanilla Icing (for Cini-minis)	1 serving	28	110	20	0
<b>Sandwiches</b>					
Whopper®	1 each	278	680	53	4
Whopper® without Mayo	1 each	257	530	53	4
Whopper® with Cheese	1 each	303	780	55	4
Whopper® w/ Cheese w/o Mayo	1 each	282	620	54	4
Double Whopper®	1 each	353	920	53	4
Double Whopper® w/o Mayo	1 each	332	760	53	4
Double Whopper® w/ Cheese	1 each	378	1020	55	4
Double Whopper® w/ Cheese w/o Mayo	1 each	357	860	54	4
Whopper® Jr.	1 each	167	410	32	2
Whopper® Jr. without Mayo	1 each	157	330	32	2
Whopper® Jr. with Cheese	1 each	180	460	33	2
Whopper® Jr. w/ Cheese w/o Mayo	1 each	169	370	32	2

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
19	36	65	13	190	1020	2c-2m-4f
14	29	64	11	40	830	2c-2m-2f
6	15	45	3.5	0	830	2c-1m-1f
11	22	51	5	150	1020	2c-2m-2f
13	35	62	10	30	1190	2c-2m-4f
20	46	64	14	190	1600	2c-3m-5f
6	20	46	4.5	0	440	3c-1m-2f
6	23	47	6	25	710	3c-1m-3f
2	15	56	4	0	450	1c-4f
3	25	58	7	0	760	2c-5f
3	3	68	1	10	150	1f
6	1	26	0	15	770	1m
7	20	86	6	25	350	1m-3f
6	15	45	3.5	0	830	2c-1m-1f
0	0	0	0	0	0	.5c
0	0	0	0	0	0	.5c
0	0	0	0	0	20	1c
0	3.5	100	0.5	0	30	.5f
0	3	25	0.5	0	40	1c-.5f
29	39	52	12	80	940	3c-4m-3f
29	22	37	9	70	840	3c-4m
34	47	54	17	105	1390	4c-5m-2f
33	30	44	14	90	1280	4c-4m
48	57	56	20	150	1020	3c-7m-3f
48	40	47	17	135	920	3c-7m
53	65	57	25	170	1460	4c-7m-4f
53	48	50	23	160	1350	4c-7m-1f
18	23	50	7	50	520	2c-2m-2f
18	14	38	6	45	470	2c-2m-1f
21	27	53	10	60	740	2c-3m-1f
21	18	44	9	55	680	2c-3m

# Burger King®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Bull's-Eye™ BBQ Deluxe	1 each	150	400	30	2
Bull's-Eye™ BBQ Deluxe w/o Mayo	1 each	139	310	30	2
Hamburger	1 each	123	320	30	2
Cheeseburger	1 each	136	370	31	2
Double Hamburger	1 each	172	480	30	2
Double Cheeseburger	1 each	197	570	32	2
Bacon Double Cheeseburger	1 each	205	610	32	2
BK Veggie with mayo	1 each	173	330	45	4
BK Big Fish® Sandwich	1 each	263	710	67	4
BK Broiler® Chicken Sandwich	1 each	258	550	52	3
BK Broiler® Chicken Sandwich w/o Mayo	1 each	237	390	51	3
Chicken Sandwich	1 each	224	660	53	3
Chicken Sandwich w/o Mayo	1 each	196	460	52	3
Chicken Tenders® Sandwich	1 each	148	450	37	2
Chicken Tenders® Sandwich w/o Mayo	1 each	127	290	36	2
Chicken Club Sandwich	1 each	256	740	55	4
Chicken Club Sandwich w/o Mayo	1 each	225	530	54	4
Chicken Tenders®	4 pieces	62	170	10	0
Chicken Tenders®	5 pieces	77	220	13	<1
Chicken Tenders®	6 pieces	92	250	15	<1
Chicken Tenders®	8 pieces	123	340	20	<1
<b>Sides</b>					
French Fries, salted	Small	75	230	29	2
French Fries, no salt	Small	74	230	29	2
French Fries, salted	Medium	117	360	46	4
French Fries, no salt	Medium	116	360	46	4
French Fries, salted	Large	160	500	63	5
French Fries, no salt	Large	159	500	63	5
French Fries, salted	King Size	194	600	76	6
French Fries, no salt	King Size	193	600	76	6
Onion Rings	Child's	117	360	46	4
Onion Rings	Medium	91	320	40	3
Onion Rings	Large	137	480	60	5
Onion Rings	King Size	159	550	70	5
Jalapeño Poppers®	4 pieces	77	230	22	2
Mozzarella Sticks	4 pieces	88	290	25	<1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
18	23	52	7	50	420	2c-2m-2f
17	14	41	7	45	370	2c-2m
18	14	39	6	45	530	2c-2m
22	18	44	9	55	750	2c-3m
31	26	49	11	85	580	2c-4m
35	34	54	17	110	1020	2c-5m-1f
38	37	55	18	120	1170	2c-5m-1f
14	10	27		0	770	3c-2m
24	38	48	14	50	1200	4c-3m-4f
30	25	46	5	105	1110	3c-4m
29	8	18	2	90	1010	3c-4 lm
25	39	53	8	70	1330	4c-4m-2f
25	17	33	5	55	1190	3c-4 lm
14	27	54	5	30	680	2c-2m-3f
14	10	31	3	20	570	2c-2 lm
30	44	54	10	85	1530	4c-4m-3f
30	21	36	6	65	1390	4c-4 lm
11	9	48	3	25	420	1m-2f
14	12	49	3	30	530	1c-2m
16	14	50	4	35	630	1c-2m
22	19	50	5	50	840	1c-3m-1f
3	11	45	3	0	630	2c-2f
3	11	45	3	0	240	2c-2f
4	18	45	5	0	690	3c-2f
4	18	45	5	0	370	3c-2f
6	25	45	7	0	940	4c-1m-2f
6	25	45	7	0	510	4c-1m-2f
7	30	45	8	0	1140	5c-1m-3f
7	30	45	8	0	620	5c-1m-3f
4	18	45	5	0	690	3c-2f
4	16	45	4	0	460	3c-2f
7	23	45	6	0	690	4c-1m-2f
8	27	45	7	0	800	5c-1m-2f
7	13	50	5	20	790	1c-1m-2f
12	16	50	6	20	670	2c-1m-1f

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Condiments/Individual Menu Item Components</b>					
Whopper® Patty	1 each	76	240	0	0
Whopper® Bun	1 each	89	250	46	3
Hamburger Patty	1 each	49	160	0	0
Hamburger Bun	1 each	55	160	28	2
BK Broiler® Chicken Breast Patty	1 each	99	140	4	<1
Bull's-Eye™ BBQ Sauce	0.5 oz.	14	20	5	NA
Ketchup	0.5 oz.	14	15	4	0
Lettuce	0.75 oz.	21	0	0	0
Mustard	1/9 oz.	3	0	0	0
Onion	0.5 oz.	14	5	1	0
Pickles	4 slices	14	0	0	0
Processed American Cheese	2 slices	25	100	1	0
Tartar Sauce	0.5 oz.	14	70	0	0
Tomato	2 slices	28	0	1	0
Barbecue Dipping Sauce	1 serving	28	35	9	0
Honey Flavored Dipping Sauce	1 serving	28	90	23	0
Honey Mustard Dipping Sauce	1 serving	28	90	9	0
Marinara Dipping Sauce	1 serving	28	20	5	0
Ranch Dipping Sauce	1 serving	28	120	1	0
Sweet and Sour Dipping Sauce	1 serving	28	40	10	0
<b>Beverages</b>					
Vanilla Shake	Small	305	330	61	1
Vanilla Shake	Medium	397	430	79	2
Chocolate Shake	Small	305	340	62	3
Chocolate Shake, syrup added	Small	333	400	77	2
Chocolate Shake	Medium	397	440	80	4
Chocolate Shake, syrup added	Medium	425	500	95	3
Strawberry Shake, syrup added	Small	333	390	76	1
Strawberry Shake, syrup added	Medium	425	500	95	2
Frozen Coca Cola® Classic	Medium	439	370	92	0
Frozen Coca Cola® Classic	Large	539	460	116	0
Frozen Minute Maid® Cherry	Medium	439	370	92	0
Frozen Minute Maid® Cherry	Large	539	460	116	0
Tropicana® Pure Orange Juice	1 serving	311	140	33	0
<b>Desserts</b>					
Dutch Apple Pie	1 each	113	340	52	1
Hershey's® Sundae Pie	1 each	79	310	33	<1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
19	18	68	8	70	80	3m
8	4	14	1	0	430	3c-1 vlm
14	12	68	5	45	50	2m
5	2.5	14	0.5	0	250	2c
21	4.5	29	1.5	90	570	3 lm
0	0	0	0	0	130	free
0	0	0	0	0	180	free
0	0	0	0	0	0	free
0	0	0	0	0	40	free
0	0	0	0	0	0	free
0	0	0	0	0	140	free
5	8	72	5	20	440	1m-1f
0	8	100	4	5	100	2f
0	0	0	0	0	0	free
0	0	0	0	0	400	.5c
0	0	0	0	0	0	1c
0	6	60	1	10	150	1c
0	0	0	0	0	280	free
1	13	98	2	5	85	3f
0	0	0	0	0	65	.5c
9	6	16	4	20	260	4c-1f
12	8	17	5	25	340	5c-1f
10	6	16	4	25	210	4c-1f
10	6	14	4	20	360	5c-1f
13	8	16	5	35	270	5c-1f
13	8	14	5	25	440	6c-1f
9	6	14	4	20	270	5c-1f
12	8	14	5	25	350	6c-1f
0	0	0	0	0	NA	5c
0	0	0	0	0	NA	6c
0	0	0	0	0	NA	5c
0	0	0	0	0	NA	6c
2	0	0	0	0	0	2c
2	14	37	3	0	470	3c-2f
3	18	52	2	10	135	2c-3f

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Breakfast</b>					
Sourdough Breakfast	1 serving	174	410	33	1
Sunrise Sandwich® (no meat)	1 serving	119	360	28	<1
Breakfast Burrito	1 serving	203	550	36	1
French Toast Dips® (w/o syrup)	1 serving	105	370	42	1
Breakfast Quesadilla	1 serving	167	370	38	1
Scrambled Eggs	1 serving	95	180	1	0
English Muffin with Margarine	1 serving	66	210	28	2
Bacon	2 strips	9	45	0	0
Sausage	1 patty	48	190	2	0
Hash Brown Nuggets	1 serving	108	330	32	2
Blueberry Muffin	1 each	120	340	49	1
Bran Raisin Muffin	1 each	135	370	61	6
Cheese Danish	1 serving	118	400	49	1
Table Syrup	1 serving	28	90	21	0
Grape Jelly	1 serving	14	40	9	0
Strawberry Jam	1 serving	14	40	9	0
<b>Sandwiches</b>					
Carl's Famous Star®	1 each	254	590	50	3
Super Star®	1 each	345	790	51	3
Sourdough Bacon Cheeseburger	1 each	217	640	37	2
Sourdough Ranch Bacon Cheeseburger	1 each	257	720	43	3
Double Sourdough Bacon Cheeseburger	1 each	299	880	37	2
Western Bacon Cheeseburger®	1 each	225	660	64	3
Double Western Bacon Cheeseburger®	1 each	308	920	65	3
Famous Bacon Cheeseburger™	1 each	279	700	51	3
Hamburger	1 each	119	280	36	1
Charbroiled BBQ Chicken Sandwich™	1 each	199	290	41	2
Charbroiled BBQ Club Sandwich™	1 each	224	470	37	2
Charbroiled Santa Fe Chicken Sandwich™	1 each	220	540	37	2
Carl's Ranch Crispy Chicken Sandwich	1 each	269	660	71	3
Carl's Bacon Swiss Crispy Chicken Sandwich	1 each	294	760	72	3
Carl's Western Bacon Crispy Chicken Sandwich	1 each	268	750	91	3
Spicy Chicken Sandwich	1 each	198	480	47	2

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
26	20	44	10	275	930	2c-4m
13	21	52	8	245	470	2c-2m-2f
29	32	52	11	495	980	2c-4m-2.5f
6	20	49	2.5	0	430	3c-1m-1f
16	17	41	5	240	910	2c-2m-1f
13	14	85	3	455	110	2m-1f
5	9	34	2	0	300	2c-1f
3	4	80	1.5	10	150	1f
7	18	85	6	40	480	1m-3f
3	21	57	4.5	0	470	2c-3.5f
5	14	37	2	40	340	3c-2f
6	14	34	2	45	410	4c-1f
5	23	52	6	15	390	3c-3.5f
0	0	0	0	0	0	1c
0	0	0	0	0	15	.5c
0	0	0	0	0	15	.5c
24	32	49	9	70	910	3c-3m-3f
41	47	54	15	130	980	3c-6m-2f
30	41	58	15	95	690	2c-4m-4f
33	46	58	16	95	800	3c-5m-2f
50	59	60	24	165	1010	2c-7m-5f
31	30	41	12	85	1410	4c-4m
51	50	49	21	155	1770	4c-7m-1.5f
31	41	53	13	95	1310	3c-4m-3.5f
14	9	29	3.5	35	480	2c-2m
25	3.5	11	1	60	840	3c-2 vlm
31	23	44	7	95	1110	2c-4m
28	31	52	8	95	1210	2c-4m-1.5f
24	31	42	7	70	1180	5c-3m-1f
31	38	45	11	90	1550	5c-3m-3f
31	28	34	11	80	1900	6c-4m
14	26	45	5	40	1220	3c-2m-2f

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Southwest Spicy Chicken Sandwich	1 each	215	620	48	2
Charbroiled Sirloin Steak Sandwich	1 each	283	550	52	2
Carl's Catch Fish Sandwich™	1 each	201	530	55	2
American Cheese	Large	16	60	1	0
Swiss-Style Cheese	1 serving	16	50	0	0
<b>Sides</b>					
French Fries	Kids	79	250	32	2
French Fries	Small	92	290	37	3
French Fries	Medium	147	460	59	5
French Fries	Large	198	620	80	6
Onion Rings	1 serving	127	430	53	3
Zucchini	1 serving	139	320	31	2
CrissCut Fries®	1 serving	139	410	43	4
Chicken Stars	6 pieces	90	260	14	<1
<b>Potatoes</b>					
Broccoli and Cheese	1 serving	411	530	76	6
Bacon and Cheese	1 serving	411	640	75	6
Plain Potato without Margarine	1 serving	269	290	68	6
Sour Cream and Chives	1 serving	312	430	70	6
<b>Salads</b>					
Charbroiled Chicken Salad-to-Go™	1 serving	350	200	12	4
Garden Salad-to-Go™	1 serving	137	50	4	2
<b>Salad Dressings</b>					
House Dressing	1 serving	56	220	3	0
Blue Cheese Dressing	1 serving	56	320	1	0
1000 Island Dressing	1 serving	59	230	5	0
Fat Free Italian Dressing	1 serving	57	15	4	0
Fat Free French Dressing	1 serving	57	60	16	<1
<b>Breads/Sauces</b>					
Croutons	1 serving	14	30	5	0
Breadsticks	1 serving	9	35	7	<1
Salsa	1 serving	25	10	2	0
Mustard Sauce	1 serving	28	50	11	0
Honey Sauce	1 serving	28	90	22	0
BBQ Sauce	1 serving	31	50	11	0
Sweet n' Sour Sauce	1 serving	28	50	12	0
<b>Desserts</b>					
Chocolate Chip Cookie	1 serving	71	350	46	1
Chocolate Cake	1 serving	85	300	48	1
Strawberry Swirl Cheesecake	1 serving	99	290	30	0

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
16	41	60	10	65	1640	3c-2m-5f
30	24	39	4.5	80	1080	3c-4m
18	28	48	7	80	1030	4c-2m-1f
3	5	67	3.5	15	260	1f
4	4	72	2.5	15	230	1f
4	12	43	2.5	0	150	2c-2f
5	14	43	3	0	180	2c-2.5f
7	22	43	5	0	280	4c-3f
10	29	43	6	0	380	5c-5f
7	22	46	5	0	700	3c-4f
6	19	53	5	0	860	2c-3.5f
5	24	53	5	0	950	3c-3.5f
13	16	56	4.5	40	480	1c-2m
11	21	36	5	15	940	5c-1f
21	29	41	9	40	1660	5c-3m
6	0	0	0	0	20	4c
7	14	29	4	10	180	5c-1f
25	7	32	3	75	440	1c-4 vlm
3	2.5	45	1.5	5	60	1f
1	22	90	3.5	25	450	5f
2	35	100	7	25	370	7f
<1	23	90	4	20	420	5f
0	0	0	0	0	770	free
0	0	0	0	0	660	1c
1	1	30	0	0	105	.5c
1	0.5	13	0	0	60	.5c
0	0	0	0	0	160	free
0	0	0	0	0	210	1c
0	0	0	0	0	0	1c
1	0	0	0	0	270	1c
0	0	0	0	0	80	1c
3	18	46	7	20	330	3c-2.5f
3	12	36	3	30	350	3c-1f
6	17	53	9	55	230	2c-2.5f

## Carl's Jr.®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Beverages</b>					
Orange Juice	1 serving	10 oz.	150	37	0
Milk (1% fat)	1 serving	10 oz.	150	18	0
Vanilla Shake	Small	21 oz.	470	78	0
Chocolate Shake	Small	21 oz.	530	96	0
Strawberry Shake	Small	21 oz.	510	91	0
Vanilla Shake	Regular	32 oz.	700	115	0
Chocolate Shake	Regular	32 oz.	770	140	<1
Strawberry Shake	Regular	32 oz.	750	133	0
Raspberry Nestea®	Regular	21 oz.	160	42	0
Iced Tea	1 serving	12 oz.	5	0	0
Hot Chocolate	1 serving	12 oz.	120	22	1

## Dairy Queen®

www.dairyqueen.com

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Cones</b>					
DQ® Vanilla Soft Serve	0.5 cup	94	140	22	0
DQ® Chocolate Soft Serve	0.5 cup	94	150	22	0
Vanilla Cone	Small	142	230	38	0
Vanilla Cone	Medium	198	330	53	0
Vanilla Cone	Large	253	410	65	0
Chocolate Cone	Small	142	240	37	0
Chocolate Cone	Medium	198	340	53	0
Dipped Cone	Small	156	340	42	1
Dipped Cone	Medium	220	490	59	1
<b>Malts, Shakes, Smoothys, Misty® Slushes</b>					
Chocolate Malt	Small	418	650	111	0
Chocolate Malt	Medium	567	880	153	0
Chocolate Shake	Small	397	560	94	0
Chocolate Shake	Medium	539	770	130	0
Frozen Hot Chocolate	1 serving	596	860	127	3
Misty® Slush	Small	454	220	56	0
Misty® Slush	Medium	595	290	74	0
<b>Sundaes</b>					
Chocolate Sundae	Small	163	280	49	0
Chocolate Sundae	Medium	234	400	71	0
<b>Royal Treats®</b>					
Banana Split	1 serving	369	510	96	3

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
1	0	0	0	0	0	2c
14	3	18	2	15	180	1c-1f
15	11	21	7	50	350	5c-1.5f
14	10	17	7	45	350	6c-1f
14	10	18	7	45	330	6c
22	16	21	11	70	530	8c-1f
21	15	21	10	65	520	9c-1f
20	15	18	10	65	490	9c-1f
0	0	0	0	0	40	3c
0	0	0	0	0	10	free
2	2	15	2	0	125	1c-1f

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
3	4.5	29	3	15	70	1c-1f
4	5	30	3.5	15	75	1c-1f
6	7	27	4.5	20	115	2c-1f
8	9	25	6	30	160	4c-1f
10	12	26	8	40	200	4c-2f
6	8	30	5	20	115	2c-2f
8	11	29	7	30	160	3c-2f
6	17	45	9	20	130	3c-2f
8	24	44	13	30	190	4c-4f
15	16	22	10	55	370	7c-2f
19	22	22	14	70	500	10c-3f
13	15	24	10	50	310	6c-2f
17	20	23	13	70	420	8c-3f
14	35	37	16	50	350	8c-5f
0	0	0	0	0	20	3c
0	0	0	0	0	30	4c
5	7	23	4.5	20	140	3c-1f
8	10	23	6	30	210	4c-3f
8	12	21	8	30	180	5c-2f

# Dairy Queen®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Peanut Buster® Parfait	1 serving	305	730	99	2
Pecan Mudslide® Treat	1 serving	132	650	85	2
Strawberry Shortcake	1 serving	241	430	70	1
Brownie Earthquake®	1 serving	304	740	112	0
<b>Novelties</b>					
DQ® Sandwich	1 serving	85	200	31	1
Chocolate Dilly® Bar	1 serving	85	210	21	0
Buster Bar®	1 serving	149	450	41	2
Starkiss®	1 serving	85	80	21	0
DQ® Fudge Bar, no sugar added	1 serving	66	50	13	0
DQ® Vanilla Orange Bar, no sugar add.	1 serving	66	60	17	0
Lemon DQ® Freez'r	0.5 cup	92	80	20	0
<b>Blizzard® Flavor Treats</b>					
Chocolate Sandwich Cookie Blizzard®	Small	276	520	79	1
Chocolate Sandwich Cookie Blizzard®	Medium	326	640	97	1
Chocolate Chip Cookie Dough Blizzard®	Small	312	660	99	1
Chocolate Chip Cookie Dough Blizzard®	Medium	439	950	143	2
<b>DQ Treatzza Pizza® and Cake</b>					
Heath® DQ Treatzza Pizza®	1/8 of pizza	65	180	28	1
M&M's® DQ Treatzza Pizza®	1/8 of pizza	68	190	29	1
DQ® Frozen 8" Round Cake	1/8 of cake	184	370	56	<1
DQ® Layered 8" Round Cake	1/8 of cake	147	330	49	0
<b>Sandwiches and Meals</b>					
DQ Homestyle® Hamburger	1 each	138	290	29	2
DQ Homestyle® Cheeseburger	1 each	152	340	29	2
DQ Homestyle® Double Cheeseburger	1 each	219	540	30	2
DQ Homestyle® Bacon Double Cheeseburger	1 each	255	610	31	2
DQ Ultimate® Burger	1 each	269	670	29	2
Hot Dog	1 each	99	240	19	1
Chili 'n' Cheese Dog	1 each	142	330	22	2
Chicken Breast Fillet Sandwich	1 each	205	500	48	4
Grilled Chicken Sandwich	1 each	184	310	30	3
Chicken Strip Basket™	1 each	415	1000	102	5

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
16	31	38	17	35	400	5c-6f
11	30	42	12	35	420	6c-6f
7	14	29	9	60	360	4c-2f
10	27	33	16	50	350	7c-4f
4	6	27	3	10	140	2c-1f
3	13	56	7	10	75	1c-3f
10	28	56	12	15	280	3c-5f
0	0	0	0	0	10	1c
4	0	0	0	0	70	1c
2	0	0	0	0	40	1c
0	0	0	0	0	10	1c
10	18	31	9	40	380	5c-3f
12	23	32	11	45	500	6c-4f
12	24	33	13	55	440	6c-5f
17	36	34	19	75	660	9c-6f
3	7	35	3.5	5	160	2c-1f
3	7	33	4	5	160	2c-1f
7	13	32	8	25	280	3c-3f
6	12	33	6	15	350	3c-2f
17	12	37	5	45	630	2c-2m
20	17	45	8	55	850	2c-2m-1f
35	31	52	16	115	1130	2c-4m-2f
41	36	53	18	130	1380	2c-6m
40	43	58	19	135	1210	2c-6m-1f
9	14	53	5	25	730	1c-1m-2f
14	21	57	9	45	1090	1c-2m-2f
19	26	47	4.5	30	1090	3c-3m-1f
24	10	29	2.5	50	1040	2c-2m
35	50	45	13	55	2510	7c-5m-1f

## Dairy Queen®

www.dairyqueen.com  
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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Salads</b>					
Crispy Chicken Salad with Honey Mustard Dressing	1 each	376	700	36	6
Crispy Chicken Salad with Fat Free Italian Dressing	1 each	362	460	27	6
Grilled Chicken Salad with Honey Mustard Dressing	1 each	333	470	22	3
Grilled Chicken Salad with Fat Free Italian Dressing	1 each	319	230	13	3
<b>Sides</b>					
French Fries	Small	113	350	42	3
French Fries	Medium	141	440	53	4
Onion Rings	1 Serving	113	320	39	3

## Domino's Pizza®

www.dominos.com

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Pizza</b>					
Classic Hand Tossed Cheese Pizza, 12 inch (Medium)	Quarter of pizza	159	375	55	3
Classic Hand Tossed Cheese Pizza, 14 inch (Large)	Quarter of pizza	219	516	75	4
Classic Hand Tossed Pepperoni Pizza, 12 inch (Medium)	Quarter of pizza	NA	449	55	3
Classic Hand Tossed Pepperoni Pizza, 14 inch (Large)	Quarter of pizza	NA	614	75	4
Crunchy Thin Crust Cheese Pizza, 12 inch (Medium)	Quarter of pizza	106	273	31	2
Crunchy Thin Crust Cheese Pizza, 14 inch (Large)	Quarter of pizza	148	382	43	2
Crunchy Thin Crust Pepperoni Pizza, 12 inch (Medium)	Quarter of pizza	NA	347	31	2
Crunchy Thin Crust Pepperoni Pizza, 14 inch (Large)	Quarter of pizza	NA	480	44	2
Ultimate Deep Dish Cheese Pizza, 6 inch	1 pizza	215	598	68	4
Ultimate Deep Dish Cheese Pizza, 12 inch (Medium)	Quarter of pizza	181	482	56	3
Ultimate Deep Dish Cheese Pizza, 14 inch (Large)	Quarter of pizza	257	677	80	5

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
27	51	66	11	70	1060	2c-4m-5f
26	28	55	7	50	1290	2c-4m
26	32	61	8	95	1050	1c-4m-2f
26	9	35	4	75	1290	1c-2m
4	18	46	3.5	0	880	3c-2f
5	23	47	4.5	0	1110	4c-3f
5	16	45	4	0	180	3c-2f

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
15	11	26	5	23	776	4c-1m
21	15	26	7	32	1080	5c-2m
19	18	36	7	38	1049	4c-2m
26	24	35	10	52	1444	5c-3m
12	12	40	5	23	835	2c-1m-1f
17	17	40	7	32	1172	3c-2m
15	18	47	7	38	1109	2c-2m-1f
21	26	49	10	52	1536	3c-3m
23	28	42	10	36	1341	4c-3m-1f
19	22	41	8	30	1123	4c-2m
26	30	40	11	41	1575	5c-3m-1f

## Domino's Pizza®

www.dominos.com

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Ultimate Deep Dish Pepperoni Pizza, 6 inch	1 pizza	NA	647	69	4
Ultimate Deep Dish Pepperoni Pizza, 12 inch (Medium)	Quarter of pizza	NA	556	56	3
Ultimate Deep Dish Pepperoni Pizza, 14 inch (Large)	Quarter of pizza	NA	775	81	5
<b>Sides</b>					
Domino's Breadsticks	1 piece	37	116	18	1
Domino's Buffalo Wings, Barbeque	1 avg. piece	25	50	2	<1
Domino's Buffalo Wings, Hot Wings	1 avg. piece	25	45	0.5	<1
Double Cheesy Bread	1 piece	43	142	18	1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
25	32	45	12	47	1524	4c-3m-2f
22	28	45	11	45	1397	4c-3m
31	38	44	14	61	1940	5c-4m-2f
3	4	31	1	0	152	1c-1f
6	2	36	1	26	175	1 lm
5	2	40	1	26	354	1 lm
4	6	38	2	6	183	1c-1m

## Dunkin' Donuts®

www.dunkindonuts.com

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Bagels</b>					
Berry Berry	1 bagel	NA	340	69	4
Blueberry	1 bagel	NA	340	69	2
Cinnamon Raisin	1 bagel	NA	340	69	3
Everything	1 bagel	NA	360	67	2
Garlic	1 bagel	NA	360	68	2
Onion	1 bagel	NA	350	66	3
Plain	1 bagel	NA	340	67	2
Poppyseed	1 bagel	NA	360	68	2
Salt	1 bagel	NA	340	67	2
Sesame	1 bagel	NA	380	74	0
Sundried Tomato	1 bagel	NA	330	66	3
Wheat	1 bagel	NA	350	67	4
<b>Muffins</b>					
Apple Cinnamon Pecan	1 muffin	NA	510	74	1
Banana Nut	1 muffin	NA	530	72	2
Blueberry	1 muffin	NA	490	76	2
Blueberry, Reduced Fat	1 muffin	NA	450	77	2
Chocolate Chip	1 muffin	NA	590	88	3
Coffee Cake Muffin	1 muffin	6.5 oz.	710	102	2
Corn	1 muffin	NA	500	78	1
Cranberry Orange	1 muffin	NA	470	76	2
Honey Bran Raisin	1 muffin	NA	490	84	5
Lemon Poppyseed	1 muffin	NA	580	94	2

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
11	3	8	0.5	0	540	4c
11	3	8	0.5	0	630	4c
11	3.5	9	0.5	0	600	4c
12	2.5	6	0.5	0	710	4c-1f
12	2.5	6	0.5	0	720	4c-1f
12	4	10	1	0	660	4c-1f
12	2.5	7	0.5	0	680	4c
12	4	10	0.5	0	710	4c-1f
12	2.5	7	0.5	0	3030	4c
12	4.5	11	0.5	0	720	5c
13	2.5	7	0.5	0	700	4c
13	4.5	12	1	0	640	4c-1f
8	21	37	6	70	590	5c-2f
10	23	39	6	75	540	5c-2f
8	17	31	6	75	610	5c-2f
8	12	24	9	65	590	5c-1f
9	24	37	10	75	560	5c-4f
11	29	37	9	85	650	7c-3f
10	16	29	4.5	80	920	5c-2f
8	15	29	5	75	600	5c-2f
7	16	29	3.5	30	880	5c-2f
10	19	29	6	85	620	6c-2f

# Dunkin' Donuts®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Danish</b>					
Apple	NA	3 oz.	250	36	0
Cheese	NA	3 oz.	270	32	0
Cherry	NA	3 oz.	240	34	0
Cinnamon	NA	3 oz.	310	45	1
Strawberry Cheese	NA	3 oz.	250	33	0
<b>Munchkins</b>					
Butternut Cake	3 each	NA	200	25	<1
Cinnamon Cake	4 each	NA	250	30	<1
Coconut Cake	3 each	NA	200	23	<1
Glazed Cake	3 each	NA	200	27	0
Plain Cake	4 each	NA	220	22	<1
Powdered Cake	4 each	NA	250	29	<1
Sugared Cake	4 each	NA	240	28	<1
Toasted Coconut Cake	3 each	NA	200	24	<1
Glazed Chocolate Cake	3 each	NA	200	26	<1
Glazed Yeast	5 each	NA	200	27	<1
Jelly Filled Yeast	5 each	NA	210	30	<1
Lemon Filled Yeast	4 each	NA	170	23	0
Sugar Raised Yeast	7 each	NA	220	26	<1
<b>Donuts</b>					
Apple Crumb	1 each	NA	230	34	<1
Apple N' Spice	1 each	NA	200	29	<1
Bavarian Kreme	1 each	NA	210	30	<1
Chocolate Iced Bismark	1 each	NA	340	50	<1
Black Raspberry	1 each	NA	210	32	<1
Blueberry Cake	1 each	NA	290	35	<1
Blueberry Crumb	1 each	NA	240	36	<1
Boston Kreme	1 each	NA	240	36	<1
Bow Tie	1 each	NA	300	34	<1
Butternut Cake Ring	1 each	NA	300	36	<1
Chocolate Coconut Cake	1 each	NA	300	31	1
Chocolate Frosted Cake	1 each	NA	300	38	<1
Chocolate Frosted	1 each	NA	200	29	<1
Chocolate Glazed Cake	1 each	NA	290	33	1
Chocolate Kreme Filled	1 each	NA	270	35	<1
Cinnamon Cake	1 each	NA	270	31	<1
Coconut Cake	1 each	NA	290	33	<1
Double Chocolate Cake	1 each	NA	310	37	2
Dunkin' Donut	1 each	NA	240	25	<1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
4	10	36	2.5	5	220	2c-2f
4	14	47	4.5	15	210	2c-2f
4	10	38	2.5	5	200	2c-1f
4	13	38	3.5	5	180	3c-1.5f
4	12	43	3.5	10	200	2c-2f
<b>Munchkins</b>						
2	11	50	3	0	240	1c-2.5f
3	14	50	3	0	330	2c-2f
2	12	54	3.5	0	240	1c-2.5f
2	10	45	2	0	250	2c-1f
2	14	57	3	0	310	1c-3f
2	14	50	3	0	310	2c-2f
2	14	53	3	0	310	2c-1.5f
2	11	50	3	0	250	1c-2.5f
2	10	45	2	0	250	1c-2.5f
3	9	41	2	0	220	2c-1f
3	9	39	2	0	240	2c-1f
2	8	42	1.5	0	190	1c-2f
4	12	49	2.5	0	290	1c-3f
<b>Donuts</b>						
3	10	39	3	0	270	2c-1.5f
3	8	36	1.5	0	270	2c-1f
3	9	39	2	0	270	2c-1f
3	15	40	3.5	0	290	3c-2f
3	8	34	1.5	0	280	2c-1f
3	16	50	3.5	10	400	2c-2.5f
3	10	38	3	0	260	2c-1.5f
3	9	34	2	0	280	2c-1.5f
4	17	51	3.5	0	340	2c-3f
3	16	48	4.5	0	360	2c-3f
4	19	57	6	0	370	2c-3f
3	16	48	3	0	370	2c-3f
3	9	41	2	0	260	2c-1f
3	16	50	3.5	0	370	2c-2.5f
3	13	43	3	0	260	2c-2.5f
3	15	50	3	0	360	2c-2.5f
3	17	53	5	0	360	2c-2.5f
3	17	49	3.5	0	370	2c-3f
3	15	56	3	0	340	1c-3.5f

# Dunkin' Donuts®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Éclair Donut	1 each	NA	270	39	<1
Glazed Cake	1 each	NA	270	33	<1
Glazed Chocolate Cruller	1 each	NA	280	35	1
<b>Miscellaneous Baked Goods</b>					
Apple Fritter	1 each	NA	300	41	1
Biscuit	1 each	NA	280	32	<1
Coffee Roll	1 each	NA	270	33	1
Chocolate Frosted Coffee Roll	1 each	NA	290	36	1
Cinnamon Bun	1 each	NA	510	85	0
Croissant, Plain	1 each	NA	290	26	<1
<b>Sandwiches</b>					
Biscuit/Egg/Cheese Sandwich	1 each	NA	380	30	<1
Biscuit/Sausage/Egg/Cheese Sandwich	1 each	NA	590	31	<1
English Muffin/Ham/Egg/Cheese	1 each	NA	320	31	2
<b>Cookies</b>					
Chocolate Chunk	1 each	NA	220	28	1
Chocolate Chunk with Nuts	1 each	NA	230	27	1
Chocolate-White Chocolate Chunk	1 each	NA	230	28	1
Oatmeal Raisin Pecan	1 each	NA	220	29	1
<b>Beverages</b>					
Coffee Coolatta® with 2% Milk	16 oz.		240	49	0
Coffee Coolatta® with Cream	16 oz.		370	48	0
Coffee Coolatta® with Milk	16 oz.		260	49	0
Coffee Coolatta® with Skim Milk	16 oz.		230	49	0
Iced Coffee with Skim Milk	16 oz.		20	3	0
Iced Coffee with Skim Milk and Sugar	16 oz.		60	15	0
Iced Coffee with Sugar	16 oz.		50	13	0
Orange Mango Fruit Coolatta®	16 oz.		280	69	<1
Strawberry Fruit Coolatta®	16 oz.		270	68	1
Vanilla Bean Coolatta®	16 oz.		440	73	0
Vanilla Chai	10 oz.		220	37	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
3	11	37	2.5	0	290	2c-2.5f
3	15	50	3	0	360	2c-2.5f
3	15	48	3	0	360	2c-2.5f
4	14	42	3	0	360	3c-1f
6	14	45	4	0	850	2c-2.5f
4	14	47	3	0	340	2c-2.5f
4	15	47	3	0	340	2c-2.5f
8	15	26	4	10	420	5c-2.5f
5	18	56	6	5	270	1c-4.5f
17	22	52	8	180	1250	2c-2m-2f
25	42	64	15	220	1620	2c-3m
22	12	34	6	195	1340	2c-2m
3	11	45	7	35	105	2c-1f
3	12	47	6	35	110	2c-1.5f
3	12	47	7	35	120	2c-1.5f
3	10	41	5	30	110	2c-1f
3	1.5	6	1	5	75	3c
2	16	39	10	55	65	3c-2.5f
3	3	10	1.5	10	75	3c
3	0	0	0	0	75	3c
1	0	0	0	0	25	free
1	0	0	0	0	25	1c
0	0	0	0	0	10	1c
1	0	0	0	0	35	4c
0	0	0	0	0	35	4c
1	17	35	15	0	100	5c-1f
1	8	33	7	5	35	2c-1.5f

# Einstein Bros. Bagels®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Bagels</b>					
Asiago Cheese	1 each	113	360	71	2
Chocolate Chip	1 each	113	370	76	3
Chopped Garlic	1 each	119	380	79	4
Chopped Onion	1 each	106	330	71	2
Cinnamon Raisin Swirl	1 each	113	350	78	2
Cinnamon Sugar	1 each	106	330	74	2
Cranberry	1 each	113	350	78	3
Dark Pumpernickel	1 each	106	320	68	3
Egg	1 each	106	340	69	2
Everything	1 each	111	340	75	2
Honey Whole Wheat	1 each	106	320	71	3
Jalapeño	1 each	106	330	71	2
Lucky Green	1 each	106	320	71	2
Mango	1 each	113	360	80	2
Marble Rye	1 each	113	340	73	3
Nutty Banana	1 each	113	360	74	2
Plain	1 each	106	320	71	2
Poppy Dip'd	1 each	111	350	74	2
Potato	1 each	106	350	69	2
Power	1 each	120	410	81	4
Power Bagel With Peanut Butter	1 each	117	750	92	7
Pumpkin	1 each	106	330	72	3
Salt	1 each	111	330	73	2
Sesame Dip'd	1 each	117	380	75	3
Sun-Dried Tomato	1 each	106	320	69	3
Wild Blueberry	1 each	113	350	77	3
<b>Specialty Bread</b>					
Bagel Shtick, Asiago	1 each	134	450	72	2
Bagel Shtick, Cinnamon Sugar	1 each	142	570	79	2
Bagel Shtick, Everything	1 each	120	380	73	3
Bagel Shtick, Potato	1 each	106	350	69	2
Bagel Shtick, Sesame	1 each	120	420	75	5
Challah Roll	1 each	113	300	55	2
Flat Bread, Peanut Sesame	1 each	200	650	111	5
Flat Bread, Rosemary & Asiago	1 each	158	520	92	3
Cheese Pizza Focaccia	1 each	191	500	75	3
Margherita Focaccia	1 each	255	400	76	3
Pepperoni Pizza Focaccia	1 each	209	590	76	3
Bagel Mini Shtick Corn Meal	_	57	170	38	1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
13	3	7	1.5	5	570	5c
11	3	8	2	0	500	5c
13	3	3	1	0	680	5c
11	1	3	0	0	500	5c
11	1	3	0	0	490	5c
10	1	3	0	0	490	5c
10	1	3	0	0	490	5c
11	1	3	0	0	730	4c
11	3	9	1	35	510	4c
13	2	5	0	0	820	5c
10	1	3	0	0	470	5c
11	1	3	0	0	510	5c
11	1	3	0	0	520	5c
10	1	3	0	0	490	5c
11	2	5	0	0	690	5c
11	3	8	1	0	510	5c
11	1	3	0	0	520	5c
12	2	5	0	0	680	5c
10	4.5	11	1	0	590	5c
13	5	12	0.5	0	310	5c
27	34	41	6	0	780	6c-3m-1f
10	1.5	5	0	0	470	5c
11	1	3	0	0	1790	5c
11	5	12	1	0	680	5c
11	1	4	0	0	520	4c
11	1	3	0	0	510	5c
20	9	18	5	15	770	5c-1f
11	24	39	4	0	800	5c-1m-2f
12	4.5	11	0	0	1130	5c
10	4.5	11	1	0	590	4c
13	8	17	1	0	510	5c
11	4.5	13	1	40	270	4c
18	15	20	2	0	1520	7c-1m
18	9	15	3.5	5	1010	6c-1m
25	11	20	7	35	1010	5c-1m
14	17	10	1.5	5	580	5c
29	19	29	10	55	1380	5c-2m-1f
6	0	0	0	0	260	2c

# Einstein Bros. Bagels®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Bagel Mini Shtick Sesame	–	57	180	36	2
<b>Coffee</b>					
Coffee, Regular	12 oz.	360 ml	0	0	0
Coffee, Medium	16 oz.	480 ml	0	0	0
Coffee, Large	20 oz.	594 ml	0	0	0
Coffee, Regular Decaffeinated	12 oz.	360 ml	0	0	0
<b>Specialty Coffee</b>					
Cafe Latte, Regular	12 oz.	360 ml	140	13	0
Cafe Latte, Medium	16 oz.	480 ml	200	20	0
Cafe Latte, Large	20 oz.	594 ml	250	24	0
Cafe Latte Nonfat, Regular	12 oz.	360 ml	100	14	0
Cafe Latte Nonfat, Medium	16 oz.	480 ml	140	20	0
Cafe Latte Nonfat, Large	20 oz.	594 ml	180	25	0
Cappuccino, Regular	12 oz.	360 ml	90	9	0
Cappuccino, Medium	16 oz.	480 ml	190	19	0
Cappuccino, Large	20 oz.	594 ml	230	23	0
Cappuccino, Medium (Lowfat milk)	16 oz.	480 ml	130	19	0
Cappuccino, Large (Lowfat Milk)	16 oz.	480 ml	150	15	0
Cappuccino Nonfat, Regular	12 oz.	360 ml	60	9	0
Mocha, Regular	12 oz.	360 ml	230	34	0
Mocha, Medium	16 oz.	480 ml	390	42	1
Mocha, Large	20 oz.	594 ml	470	56	1
Low Fat Mocha, Regular	12 oz.	360 ml	190	34	0
Low Fat Mocha, Medium	16 oz.	480 ml	350	42	1
Low Fat Mocha, Large	20 oz.	594 ml	420	56	1
Espresso, Regular	1.5 oz.	45 ml	1	0	0
Americano, Regular	8 oz.	240ml	1	0	0
Americano, Large	16 oz.	480 ml	1	0	0
<b>Iced Specialty Coffee</b>					
Iced Americano	8 oz.	240 ml	1	0	0
Iced Coffee	12 oz.	360 ml	0	0	0
Iced Latte	16 oz.	480 ml	120	12	0
Iced Mocha	16 oz.	480 ml	210	33	0
Iced Nonfat Latte	16 oz.	480 ml	90	12	0
Low Fat Iced Mocha	16 oz.	480 ml	180	32	0
Low Fat Mocha, Regular	12 oz.	360 ml	190	34	0
<b>Coffee Extras</b>					
Light Whipped Cream	2 Tbsp.	30 ml	30	2	0
On Top Reduced Fat Topping	2 Tbsp.	8 g	20	2	0
Syrup, Almond	2 Tbsp.	30 ml	90	23	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
6	2	11	0	0	260	2c
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	0	free
9	5	32	3.5	20	140	1c-1m
13	8	35	5	30	210	1c-1m-1f
16	9	32	6	35	250	2c-1m
9	0	0	0	5	140	1c
14	1	3	0.5	5	210	1c-1m
16	1	5	0.5	10	260	2c
6	3.5	33	2	15	95	1c
12	7	32	4.5	30	190	1c-1m-1f
15	9	35	5	35	240	2c-1m
13	1	4	0	5	200	1c-1m
10	6	34	3.5	20	150	1c-1f
6	0	0	0	5	95	1c
8	6	26	4.5	15	135	2c-1m
9	20	46	12	75	170	3c-3f
13	22	40	13	85	230	4c-4f
8	2.5	13	2	5	130	2c
10	15	40	9	60	180	3c-2f
13	16	33	9	65	240	4c-2f
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	0	free
8	4.5	33	3	20	125	1c-1 lm
7	6	24	4	15	120	2c-1m
8	0	0	0	5	130	1c
7	2.5	14	2	5	115	2c
8	2.5	13	2	5	130	2c-1f
0	2	67	1.5	10	0	.5f
0	1.5	50	1	0	5	free
0	0	0	0	0	0	1c

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Syrup, Vanilla	2 Tbsp.	30 ml	80	19	0
Syrup, Hazelnut	2 Tbsp.	30 ml	80	20	0
Syrup, Premium, Sugar Free Caramel	2 Tbsp.	30 ml	0	0	0
Syrup, Premium, Sugar Free Vanilla	2 Tbsp.	30 ml	0	0	0
Syrup, Raspberry	2 Tbsp.	30 ml	80	20	0
<b>Cold Beverages</b>					
Apple Juice Box	1 box	250 ml	120	29	NA
Owalla Fresh Squeezed OJ	10 oz.	300 ml	143	34	2
Fruit Punch Juice Box	1 box	200 ml	90	25	NA
Fruitopia, Fruit Integration	8 oz.	240 ml	110	29	0
Fruitopia, Raspberry Psychic Lemonade	8 oz.	240 ml	110	26	0
Fruitopia, Strawberry Passion Awareness	8 oz.	240 ml	110	30	0
Fruitopia, Tangerine Wavelength	8 oz.	240 ml	110	29	0
Fruitopia, The Grape Beyond	8 oz.	240 ml	110	27	0
Half & Half	2 Tbsp.	30 ml	40	1	NA
Hi C Fruit Punch	8 oz.	240 ml	104	28	0
Hi C Grape	8 oz.	240 ml	106	28	0
Hi C Light Fruit Punch	8 oz.	240 ml	3	0	0
Hi C Light Lemon Lime	8 oz.	240 ml	4	0	0
Hi C Light Orange	8 oz.	240 ml	3	0	0
Hi C Light Pink Lemonade	8 oz.	240 ml	4	0	0
Hi C Orange	8 oz.	240 ml	110	30	0
Hi C Pink Lemonade	8 oz.	240 ml	96	25	0
Iced Tea, Unsweetened	8 oz.	240 ml	0	0	0
Lowfat 2% Milk	8 oz.	240 ml	120	12	0
Minute Maid Country Style OJ	8 oz.	240 ml	100	27	0
Minute Maid Orange	8 oz.	240 ml	106	29	0
Minute Maid Orig. Style Lemonade	8 oz.	240 ml	96	26	0
Minute Maid Premium OJ	8 oz.	240 ml	110	27	0
Mr. Pibb	8 oz.	240 ml	97	26	0
Nestea Peach Iced Tea	8 oz.	240 ml	78	21	0
Nestea Raspberry Iced Tea	8 oz.	240 ml	78	21	0
Nestea Southern Style Iced Tea	8 oz.	240 ml	123	33	0
Nestea Unsweetened Iced Tea	8 oz.	240 ml	1	0	0
Root Beer, Stewart's	12 oz.	360 ml	160	40	0
Skim Milk	1 cup	240 ml	80	15	0
Smoothie, Mocha	16 oz.	511 ml	470	98	0
Sprite	8 oz.	240 ml	97	26	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
0	0	0	0	0	0	1c
0	0	0	0	0	0	1c
0	0	0	0	0	0	free
0	0	0	0	0	0	Free
0	0	0	0	0	0	1c
0	0	0	0	0	0	
0	0	0	0	0	30	2c
1	0	0	0	0	71	2c
NA	0	0	0	0	25	1c
0	0	0	0	0	80	2c
0	0	0	0	0	80	2c
0	0	0	0	0	65	2c
0	0	0	0	0	80	2c
0	0	0	0	0	80	2c
1	3.0	75	2	15	25	1f
0	0	0	0	0	9	2c
0	0	0	0	0	8	2c
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	1	free
0	0	0	0	0	0	2c
0	0	0	0	0	41	1c
0	0	0	0	0	10	free
8	5	38	3	20	125	1c-1f
0	0	0	0	0	25	2c
0	0	0	0	0	0	2c
0	0	0	0	0	48	1c
0	0	0	0	0	25	1c
0	0	0	0	0	14	1c
0	0	0	0	0	9	1c
0	0	0	0	0	9	1c
0	0	0	0	0	14	2c
0	0	0	0	0	14	free
0	0	0	0	0	30	2.5c
7	0	0	0	5	140	1c
9	5	10	3	20	170	6c
0	0	0	0	0	22	1c

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Condiments</b>					
Ancho Lime Mayo	1 Tbsp.	16	50	1	0
Ancho Lime Salsa	1/4 cup	65	20	3	0
Deli Mustard	1 tsp.	5	4	0	0
French Dijon Mustard	1 tsp.	5	10	0	0
Grained Dijon Mustard	1 tsp.	5	5	0	0
Honey Mustard	1 tsp.	5	15	2	0
Marinated Red Onions	4 oz.	113	150	9	2
Whole Kosher Pickle	1 each	50	5	1	1
Raspberry Mustard	2 Tbsp.	33	50	7	0
Yellow Mustard	1 Tbsp.	5	0	0	0
<b>Cream Cheese</b>					
Whipped Blueberry	2 Tbsp.	20	70	6	0
Whipped Cappuccino	2 Tbsp.	20	70	4	0
Whipped Garden Vegetable	2 Tbsp.	20	60	2	0
Whipped Honey Almond Red. Fat	2 Tbsp.	20	70	5	0
Whipped Jalapeño Salsa	2 Tbsp.	20	60	3	0
Whipped Maple Raisin Walnut	2 Tbsp.	20	60	4	0
Whipped Onion and Chive	2 Tbsp.	20	70	2	0
Whipped Plain	2 Tbsp.	20	70	1	0
Whipped Plain Reduced Fat	2 Tbsp.	20	60	2	0
Whipped Smoked Salmon	2 Tbsp.	20	60	3	0
Whipped Strawberry	2 Tbsp.	20	70	5	0
Whipped Sundried Tomato & Basil	2 Tbsp	20	60	2	0
<b>Other Hot Beverages</b>					
Hot Chocolate, Regular	12 oz.	360 ml	290	39	0
Lower Fat Hot Chocolate, Regular	12 oz.	360 ml	260	39	0
<b>Roll-Ups</b>					
Albuquerque Turkey	1 roll-up	411	790	81	5
Thai Vegetable	1 roll-up	326	630	97	5
Thai Vegetable w/Chicken	1 roll-up	340	670	99	4
<b>Salad Dressings</b>					
Dressing, Raspberry Vinaigrette	2 Tbsp.	32	160	8	0
Thousand Island	2 Tbsp.	30	110	5	0
Caesar Dressing	2 Tbsp.	30	150	1	0
Honey Chipotle Dressing	2 Tbsp.	35	140	12	0
Asian Sesame Dressing	2 Tbsp.	38	80	16	0
Horseradish Sauce Dressing	2Tbsp.	29	170	1	0
Harvest Chicken Salad Dressing	2 Tbsp	30	90	3	0
Chicken & Tuna Salad Dressing	2 Tbsp	32	6	2	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
0	5	90	1	5	160	1f
0	1	50	0	0	670	free
0	0	0	0	0	65	free
0	0	0	0	0	130	free
0	0	0	0	0	105	free
0	0	0	0	0	45	free
1	12	73	2	0	160	.5c-2f
0	0	0	0	0	650	free
1	2	30	0	2	190	.5c
0	0	0	0	0	80	free
1	4	64	3	1	45	1.5f
1	5	64	3.5	15	50	1.5f
1	5	75	3.5	15	105	1.5f
1	5	64	3	15	40	1.5f
1	5	75	3	15	95	1.5f
1	5	75	3.5	15	45	1.5f
1	6	86	4	20	70	1.5f
1	7	86	4.5	20	65	1.5f
1	5	75	3.5	15	85	1.5f
1	5	75	3.5	15	115	1.5f
1	5	64	3.5	15	50	1.5f
1	5	75	3.5	15	50	1.5f
9	11	34	8	20	160	3c-1f
9	7	23	6	5	160	3c
31	39	44	15	85	2040	5c-5m
24	21	30	2	0	1310	6c-2m
27	18	25	1	40	1850	6c-2m-1f
0	14	81	2	0	80	.5c-3f
0	9	82	20	10	210	2f
1	16	93	2.5	10	360	3f
0	10	6	1.5	0	210	2f
1	1.5	19	0	0	600	1c
0	18	94	3	20	190	4f
1	8	88	1.5	15	410	2f
0	5	75	1	10	250	1f

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Wasabi Oriental Dressing	2 Tbsp	3	80	5	0
Chipotle BBQ Dressing	2 Tbsp.	3	110	4	0
<b>Salad Extras</b>					
Sweet Roasted Walnuts	1 oz.	28	180	7	1
Bagel Croutons	1/4 cup	7	25	4	0
<b>Salads</b>					
Fresh Fruit Cup	8 oz.	NA	110	25	2
Harvest Chicken w/ Rosemary & Asiago Flat Bread	12.5 oz.	356	730	103	5
Roasted Chicken Caesar w/ Rosemary & Asiago Flat Bread	13.75 oz.	389	890	86	4
Asian Chicken w/ Peanut Sesame Half Flat Bread	17.5 oz.	497	960	152	8
Bros. Bistro w/ Rosemary Asiago Flat Bread	13.1 oz.	374	1050	117	5
Chicken Chipotle Spinach Salad w/ Half Rosemary Asiago Flatbread	15.8 oz.	448g	900	79	6
Wasabi Salmon Spinach Salad w/ Half Peanut Sesame Flatbread	14.7 oz.	419	750	84	6
Egg Salad	4 oz.	113	200	5	0
Traditional Potato Salad	0.5 cup	140	290	21	2
Mind Bageling Side	3.5 oz.	101	220	13	1
Small Caesar Side	3.5 oz.	101	220	12	1
Tuna Salad	4 oz.	113	150	3	0
Roasted Corn Salad	3 oz.	85	90	13	4
<b>Sandwich Fillings</b>					
American Cheese	1 Slice	21	70	1	0
Bacon, Peppered	3 Slices	16	90	0	0
Cheddar Cheese	1 Slice	21	80	0	0
Cheese, Pepper Jack	1 Slice	28	100	0	0
Provolone Cheese	1 Slice	21	70	0	0
Smoked Salmon, Port Chatham	2 oz.	56	110	2	0
Smoked Salmon, Sea Specialties	2 oz.	56	92	1	0
Swiss Cheese	1 slice	21	80	1	0
<b>Sandwich, Assembled</b>					
Chicago Bagel Dog, Asiago	1	232	740	78	2
Chicago Bagel Dog, Everything	1	232	730	80	3
Chicago Bagel Dog (onion/no cheese)	1	281	680	78	2
Chicago Chili Cheese Bagel Dog	1	353	810	83	4
Egg Salad	1	290	560	79	3

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
1	8	63	0	0	320	2f
0	11	91	1.5	0	220	2f
5	15	75	1.5	0	85	.5c-3f
1	1	20	0	0	75	free
1	0.5	5	0	0	10	1.5c
36	20	25	5	55	1880	7c-3 lm
40	42	43	9	85	2050	6c-5m-1f
40	21	20	3.5	55	2480	10c-3m
28	52	45	14	30	1640	8c-4m-3f
41	48	49	11	80	1920	5c-6m-1f
29	40	77	3.5	105	2510	6c-4m
9	17	75	4	310	340	1m-3f
3	21	66	3	15	600	1c-4f
2	18	73	3	0	380	1c-3f
4	17	73	3	10	520	1c-3f
21	6	40	1	30	540	3 lm
2	3	28	0	0	150	1c
4	6	71	4	20	290	1m
5	8	78	3	15	380	2f
5	7	75	4.5	20	130	1m
27	8	70	5	30	170	2m
5	6	71	3.5	15	180	1m
12	6	60	2	20	650	2 lm
11	5	59	1	29	304	2 lm
6	6	63	3.5	20	55	1m
29	34	40	15	80	1360	5c-4m-1f
26	34	41	12	70	1850	5c-4m-1f
25	30	40	12	70	1220	5c-4m
33	38	42	17	105	1550	5c-5m-1f
20	18	29	4.5	315	860	5c-2m

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Egg, Homestyle Sausage	1	287	550	74	2
Egg, Homestyle Bacon	1	260	580	74	2
Egg, Homestyle Ham	1	284	530	74	2
Egg, Original	1	242	480	74	2
Egg, Salmon and Shmear	1	378	650	82	3
Egg, Santa Fe	1	333	650	78	2
Ham	1	262	450	74	3
Harvest Chicken Salad	1	290	540	81	4
Holey Cow	1	332	900	77	3
Hummus & Feta	1	302	540	89	5
New York Lox & Bagels	1	282	660	79	3
Roast Beef	1	262	460	76	3
Smoked Turkey	1	240	420	75	3
Tasty Turkey	1	276	600	78	3
The Veg Out	1	282	490	77	3
Tuna Salad	1	290	500	77	3
Turkey Pastrami Deli	1	262	440	76	3
Turkey Pastrami Rubeen Deli	1	304	660	83	4
<b>Bread Sandwiches on 12 Grain</b>					
Deli Smoked Turkey	1	304	530	56	5
Deli Egg Salad	1	282	490	57	5
Deli Tuna Salad	1	282	430	54	5
Deli Turkey Pastrami	1	289	540	55	5
Deli Ham	1	304	560	55	5
Deli Roast Beef	1	304	560	56	5
Deli Chicken Salad	1	282	470	59	6
Ultimate Toasted Cheese w/ Tomato	1	268	770	53	4
<b>Bread Sandwiches on Country White</b>					
Deli Smoked Turkey	1	342	630	76	3
Deli Egg Salad	1	320	590	77	3
Deli Tuna Salad	1	320	530	74	3
Deli Turkey Pastrami	1	327	640	75	3
Deli Ham	1	342	660	75	3
Deli Roast Beef	1	342	660	76	3
Deli Chicken Salad	1	320	570	79	4
Ultimate Toasted Cheese w/ Tomato	1	306	870	73	2
<b>Challah Deli Sandwiches</b>					
Deli Smoked Turkey	1	284	470	44	2
Deli Egg Salad	1	262	430	45	2
Deli Tuna Salad	1	262	370	42	2

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
33	14	22	5	295	1000	5c-3 lm
29	19	31	7	285	970	5c-4 lm
31	13	23	5	295	1120	5c-3 lm
23	10	19	4	270	680	5c-2 lm
31	22	31	12	310	1040	5c-4 lm
30	24	34	8	300	1210	5c-4 lm
26	6	11	1.5	45	1390	5c-3 vlm
28	12	20	2.5	50	1360	5c-4 vlm
36	50	50	13	105	1450	5c-5m-3f
18	13	22	4	15	880	6c-2 vlm
26	27	36	19	85	1150	5c-3m-1f
31	4	8	1.5	45	880	5c-3 vlm
25	1.5	3	0	30	1270	5c-1 vlm
27	21	32	12	100	1510	5c-3m
17	13	22	7	30	850	5c-2 lm
32	7	14	1.5	30	1060	5c-3 vlm
31	2	3	0	40	1610	5c-2 vlm
39	19	26	6	65	2590	5c-5 lm
31	21	36	6	70	1700	4c-4 lm
18	21	39	4	315	800	4c-2m
30	10	21	1.5	30	990	4c-4 vlm
34	21	35	6	70	1900	4c-4 lm
29	25	41	7	75	1680	4c-3m
34	24	37	7	80	1170	4c-4 lm
26	15	28	2	50	1230	4c-2m
32	49	57	24	110	1130	4c-4m-3f
35	23	33	8	70	2180	5c-5lm
22	23	35	6	315	1280	5c-3 lm
34	12	20	3.5	30	1470	5c-4 vlm
38	23	33	8	70	2380	5c-5 lm
33	27	36	9	15	2160	5c-4 lm
38	26	35	9	80	1650	5c-5 lm
30	17	26	4	50	1770	5c-4 lm
36	51	53	26	110	1610	5c-5m-2f
31	21	40	7	100	1450	3c-4 lm
18	20	41	5	345	540	3c-2m-1f
30	10	24	2.5	60	740	3c-4 vlm

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Deli Pastrami	1	269	480	43	2
Deli Turkey Ham	1	284	500	43	2
Deli Roast Beef	1	284	500	44	2
Deli Chicken Salad	1	262	410	47	3
Roasted Chicken & Smoked Gouda	1	283	440	47	2
BBQ Chicken Sandwich	1	262	380	52	2
Club Mex	1	353	750	47	2
Cobbie	1	313	630	45	4
<b>Soups</b>					
Chicken Noodle	Bowl	369	210	30	4
Chicken Noodle	Cup	234	140	19	2
Chicken & Wild Rice	Bowl	347	320	30	3
Chicken & Wild Rice	Cup	202	190	18	2
Cream of Potato	Bowl	365	280	35	5
Cream of Potato	Cup	237	180	23	3
Red Beans & Rice	Bowl	354	200	40	9
Red Beans & Rice	Cup	130	130	26	6
Turkey Chili w/Beans	Bowl	347	340	28	3
Turkey Chili w/Beans	Cup	248	240	20	2
Vegetarian Black Bean	Bowl	344	240	34	10
Vegetarian Black Bean	Cup	230	160	23	7
Zesty Lentil	Bowl	369	220	34	11
Zesty Lentil	Cup	220	130	20	7
<b>Spreads</b>					
Butter	1 Tbsp.	14	100	0	0
Butter and Margarine Blend Spread	1 Tbsp.	10	60	0	0
Fruit Spread, Apricot	1 oz.	NA	75	19	0
Fruit Spread, Grape	1 oz.	NA	75	19	0
Fruit Spread, Strawberry	1 oz.	NA	75	19	0
Honey Butter	1 Tbsp.	14	90	4	0
Hummus, Retail	2 oz.	57	110	9	2
Peanut Butter, Creamy	2 Tbsp.	32	190	8	2
<b>Sweets</b>					
Brownie	1	122	500	76	2
Chocolate Chunk Cookie	4 oz.	113	600	78	3
Ginger White Chocolate Cookie	4 oz.	113	510	81	1
Oatmeal Raisin Cookie	4 oz.	113	550	82	4
Peanut Butter Cookie	4 oz.	113	620	66	2
Sugar Cookie	4 oz.	113	610	73	1
Banana Nut Muffin	5 oz.	142	520	59	3

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
34	21	39	7	100	1650	3c-5 lm
29	25	44	8	105	1430	3c-3m-1f
34	23	42	8	110	920	3c-4m
26	14	32	3	80	1040	3c-3 lm
36	13	27	6	110	1010	3c-5 vlm
27	8	21	2	80	1000	4c-3 lm
39	45	53	14	135	2290	3c-5m-3f
37	33	48	12	110	1920	3c-5m
<b>Soups</b>						
7	7	33	0	5	1070	2c-1 lm
5	4.5	29	0	35	680	1c-1 lm
14	16	47	3	40	1710	2c-2m
8	10	47	2	25	990	1c-1m-1f
7	13	43	4	5	1280	2c-1m-1f
5	8	44	2.5	5	830	1c-1m-1f
7	0	0	0	0	1040	2c-1m
6	0	0	0	0	680	1c-1m
10	17	47	3.5	50	1630	2c-1m-2f
12	12	46	2.5	35	1160	1c-2m
14	6	21	1.5	0	1030	2c-2m
9	3.5	22	1	0	690	1c-1m
10	4.5	18	0.5	0	1140	2c-1m
6	2.5	19	0	0	680	1c-1m
<b>Spreads</b>						
0	11	100	8	30	115	2f
0	7	100	1.5	0	75	1f
0	0	0	0	0	8	1c
0	0	0	0	0	3	1c
0	0	0	0	0	17	1c
0	8	78	4	15	35	2f
3	7	55	0.5	0	390	.5c-1f
7	15	68	2	0	140	4f
<b>Sweets</b>						
4	21	38	4	30	280	5c-3f
8	28	42	10	45	480	5c-5f
7	17	30	8	25	350	5c-3f
8	21	35	5	40	320	5c-3f
10	35	52	10	55	620	4c-1m-5f
7	32	48	8	55	490	5c-1m-3f
9	29	50	5	95	430	4c-1m-3f

## Einstein Bros. Bagels®

www.einsteinbros.com  
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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Chocolate Chip Muffin	2 oz.	57	240	67	0
Morning Harvest Muffin	5 oz.	142	460	69	4
Blueberry Muffin	5 oz.	142	460	57	2
Pumpkin Pecan Muffin	5 oz.	142	480	50	3
Low Fat Lemon Poppyseed Muffin	5 oz.	142	370	69	1
Pound Cake, Lemon Iced	1 slice	152	540	74	0
Pound Cake, Marble	1 slice	152	460	57	1
Pull-Apart Cinnamon Bun w/Icing	4 oz.	113	380	64	2
Pull-Apart Sticky Bun	4 3/4 oz.	135	470	77	3
Rice Krispy Bars	1	110	420	83	1
Blueberry Scone with Icing	1	127	450	64	2
Raspberry Low Fat Scone	1	117	350	74	2
Handle Bar	1	196	830	113	9
Black & White Cookie	1	142	580	77	1
Pecan Pie Pastry	1	113	450	47	2
Chocolate Hazelnut Pastry	1	101	410	51	3
Cinnamon Walnut Strudel	1	146	550	63	3
Blueberry Figure 8	1	124	330	48	1
Cherry Figure 8	1	124	340	49	1
Sweetie Pie	7 oz.	196	766	163	1.5
Cinnamon Roll	7.5 oz.	213	810	118	4

## Jack in the Box®

www.jackinthebox.com

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Breakfast					
Sausage, Egg & Cheese Biscuit	1 each	223	760	33	2
<b>Bacon</b>	NA	3.5	20	0	0
Breakfast Jack®	NA	133	310	34	1
Extreme Sausage Sandwich	1 each	219	720	35	2
French Toast Sticks	4 pieces	124	430	57	2
Hash Brown	NA	57	150	13	2
Sausage Biscuit	1 each	103	380	25	2
Sausage Croissant	1 each	188	680	41	2
Sourdough Breakfast Sandwich	1 each	165	450	36	2
Supreme Croissant	1 each	172	540	41	1
Ultimate Breakfast Sandwich	1 each	260	650	52	1
<b>Burgers</b>					
Bacon Ultimate Cheeseburger	1 each	307	1050	42	1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
3	13	46	3	40	180	4c
7	19	39	3.5	70	370	4c-1m-2f
6	24	46	2.5	90	410	4c-1m-2f
6	30	56	5	80	360	4c-1m-2f
8	7	19	1	0	560	4c-2f
7	24	41	13	155	420	5c-1m-2f
7	24	46	12	150	430	4c-1m-1f
8	10	24	2	0	310	4c-1m
9	13	26	1.5	0	280	5c-1m
5	8	17	1.5	0	610	5c
7	18	38	8	55	460	4c-3f
7	3	7	0.5	25	330	5c
22	37	40	7	0	490	7c-3m-1f
5	28	43	7	30	240	5c-4f
5	27	55	4.5	35	360	3c-4f
7	20	44	5	30	190	3c-4f
7	31	51	11	30	380	4c-5f
5	13	36	4	20	330	3c-2f
6	13	35	4	20	320	3c-2f
4	33	38	2	4	318	10c
13	32	36	9	45	580	8c-2m

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
25	60	71	20	280	1390	2c-3m-8f
2	1.5	68	0.5	5	95	.5f
14	14	41	5	210	770	2c-2m
26	53	66	18	280	1180	2c-3m-7f
8	18	38	4	10	460	4c-1m-1f
1	10	60	2.5	0	230	1c-2f
11	27	64	8	35	730	1c-1m-5f
18	50	66	15	250	760	2c-2m-8f
18	26	52	8	220	830	2c-2m-3f
18	35	58	9	240	860	2c-2m-5f
28	37	51	11	440	1390	3c-3m-4f
45	78	67	29	160	1640	3c-5m-10f

# Jack in the Box®

www.jackinthebox.com

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Bacon Bacon Cheeseburger	1 each	279	820	44	2
Double Cheeseburger	1 each	155	410	32	1
Jack's Western Cheeseburger	1 each	219	600	46	2
Jumbo Jack® with Cheese	1 each	270	650	47	2
Jumbo Jack®	1 each	246	560	45	2
Sourdough Jack®	1 each	228	660	33	3
Ultimate Cheeseburger	1 each	293	980	42	1
Hamburger	1 each	104	250	30	2
Hamburger with Cheese	1 each	116	300	31	2
<b>Chicken and Fish</b>					
Chicken Breast Pieces	5 pieces	150	360	24	1
Chicken Fajita Pita	1 each	230	330	35	3
Chicken Sandwich	1 each	165	410	39	2
Chicken Supreme	1 each	300	710	62	4
Chicken Teriyaki Bowl	1 each	461	550	103	3
Fish & Chips	1 serving	227	610	66	5
Grilled Chicken Fillet	1 each	216	430	34	2
Jack's Spicy Chicken®	1 each	253	580	53	3
Sourdough Grilled Chicken Club	1 each	244	490	33	3
<b>Tacos</b>					
Taco	1 each	75	180	16	2
Monster Taco	1 each	125	280	22	3
<b>Condiments</b>					
Taco Sauce	1 serving	9	0	0	0
Tartar Sauce	1 serving	43	210	2	0
American Cheese	1 slice	12	45	1	0
Barbeque Dipping Sauce	1 serving	28	45	11	0
Buttermilk House Dipping Sauce	1 serving	25	130	3	0
Frank's Red Hot Buffalo™ Dipping Sauce	1 serving	28	10	2	0
Marinara Sauce	1 serving	25	15	3	0
Mustard	1 serving	6	0	1	0
Salsa	1 serving	28	10	2	0
Sweet & Sour Dipping Sauce	1 serving	28	45	11	0
Swiss-Style Cheese	1 slice	12	40	1	0
Vinegar	1 serving	9	0	0	0
Country Crock™ Spread	1 serving	5	25	0	0
Grape Jelly	1 serving	14	35	9	0
Syrup	1 serving	43	130	32	0
Ketchup	1 serving	9	10	2	0
Sour Cream	1 serving	28	60	2	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
34	56	61	19	95	1410	3c-5m-4.5f
20	22	48	11	70	920	2c-3m
22	36	54	14	60	860	3c-3m-3f
25	40	55	16	75	1180	3c-3m-4f
20	33	53	12	45	800	3c-3m-2f
27	47	64	16	75	950	2c-3m-6f
39	73	67	29	140	1270	2c-5m-9f
12	9	32	3.5	30	610	2c-2m
14	13	39	6	40	840	2c-2m
27	17	43	3	80	970	1c-3m-1f
24	11	30	4.5	55	910	2c-3 lm
15	21	46	4.5	35	740	2c-2m-2f
30	39	49	11	70	1440	4c-4m-2f
26	3	5	0.5	35	1720	7c
18	31	46	7	40	1240	4c-2m-3f
23	22	46	6	60	910	2c-3m-1f
24	31	48	6	60	950	4c-3m-1f
31	26	48	6	80	1190	2c-4m-1f
15	10	50	3.5	20	310	1c-2 lm
10	17	55	6	35	560	1c-1m-2f
0	0	0	0	0	80	free
0	22	91	3.5	20	370	5f
2	3.5	70	2	10	180	1f
1	0	0	0	0	330	1c
0	13	90	2	10	210	3f
0	0	0	0	0	840	free
0	0	0	0	0	210	free
0	0	0	0	0	50	free
0	0	0	0	0	220	free
0	0	0	0	0	160	.5c
2	3	68	2	10	150	1f
0	0	0	0	0	20	free
0	2.5	90	0.5	0	45	.5f
0	0	0	0	0	10	.5c
0	0	0	0	0	30	2c
0	0	0	0	0	105	free
1	5	75	3	15	20	1f

## Jack in the Box®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Blue Cheese Dressing	1 serving	57	260	5	0
Buttermilk House Dressing	1 serving	57	310	3	0
Low Calorie Italian Dressing	1 serving	57	15	4	0
Soy Sauce	1 serving	9	5	1	0
Thousand Island Dressing	1 serving	57	160	12	0
<b>Sides/Snacks</b>					
Cheese Sticks	3 sticks	71	240	21	1
Cheese Sticks	5 sticks	118	400	35	2
Bacon Cheddar Potato Wedges	1 serving	262	770	52	3
Chili Cheese Curly Fries	1 serving	236	630	54	6
Egg Roll	1 roll	57	130	15	2
Egg Rolls	3 rolls	170	400	44	6
French Fries	Jumbo	142	410	55	4
French Fries		113	330	44	3
French Fries	Super Scoop	198	580	77	6
Onion Rings	1 serving	119	500	51	3
Seasoned Curly Fries	1 serving	125	400	45	5
Stuffed Jalapeños	3 each	72	230	22	2
Stuffed Jalapeños	7 each	168	530	51	4
Croutons	1 serving	14	60	10	0
Side Salad	1 serving	131	50	5	2
<b>Beverages</b>					
Cappuccino Ice Cream Shake	16 oz.	313	640	85	0
Chocolate Ice Cream Shake	16 oz.	315	660	89	1
Oreo® Cookie Ice Cream Shake	16 oz.	301	670	81	1
Strawberry Ice Cream Shake	16 oz.	313	640	84	0
Vanilla Ice Cream Shake	16 oz.	285	570	65	0
<b>Desserts</b>					
Apple Turnover	1 serving	105	320	41	2
Cheesecake	1 serving	103	310	34	0
Double Fudge Cake	1 serving	85	310	49	4
Strawberry Banana Ice Cream	1 serving	344	700	100	0

## Jamba Juice®

www.jambajuice.com

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Power Smoothies</b>					
Jamba Powerboost®	1 each	24 oz.	440	103	7
Kiwi Berry Burner®	1 each	24 oz.	470	112	5
Coldbuster®	1 each	24 oz.	430	100	5
Protein Berry Pizazz	1 each	24 oz.	490	102	6

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
1	26	90	4.5	30	670	6f
1	33	96	5	20	470	7f
0	0	0	0	0	510	free
0	0	0	0	0	480	free
1	12	68	2	15	490	1c-2f
11	12	45	5	25	420	1c-1m-2f
18	21	47	8	40	700	2c-2m-2f
21	53	62	16	45	1330	4c-3m-5f
13	40	57	11	30	1640	4c-2m-3.5f
5	6	42	2	5	310	1c-1f
14	19	43	6	15	920	2c-2m-2f
4	20	44	4.5	0	690	4c-2f
3	16	44	3.5	0	550	3c-2f
6	28	43	6	0	960	5c-4f
6	30	54	5	0	420	3c-6f
6	23	52	5	0	890	3c-3.5f
7	13	51	6	20	690	1c-3f
15	30	51	13	45	1600	3c-2m-3f
2	1.5	23	0	0	130	.5c
3	3	54	1.5	10	65	1f
10	28	39	18	110	220	6c-3.5f
11	29	40	18	110	270	6c-4f
11	33	44	19	110	350	6c-4f
10	28	39	18	110	220	6c-3.5f
12	29	46	18	115	220	4c-5.5f
3	16	45	4	0	370	3c-2f
7	16	46	9	55	220	2c-3f
3	11	32	3	25	270	3c-1f
NA	28	36	18	110	230	6c-5f

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
6	1.5	3	NA	NA	NA	5c-1 lm
4	0	0	NA	NA	NA	6c
5	2.5	5	NA	NA	NA	5c-1 lm
21	1.5	3	NA	NA	NA	5c-2 lm

## Jamba Juice®

[www.jambajuce.com](http://www.jambajuce.com)  
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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Fruit Smoothies</b>					
Banana Berry	1 each	24 oz.	470	112	5
Mango-A-Go-Go	1 each	24 oz.	500	117	4
Caribbean Passion®	1 each	24 oz.	440	102	4
Strawberries Wild®	1 each	24 oz.	450	105	4
Orange-A-Peel	1 each	24 oz.	440	102	5
Citrus Squeeze®	1 each	24 oz.	450	93	5
Orange Berry Blitz	1 each	24 oz.	410	94	5
Razzmatazz®	1 each	24 oz.	480	112	4
Berry Lime Sublime®	1 each	24 oz.	450	104	6
Peenya Kowlada®	1 each	24 oz.	650	118	3
Aloha Pineapple	1 each	24 oz.	470	89	5
Cranberry Craze®	1 each	24 oz.	420	97	4
Peach Pleasure®	1 each	24 oz.	460	108	5
Chocolate Moo'd®	1 each	24 oz.	690	141	2
Peanut Butter Moo'd	1 each	24 oz.	840	139	5

## KFC®

[www.kfc.com](http://www.kfc.com)

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Chicken</b>					
Original Recipe Chicken - Whole Wing	1 serving	47	140	5	0
Original Recipe Chicken - Breast	1 serving	153	400	16	1
Original Recipe Chicken - Drumstick	1 serving	61	140	4	0
Original Recipe Chicken - Thigh	1 serving	91	250	6	1
Extra Crispy Chicken - Whole Wing	1 serving	55	220	10	<1
Extra Crispy Chicken - Breast	1 serving	168	470	17	<1
Extra Crispy Chicken - Drumstick	1 serving	67	195	7	<1
Extra Crispy Chicken - Thigh	1 serving	118	380	14	<1
Hot & Spicy Chicken - Whole Wing	1 serving	55	210	9	<1
Hot & Spicy Chicken - Breast	1 serving	180	505	23	1
Hot & Spicy Chicken - Drumstick	1 serving	64	175	9	<1
Hot & Spicy Chicken - Thigh	1 serving	107	355	13	1
<b>Sandwiches</b>					
Original Recipe Sandwich w/ sauce	1 serving	200	450	33	2
Original Recipe Sandwich w/o sauce	1 serving	187	360	21	<1
Triple Crunch Sandwich w/ sauce	1 serving	189	490	39	2
Triple Crunch Sandwich w/o sauce	1 serving	176	390	29	2
Triple Crunch Zinger Sand. w/ sauce	1 serving	210	550	39	2
Triple Crunch Zinger Sand. w/o sauce	1 serving	176	390	36	2

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
5	1.5	3	NA	NA	NA	6c
4	2	4	NA	NA	NA	7c
4	2	4	NA	NA	NA	6c
6	0	0	NA	NA	NA	6c
9	1	3	NA	NA	NA	6c
4	2	4	NA	NA	NA	6c
5	2.5	6	NA	NA	NA	6c
3	2	4	NA	NA	NA	6c
3	2	4	NA	NA	NA	6c
8	5	7	NA	NA	NA	7c-1m
7	1.5	3	NA	NA	NA	6c
6	2	4	NA	NA	NA	6c
4	2	4	NA	NA	NA	6c
16	8	10	NA	NA	NA	9c
23	22	23	NA	NA	NA	9c-2m

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
9	10	64	2.5	55	414	1m-1f
29	24	54	6	135	1116	1c-4m
13	9	58	2	75	422	2m
16	18	65	4.5	95	747	1c-2m-1f
10	15	61	4	55	415	1c-1m-2f
39	28	54	8	160	874	1c-5m
15	12	55	3	77	375	1c-2m
21	27	64	7	118	625	1c-3m-2f
10	25	100	4	55	350	1c-1m-2f
38	29	52	8	162	1170	1c-5m-1f
13	10	51	3	77	360	1c-1m-1f
19	26	66	7	126	630	1c-3m-1f
29	22	44	5	70	940	2c-4m
29	13	33	3.5	60	890	1c-4m
28	29	53	6	70	710	2c-4m-1f
25	15	35	4.5	50	650	2c-3m
28	32	52	7	85	830	2c-4m-2f
25	15	35	4.5	50	650	2c-3m



www.kfc.com

Brands are trademarks of their respective holders.

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Tender Roast Sandwich w/ sauce	1 serving	211	350	26	1
Tender Roast Sandwich w/o sauce	1 serving	177	270	23	1
Honey BBQ Flavored Sandwich	1 serving	178	310	37	2
Twister	1 serving	240	600	52	4
Crispy Caesar Twister	1 serving	270	744	66	5
Honey BBQ Crunch Melt	1 serving	231	556	48	2
<b>Crispy Strips</b>					
Colonel's Crispy Strips	3 pieces	115	300	18	1
Spicy Crispy Strips	3 pieces	115	335	23	<1
Honey BBQ Strips	3 pieces	178	377	33	4
<b>Popcorn Chicken</b>					
Popcorn Chicken	Small	99	362	21	0.2
Popcorn Chicken	Large	170	620	36	0
<b>Pot Pie</b>					
Chunky Chicken Pot Pie (after baking)	1 serving	368	770	69	5
<b>Wings</b>					
Hot Wings Pieces	6 pieces	135	471	18	2
Honey BBQ Pieces	6 pieces	189	607	33	1
<b>Sides</b>					
Mashed Potatoes w/ gravy	1 serving	136	120	17	2
Potato Wedges	1 serving	135	280	28	5
Macaroni & Cheese	1 serving	153	180	21	2
Corn on the Cob	1 serving	162	150	35	2
BBQ Baked Beans	1 serving	156	190	33	6
Cole Slaw	1 serving	142	232	26	3
Potato Salad	1 serving	160	230	23	3
Green Beans	1 serving	132	45	7	3
Mean Greens	1 serving	152	70	11	5
Biscuit	1 each	56	180	20	<1
<b>Desserts</b>					
Double Chocolate Chip Cake	1 serving	76	320	41	1
Little Bucket Parfait – Fudge Brownie	1 serving	99	280	44	1
Little Bucket Parfait – Lemon Crème	1 serving	127	410	62	4
Little Bucket Parfait – Chocolate Cream	1 serving	113	290	37	2
Little Bucket Parfait – Strawberry Shortcake	1 serving	99	200	33	1
Colonel's Pies – Pecan Pie Slice	1 serving	113	490	66	2
Colonel's Pies – Apple Pie Slice	1 serving	113	310	44	0
Colonel's Pies – Strawberry Crème Pie Slice	1 serving	78	280	32	2

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
32	15	39	3	75	880	1c-4m
31	5	17	1.5	65	690	1c-4 lm
28	6	17	2	125	560	2c-3 lm
22	34	51	7	50	1430	3c-3m-3f
27	41	50	9	55	1616	4c-3m-4f
33	26	42	5	60	1010	3c-4m-1f
26	16	48	4	56	1165	1c-3m
25	15	40	4	70	1140	1c-3m
27	15	36	4	45	1709	2c-3m
17	23	57	6	43	610	1c-2m-3f
30	40	58	10	73	1046	2c-4m-4f
29	42	49	13	70	2160	4c-4m-4f
27	33	63	8	150	1230	1c-4m-2f
33	38	56	10	193	1145	2c-4m-3f
1	6	45	1	<1	440	1c-1f
5	13	42	4	5	750	2c-1m-1f
7	8	40	3	10	860	1c-1m
5	1.5	9	0	0	20	2c
6	3	14	1	5	760	2c-1 lm
2	13.5	52	2	8	284	1c-3f
4	14	55	2	15	540	1c-3f
1	1.5	30	0.5	5	730	.5c
4	3	39	1	10	650	1c
4	10	50	2.5	0	560	1c-2f
4	16	45	4	55	230	3c-2f
3	10	32	3.5	145	190	3c-1f
7	14	31	8	20	290	4c-2f
3	15	47	11	15	330	2c-3f
1	7	32	6	10	220	2c-1f
5	23	42	5	65	510	4c-4f
2	14	41	3	0	280	3c-2f
4	15	48	8	15	130	2c-3f

# Krispy Kreme Doughnuts® [www.krispykreme.com](http://www.krispykreme.com)

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Yeast Doughnuts</b>					
Glazed Doughnut (Ring)	1 each	52	200	23	2
Chocolate Iced Glazed Ring w/Sprinkles	1 each	69	260	36	>1
Chocolate Iced Glazed (Ring)	1 each	66	280	36	1
Maple Iced Glazed (Ring)	1 each	66	250	34	>1
Cinnamon Bun	1 each	67	260	28	>1
Sugar Doughnut	1 each	49	200	21	0
Cinnamon Twist	1 each	59	230	33	1
Glazed Twist	1 each	54	210	28	>1
<b>Cake Doughnuts</b>					
Traditional	1 each	57	220	25	>1
Traditional Chocolate Iced	1 each	69	270	36	>1
Powdered Sugar	1 each	66	260	33	>1
Glazed Cruller	1 each	54	240	26	>1
Chocolate Iced Glazed Cruller	1 each	66	280	35	>1
Devil's Food Old Fashioned	1 each	81	390	41	5
Glazed Blueberry Old Fashioned	1 each	67	300	37	1
Old Fashioned Sour Cream	1 each	67	280	41	0
Vanilla Iced with Sprinkles	1 each	75	280	39	>1
Plain Mini Cake	4 each	58	250	27	1
Powdered Sugar Mini Cake	3 each	48	210	26	>1
Chocolate (Enrobed) Mini Cake	3 each	55	270	26	3
Old Fashioned Honey & Oat	1 each	67	270	36	>2
<b>Filled Doughnuts</b>					
Apple Filled Cinnamon Sugar Coated	1 each	84	280	35	3
Blueberry Filled Powdered Sugar Coated	1 each	82	270	33	1
Chocolate Iced Crème Filled	1 each	86	340	39	4
Chocolate Iced Custard Filled	1 each	89	310	39	5
Glazed Cherry Filled	1 each	88	290	36	5
Glazed Crème Filled	1 each	84	350	39	1
Glazed Raspberry Filled	1 each	88	350	36	2
Powdered Raspberry Filled	1 each	84	300	36	>1
Vanilla Iced Crème Filled	1 each	86	360	41	5
Vanilla Iced Custard Filled	1 each	89	290	33	>1
Glazed Lemon Filled	1 each	88	290	34	>1
Glazed Custard Filled	1 each	88	290	34	>1
Powdered Strawberry Filled	1 each	75	260	26	>1
<b>Other Doughnuts and Pies</b>					
Powdered Sugar Doughnut Holes	3 each	48	220	23	2
Glazed Doughnut Holes	3 each	49	220	25	1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
4	11	50	3	5	115	1c-2f
3	12	42	3	5	100	2c-2f
3	14	45	4	>5	75	2c-3f
2	12	43	3	5	100	2c-2f
3	16	55	4	5	125	2c-3f
2	12	54	3	5	95	1c-2f
3	9	35	2.5	5	85	2c-2f
3	9	39	2.5	5	80	2c-1f
3	13	53	3	20	320	1c-3f
3	13	43	3	20	320	2c-2f
3	13	45	3	20	320	2c-2f
2	14	53	3.5	15	240	1c-3f
2	15	48	3.5	15	240	2c-3f
3	24	55	5	>5	250	3c-4f
2	15	45	3	5	200	2c-3f
3	11	35	2.5	20	210	3c-1f
3	13	42	3	20	320	2c-2f
4	14	50	4	15	370	2c-2f
2	10	43	2.5	>5	230	1c-2f
3	17	57	9	10	240	1c-3f
3	13	43	3	5	200	2c-2f
5	13	42	3	>5	180	2c-2f
5	13	43	4	>5	170	2c-2f
5	18	48	5	>5	160	2c-4f
4	16	46	4	>5	170	3c-3f
5	14	43	4	>5	160	2c-3f
4	20	51	5	>5	135	2c-4f
5	21	54	5	10	180	2c-4f
3	16	48	4	5	125	2c-3f
5	19	48	5	>5	160	3c-4f
3	16	50	4	5	150	2c-3f
3	16	50	4	5	135	2c-3f
3	16	50	4	5	160	2c-3f
3	16	55	4	5	130	1c-4f
2	13	53	4	10	170	1c-3f
2	13	53	3	10	170	1c-3f

## Krispy Kreme Doughnuts® [www.krispykreme.com](http://www.krispykreme.com)

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Glazed Mini Cruller	3 each	56	230	32	1
Chocolate Enrobed Doughnut Holes	3 each	54	270	27	2
Honey Bun	1 each	96	410	44	1
Coconut Crème Pie	1 each	128	450	61	2
Peach Pie	1 each	126	370	51	0
Cherry Pie	1 each	128	410	56	1
Apple Pie	1 each	126	400	54	3

## McDonald's®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Breakfast Items</b>					
Cheddar Bacon Sausage McMuffin®	1 each	NA	560	27	NA
Egg McMuffin	1 each	NA	290	27	NA
Sausage McMuffin	1 each	NA	360	26	NA
Sausage McMuffin with Egg	1 each	NA	440	27	NA
English Muffin	1 each	NA	140	25	NA
Sausage Biscuit	1 each	NA	410	30	NA
Sausage Biscuit with Egg	1 each	NA	490	31	NA
Bacon, Egg & Cheese Biscuit	1 each	NA	480	31	NA
Biscuit	1 each	NA	240	30	NA
Ham and Egg Cheese Bagel	1 each	NA	550	58	NA
Spanish Omelet Bagel	1 each	NA	690	60	NA
Steak and Egg Cheese Bagel	1 each	NA	700	57	NA
Sausage	1 each	NA	170	0	NA
Scrambled Eggs (2)	1 serving	NA	160	1	NA
Hash Browns	1 each	NA	130	14	NA
Hotcakes (Plain)	1 serving	NA	340	58	NA
Hotcakes (Margarine, 2 pats, & Syrup)	1 serving	NA	600	104	NA
Breakfast Burrito	1 each	NA	290	24	NA
Lowfat Apple Bran Muffin	1 each	NA	300	61	NA
Apple Danish	1 each	NA	340	47	NA
Cheese Danish	1 each	NA	400	45	NA
Cinnamon Roll	1 each	NA	390	50	NA
<b>Sandwiches</b>					
Chicken Breast Parmesan	1 each	NA	490	47	NA
Hamburger	1 each	NA	280	35	NA
Cheeseburger	1 each	NA	330	36	NA
Quarter Pounder®	1 each	NA	430	37	NA
Quarter Pounder® with Cheese	1 each	NA	530	38	NA

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
2	10	39	3	10	190	2c-2f
3	17	57	8	15	210	2c-2f
5	24	53	6	10	170	3c-4f
3	21	42	7	0	270	4c-3f
3	17	41	5	0	220	3c-3f
4	19	42	6	0	200	4c-2f
4	19	43	5	0	270	4c-2f

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
26	39	63	15	285	1430	2c-3m-4f
17	12	37	4.5	235	790	2c-2m
13	23	58	8	45	740	2c-1.5m-3f
19	28	57	10	255	890	2c-2.5m-3f
4	2	13	0	0	210	2c
10	28	61	8	35	930	2c-1m-4f
16	33	61	10	245	1010	2c-2m-4f
20	31	58	10	250	1410	2c-2m-4f
4	11	41	2.5	0	640	2c-2f
26	23	38	8	255	1490	4c-3m-1f
27	38	50	14	275	1570	4c-3m-4f
38	35	45	13	290	1290	4c-4m-1f
6	16	85	5	35	290	1m-2f
13	11	62	3.5	425	170	2m
1	8	55	1.5	0	330	1c-1f
9	8	21	1.5	20	630	4c-1f
9	17	26	3	20	770	7c-3f
13	16	50	6	170	680	1.5c-2m-1f
6	3	9	0.5	0	380	4c
5	15	40	3	20	340	3c-2.5f
7	21	47	5	40	400	3c-4f
6	18	42	5	65	310	3.5c-3f
29	21	39	7	60	1300	3c-3m-1f
12	10	32	4	30	590	2c-1.5m
15	14	38	6	45	830	2c-1.5m-1f
23	21	44	8	70	840	2.5c-3m-1f
28	30	51	13	95	1310	2.5c-3.5m-2f

# McDonald's®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Big Mac®	1 each	NA	590	47	NA
Big N' Tasty®	1 each	NA	540	39	NA
Big N' Tasty® with Cheese	1 each	NA	590	40	NA
Crispy Chicken	1 each	NA	550	54	NA
Filet-O-Fish®	1 each	NA	470	45	NA
Chicken McGrill®	1 each	NA	450	46	NA
Chicken McGrill® (Plain w/o Mayo)	1 each	NA	340	45	NA
<b>French Fries</b>					
French Fries, Small	1 serving	NA	210	26	NA
French Fries, Medium	1 serving	NA	450	57	NA
French Fries, Large	1 serving	NA	540	68	NA
French Fries, Super Size	1 serving	NA	610	77	NA
<b>Chicken McNuggets®/Sauces</b>					
Chicken McNuggets®	4 pieces	NA	190	13	NA
Chicken McNuggets®	6 pieces	NA	290	20	NA
Chicken McNuggets®	9 pieces	NA	430	29	NA
Hot Mustard Sauce	1 pkg	NA	60	7	NA
Barbeque Sauce	1 pkg	NA	45	10	NA
Sweet 'N Sour Sauce	1 pkg	NA	50	11	NA
Honey	1 pkg	NA	45	12	NA
Honey Mustard	1 pkg	NA	50	3	NA
Light Mayonnaise	1 pkg	NA	45	1	NA
<b>Salads and Salad Dressings</b>					
Chef Salad	1 serving	NA	150	5	NA
Garden Salad	1 serving	NA	100	4	NA
Grilled Chicken Caesar Salad	1 serving	NA	100	3	NA
Croutons	1 pkg.	NA	50	9	NA
Caesar Dressing	1 pkg.	NA	150	5	NA
Fat Free Herb Vinaigrette Dressing	1 pkg.	NA	35	8	NA
Honey Mustard Dressing	1 pkg.	NA	160	13	NA
Ranch Dressing	1 pkg.	NA	170	3	NA
Red French Reduced Calorie Dressing	1 pkg.	NA	130	18	NA
1000 Island Dressing	1 pkg.	NA	130	11	NA
<b>Desserts and Shakes</b>					
Fruit 'n Yogurt Parfait	1 each	NA	380	76	NA
Fruit 'n Yogurt Parfait w/o Granola	1 each	NA	280	53	NA
Vanilla Reduced Fat Ice Cream Cone	1 each	NA	150	23	NA
Strawberry Sundae	1 each	NA	290	50	NA
Hot Caramel Sundae	1 each	NA	360	61	NA
Hot Fudge Sundae	1 each	NA	340	52	NA

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
24	34	52	11	85	1090	3c-3m-3f
24	32	53	10	80	970	2.5c-3m-3f
27	37	56	12	95	1210	2.5c-3.5m-4f
23	27	44	4.5	50	1180	3c-3m-2f
15	26	50	5	50	890	3c-1m-4f
26	18	36	3	60	970	2.5c-3m
26	7	19	1.5	50	890	2.5c-3 lm
<b>French Fries</b>						
3	10	43	1.5	0	135	1.5c-2f
6	22	44	4	0	290	3.5c-4f
8	26	43	4.5	0	350	4.5c-5f
9	29	43	5	0	390	5c-5f
<b>Chicken McNuggets®/Sauces</b>						
10	11	52	2.5	35	360	1c-1m-1f
15	17	53	3.5	55	540	1c-2m-2f
23	25	52	5	80	810	2c-3m-3f
1	3.5	53	0	5	240	.5c-.5f
0	0	0	0	0	250	1c
0	0	0	0	0	140	1c
0	0	0	0	0	0	1c
0	4.5	81	0.5	10	850	1f
0	4.5	90	0.5	10	100	1f
<b>Salads and Salad Dressings</b>						
17	8	48	3.5	95	740	2 lm
7	6	54	3	75	120	1m
17	2.5	23	1.5	40	240	2 vlm
1	1	18	0	0	105	.5c
1	13	78	2.5	10	400	3f
0	0	0	0	0	260	.5c
1	11	62	1.5	15	260	1c-2f
0	18	95	2.5	15	460	4f
0	6	42	1	0	360	1c-1f
1	9	62	1.5	15	350	.5c-2f
<b>Desserts and Shakes</b>						
10	5	12	2	15	240	5c-1f
8	4	13	2	15	115	3.5c
4	4.5	27	3	20	75	1.5c-1f
7	7	22	5	30	95	3.5c-1f
7	10	25	6	35	180	4c-2f
8	12	32	9	30	170	3.5c-2f

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Nuts (on Sundaes)	1 serving	NA	40	2	NA
Butterfinger® McFlurry™	1 each	NA	620	90	NA
M&M® McFlurry™	1 each	NA	630	90	NA
Nestle Crunch® McFlurry™	1 each	NA	630	89	NA
Oreo® McFlurry™	1 each	NA	570	82	NA
Baked Apple Pie	1 each	NA	260	34	NA
Chocolate Chip Cookies	1 pkg.	NA	280	37	NA
McDonaldland Cookies	1 pkg.	NA	230	38	NA
Vanilla Shake, Small	1 each	NA	360	59	NA
Chocolate Shake, Small	1 each	NA	360	60	NA
Strawberry Shake, Small	1 each	NA	360	60	NA

## Panda Express®

www.pandaexpress.com

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Chicken Dishes</b>					
Black Pepper Chicken	5 oz.	NA	210	11	1
Orange Chicken	5 oz.	NA	310	31	0
Chicken with Mushrooms	5 oz.	NA	170	9	1
Chicken with String Beans	5 oz.	NA	180	12	2
Spicy Chicken with Peanuts	5 oz.	NA	510	28	5
<b>Beef Dishes</b>					
Beef & Broccoli	5 oz.	NA	180	13	2
<b>Pork Dishes</b>					
Sweet and Sour Pork	4 oz.	NA	310	8	0
Sweet & Sour Sauce	2 oz.	NA	60	16	0
<b>Vegetable Dishes</b>					
Mixed Vegetables	5 oz.	NA	80	11	2
<b>Soups</b>					
Hot & Sour Soup	12 oz.	NA	110	13	0
Egg Flower Soup	12 oz.	NA	80	18	1
<b>Chow Mein &amp; Rice</b>					
Vegetable Fried Rice	8 oz.	NA	410	47	1
Steamed Rice	8 oz.	NA	220	48	1
Lo Mein	8 oz.	NA	270	37	2
Vegetable Chow Mein	8 oz.	NA	300	43	3
<b>Appetizers</b>					
Egg Rolls	2 pieces	NA	190	30	1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
2	3.5	79	0	0	55	1f
16	22	32	14	70	260	6c-3f
16	23	33	15	75	210	6c-4f
16	24	34	16	75	230	6c-4f
15	20	32	12	70	280	5.5c-3f
3	13	45	3.5	0	200	2.5c-2f
3	14	45	8	40	170	2.5c-2f
3	8	31	2	0	250	2.5c-1f
11	9	23	6	40	250	6c-3f
11	9	23	6	40	250	6c-3f
11	9	23	6	40	180	6c-3f

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
16	10	43	2	50	570	1c-2 lm
17	13	38	2.5	65	420	2c-2m
12	9	48	1.5	35	570	2m
12	9	45	1.5	35	620	1c-2 lm
35	29	51	5	95	1250	2c-5m
8	11	55	2.5	15	910	1c-1m
21	20	58	7	75	250	3m-2f
0	0	0	0	0	150	1c
1	3	34	0	0	450	1c
8	4	33	0.5	0	890	1c-1 vlm
3	0	0	0	0	640	1c
8	19	42	3	110	440	3c-1m-2f
5	0	0	0	0	5	3c
7	10	33	1.5	35	1090	2c-1m-1f
8	10	30	2	0	610	3c-2f
4	6	28	1	0	490	2c-1f

# Pizza Hut®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Hand Tossed Pizza – Medium Sized</b>					
Cheese	1 slice	106	240	28	2
Beef Topping	1 slice	134	330	29	3
Ham	1 slice	118	260	28	2
Pepperoni	1 slice	116	280	28	2
Italian Sausage	1 slice	134	340	28	2
Pork Topping	1 slice	134	320	29	3
Meat Lover's®	1 slice	129	320	28	2
Veggie Lover's®	1 slice	126	220	29	2
Pepperoni Lover's®	1 slice	106	250	27	2
Supreme	1 slice	129	270	29	3
Super Supreme	1 slice	139	290	29	2
Chicken Supreme	1 slice	124	230	29	2
<b>Thin 'n Crispy Pizza – Medium Sized</b>					
Cheese	1 slice	85	200	22	2
Beef Topping	1 slice	106	270	22	2
Ham	1 slice	82	170	21	2
Pepperoni	1 slice	81	190	21	2
Italian Sausage	1 slice	106	290	22	2
Pork Topping	1 slice	106	270	22	2
Meat Lover's®	1 slice	116	310	22	2
Veggie Lover's®	1 slice	115	190	24	2
Pepperoni Lover's®	1 slice	97	250	22	2
Supreme	1 slice	117	250	23	2
Super Supreme	1 slice	130	280	23	2
Chicken Supreme	1 slice	113	200	23	2
<b>Pan Pizza – Medium Sized</b>					
Cheese	1 slice	110	290	28	2
Beef Topping	1 slice	123	330	29	3
Ham	1 slice	107	260	28	2
Pepperoni	1 slice	106	280	28	2
Italian Sausage	1 slice	123	340	29	2
Pork Topping	1 slice	123	320	29	3
Meat Lover's®	1 slice	133	360	29	3
Veggie Lover's®	1 slice	130	270	30	3
Pepperoni Lover's®	1 slice	122	330	29	2
Supreme	1 slice	133	320	29	3
Super Supreme	1 slice	143	340	30	3
Chicken Supreme	1 slice	128	270	29	2
<b>The Sicilian Pizza</b>					

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
12	10	38	5	10	650	2c-2m
16	17	46	8	25	880	2c-2m
14	10	35	5	20	800	2c-2m
13	13	42	6	20	790	2c-2m
16	18	48	8	30	910	2c-2m
16	16	45	7	25	920	2c-2m
14	17	48	7	30	900	2c-2m
9	8	33	3	5	580	2c-1m
11	11	40	4.5	15	730	2c-2m
13	12	40	5	20	730	2c-2m
13	14	43	6	25	850	2c-2m
13	7	27	3.5	15	650	2c-2m
10	9	41	5	10	590	1c-1m-1f
13	15	50	7	25	750	1c-2m-1f
9	7	37	3.5	15	610	1c-1m
9	9	43	4	15	610	1c-1m-1f
12	17	53	7	30	800	1c-2m-1f
13	14	47	6	25	820	1c-2m-1f
14	19	55	8	35	910	1c-2m-2f
8	7	33	3	5	520	1c-1m-1f
12	13	47	6	20	760	1c-2m
12	13	47	6	20	710	1c-2m
13	15	48	6	25	840	1c-2m-1f
12	7	32	3.5	20	620	1c-2m
12	14	43	6	10	590	2c-2m
14	18	49	7	20	690	2c-2m-1f
11	12	42	4	15	610	2c-2m
11	14	45	5	15	610	2c-2m
13	20	53	7	25	720	2c-2m-1f
13	17	48	6	20	730	2c-2m
14	21	53	7	30	840	2c-2m-1f
10	12	40	4	5	510	2c-2m
14	18	49	7	20	760	2c-2m-1f
13	17	48	6	20	670	2c-2m-1f
14	18	48	6	25	780	2c-2m-1f
13	12	40	4	15	580	2c-2m

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Cheese	1 slice	115	290	31	2
Beef Topping	1 slice	111	260	31	2
Ham	1 slice	108	257	30	2.6
Pepperoni	1 slice	110	280	31	2
Italian Sausage	1 slice	124	333	31	2.8
Pork Topping	1 slice	125	320	31	2
Meat Lover's®	1 slice	133	350	31	2
Veggie Lover's®	1 slice	132	270	32	2
Pepperoni Lover's®	1 slice	125	320	31	2
Supreme	1 slice	134	310	32	2
Super Supreme	1 slice	142	340	32	2
Chicken Supreme	1 slice	130	270	32	2
<b>Stuffed Crust Pizza – Large Sized</b>					
Cheese	1 slice	157	360	39	3
Beef Topping	1 slice	166	390	40	3
Ham	1 slice	156	330	39	3
Pepperoni	1 slice	154	360	39	3
Italian Sausage	1 slice	166	400	40	3
Pork Topping	1 slice	166	380	40	3
Meat Lover's®	1 slice	190	470	40	3
Veggie Lover's®	1 slice	188	340	42	3
Pepperoni Lover's®	1 slice	176	420	40	3
Supreme	1 slice	191	410	41	3
Super Supreme	1 slice	204	430	41	3
Chicken Supreme	1 slice	186	350	41	3

## Starbucks®

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Beverages</b>					
Americano	16 oz.	NA	15	3	0
Latte, Whole Milk	16 oz.	NA	270	22	0
Latte, 2% Fat Milk	16 oz.	NA	220	22	0
Latte, Nonfat Milk	16 oz.	NA	160	23	0
Latte, Soymilk	16 oz.	NA	150	10	5
Latte, Breve (half & half)	16 oz.	NA	570	16	0
Mocha, Whole Milk	16 oz.	NA	370	40	2
Mocha, 2% Fat Milk	16 oz.	NA	340	40	2
Mocha, Nonfat Milk	16 oz.	NA	290	40	2
Mocha, Soymilk	16 oz.	NA	320	44	4

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
12	13	40	6	10	630	2c-2m
11	11	38	4.5	15	640	2c-2m
11	10	35	4.9	14	745	2c-2m
10	13	42	5	15	630	2c-2m
13	18	49	7.4	24	855	2c-2m-1f
13	16	45	6	20	750	2c-2m
14	19	49	7	25	830	2c-2m-1f
12	11	37	4	15	620	2c-2m
13	16	45	7	20	780	2c-2m
12	15	44	6	15	690	2c-2m
13	18	48	6	20	780	2c-2m-1f
12	11	37	4	15	620	2c-2m
18	16	40	8	25	1090	2c-2m-1f
19	18	42	8	30	1150	3c-2m
18	13	35	6	30	1130	2c-2m
17	16	40	7	30	1120	2c-2m-1f
19	20	45	8	35	1180	3c-2m
19	18	43	8	30	1190	3c-2m
22	25	48	11	50	1430	3c-3m-
16	14	37	6	20	1030	3c-2 lm
21	21	45	9	40	1350	3c-2m
20	20	44	9	35	1220	3c-2m
21	22	46	9	40	1360	3c-2m-1f
21	13	33	6	35	1130	3c-2m

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
1	0	0	0	0	15	free
15	14	48	NA	60	210	1c-2m-1f
15	7	32	NA	35	220	1c-2m
15	1	3	NA	10	220	1c-2 lm
13	8	47	NA	0	55	.5c-2 lm
15	42	67	NA	210	210	1c-2m-8f
13	21	51	NA	75	160	3c-1m-1f
13	16	44	NA	55	160	3c-1m-1f
14	11	34	NA	40	170	3c-1m
9	14	38	NA	35	160	3c-1m

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Mocha, Breve (half & half)	16 oz.	NA	580	36	2
Cappuccino, Whole Milk	16 oz.	NA	180	15	0
Cappuccino, 2% Fat Milk	16 oz.	NA	140	15	0
Cappuccino, Nonfat Milk	16 oz.	NA	110	15	0
Cappuccino, Soymilk	16 oz.	NA	100	7	4
Caramel Macchiato, Whole Milk	16 oz.	NA	250	36	0
Caramel Macchiato, 2% Fat Milk	16 oz.	NA	225	36	0
Caramel Macchiato, Nonfat Milk	16 oz.	NA	190	36	0
Caramel Macchiato, Soymilk	16 oz.	NA	210	44	2
Caramel Macchiato, Breve (half & half)	16 oz.	NA	420	37	0
Eggnog Latte, Whole Milk	16 oz.	NA	500	49	0
Eggnog Latte, Nonfat Milk	16 oz.	NA	460	49	0
Espresso Solo	NA	NA	5	1	0
Espresso Doppio	NA	NA	10	2	0
Hot Chocolate, Whole Milk	16 oz.	NA	450	49	2
Steamed Cider	16 oz.	NA	230	57	0
Tazo Chai	16 oz.	NA	320	52	0
White Chocolate Mocha, Whole Milk	16 oz.	NA	480	60	0
White Chocolate Mocha, 2% Fat Milk	16 oz.	NA	450	61	0
White Chocolate Mocha, Nonfat Milk	16 oz.	NA	400	61	0
White Chocolate Mocha, Soymilk	16 oz.	NA	430	65	2
White Chocolate Mocha, Breve	16 oz.	NA	690	56	0
White Hot Chocolate	16 oz.	NA	530	63	0
Iced Cafe Americano	16 oz.	NA	15	3	0
Iced Café Latte, Whole Milk	16 oz.	NA	160	13	0
Iced Café Latte, 2% Fat Milk	16 oz.	NA	130	14	0
Iced Café Latte, Nonfat Milk	16 oz.	NA	100	14	0
Iced Café Latte, Soymilk	16 oz.	NA	90	6	3
Iced Café Mocha, Whole Milk	16 oz.	NA	310	36	2
Iced Tazo Chai, Whole Milk	16 oz.	NA	320	66	0
Iced White Chocolate Mocha, Whole	16 oz.	NA	320	52	0
Frappuccino®, Caramel	16 oz.	NA	350	61	0
Frappuccino®, Chocolate Brownie	16 oz.	NA	490	88	2
Frappuccino®, Coffee	16 oz.	NA	270	55	0
Frappuccino®, Eggnog	16 oz.	NA	330	57	0
Frappuccino®, Espresso	16 oz.	NA	230	46	0
Frappuccino®, Mocha	16 oz.	NA	290	61	0
TazoBerry®	16 oz.	NA	210	53	0
TazoBerry® & Cream	16 oz.	NA	500	63	0

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
13	40	62	NA	180	160	2c-2m-6f
10	9	44	NA	35	135	1c-2f
10	5	32	NA	20	140	1c-1f
10	NA	NA	NA	5	140	1c
8	5	45	NA	NA	35	2f
9	9	32	NA	35	135	2c-1m
9	5	20	NA	20	140	2c-1m
9	1	5	NA	5	140	2c-1m
7	3	12	NA	0	140	3c-1 lm
10	24	52	NA	120	135	2c-1m-4f
17	27	48	NA	195	230	3c-2m-3f
17	22	43	NA	175	240	3c-2m-2f
0	0	0	NA	0	0	free
1	0	0	NA	0	0	free
15	24	47	NA	90	200	3c-2m-1f
0	0	0	NA	0	20	4c
8	9	25	NA	35	135	4c
15	20	38	NA	75	280	4c-2m
15	16	31	NA	60	280	4c-2m
15	11	25	NA	40	280	4c-2 lm
11	13	28	NA	35	280	4c-2 lm
15	40	52	NA	185	280	4c-2m-5f
17	23	40	NA	90	320	4c-2m-2f
1	0	0	NA	0	15	free
9	8	44	NA	35	130	1c-1m
9	4.5	31	NA	20	130	1c-1 lm
9	0	0	NA	5	135	1c
7	4.5	44	NA	0	35	.5c-1f
9	16	45	NA	60	105	2c-1m-2f
6	5	14	NA	20	90	4c
10	8	22	NA	30	220	4c
6	9	23	NA	35	290	4c
7	14	27	NA	35	350	6c
4	3.5	11	NA	15	270	4c
6	9	24	NA	45	290	4c
3	3	11	NA	10	230	3c
5	4	12	NA	15	270	4c
<1	0	0	NA	0	45	4c
3	23	42	NA	105	90	4c-4f

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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Beverage Additions</b>					
Vanilla Syrup	4 pumps	NA	80	21	0
Hazelnut Syrup	4 pumps	NA	80	21	0
Mocha Syrup	4 pumps	NA	100	24	2
Caramel Sauce	Drizzle	NA	10	2	0
Sweetened Whipped Cream Topping	1 serving	NA	100	2	0
Power Packet	1 serving	NA	110	23	1

### To estimate other size drinks:

Short	8 oz.	50% Grande	Venti (hot)	20 oz.	125% Grande
Tall	12 oz.	75% Grande	Venti (iced)	24 oz.	150% Grande
Grande	16 oz.				

# Subway®

www.subway.com

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Classic Sandwiches</b>					
BMT®	6" sub	250	453	40	3
Cold Cut Trio	6" sub	254	415	40	3
Meatball	6" sub	284	501	46	4
Seafood and Crab®	6" sub	252	378	46	3
Steak & Cheese	6" sub	253	362	41	4
SUBWAY Melt	6" sub	256	384	40	3
Tuna	6" sub	252	419	39	3
<b>Select Sandwiches</b>					
Asiago Caesar Chicken	6" sub	244	391	41	3
Honey Mustard Melt	6" sub	258	376	47	3
Horseradish Roast Beef	6" sub	230	401	42	3
Southwest Steak & Cheese	6" sub	255	412	42	4
Horseradish Steak & Cheese	6" sub	254	468	43	4
Honey Mustard Turkey with Cucumber	6" sub	232	275	46	2
Southwest Chicken	6" sub	229	362	40	2
Caesar Italian BMT®	6" sub	254	530	41	3
<b>7 Under 6 Sandwiches</b>					
Ham	6" sub	219	261	39	3
Roast Beef	6" sub	220	264	39	3
Roasted Chicken Breast	6" sub	234	311	40	3
SUBWAY Club®	6" sub	253	294	40	3
Turkey Breast	6" sub	220	254	39	3
Turkey Breast & Ham	6" sub	229	267	40	3

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
0	0	0	NA	0	0	1c
0	0	0	NA	0	0	1c
2	2	20	NA	0	0	1c
1	0	0	NA	0	0	free
1	10	90	NA	40	10	2f
4	0	0	NA	5	20	1c

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
21	24	48	8	56	1740	2c-3m-1.5f
19	20	43	7	57	1670	2c-2m-2.5f
23	25	45	10	56	1350	3c-3m-1f
14	16	38	4.5	24	1270	3c-2m
23	13	32	4.5	37	1200	2c-3m
22	15	35	5	44	1720	2c-3m
18	21	45	5	42	1180	2c-2m-2.5f
22	15	35	3	47	1000	2c-3m
22	11	26	5	44	1590	3c-3 lm
18	17	38	3	27	880	2c-2m-2f
22	18	39	6	44	1120	2c-3m
22	22	42	6	44	1110	2c-3m-2f
16	3.5	11	1	20	990	3c-2 vlm
21	13	32	2.5	43	960	2c-3m
22	31	53	10	66	1840	2c-3m-3f
17	4.5	16	1.5	25	1260	2c-2 lm
18	4.5	15	1	20	840	2c-2 lm
25	6	17	1.5	48	880	2c-3 lm
22	5	15	1.5	33	1250	2c-3 lm
16	3.5	12	1	20	1000	2c-2 lm
18	4.5	15	1	26	1210	2c-2m



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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Veggie Delite®	6" sub	163	200	37	3
<b>Deli Sandwiches</b>					
Ham	1 each	147	194	30	2
Roast Beef	1 each	157	206	31	2
Tuna	1 each	173	309	31	2
Turkey Breast	1 each	157	200	31	2
<b>Breakfast Sandwiches</b>					
Cheese & Egg	1 each	130	302	29	1
Bacon & Egg	1 each	127	305	29	1
Ham & Egg	1 each	147	291	30	1
Western Egg	1 each	167	285	31	2
<b>Classic Salads</b>					
BMT®	1 each	312	272	11	3
Cold Cut Trio	1 each	316	234	11	3
Meatball	1 each	346	320	17	4
Seafood & Crab®	1 each	314	197	17	4
Steak & Cheese	1 each	315	181	12	4
SUBWAY Melt	1 each	318	203	11	3
Tuna	1 each	314	238	10	3
<b>7 Under 6 Salads</b>					
Ham	1 each	289	112	11	3
Roast Beef	1 each	290	114	11	3
Roasted Chicken Breast	1 each	304	137	12	3
SUBWAY Club®	1 each	323	145	12	3
Turkey Breast	1 each	290	105	11	3
Turkey Breast & Ham	1 each	299	117	11	3
Veggie Delite®	1 each	233	50	9	3
<b>Breads</b>					
Italian (White)	6" serv.	75	178	33	2
Wheat	6" serv.	81	186	36	3
Parmesan Oregano	6" serv.	79	195	34	2
Hearty Italian	6" serv.	79	191	36	2
Sesame Italian	6" serv.	80	210	34	2
Sourdough	6" serv.	73	265	49	2
Deli Style Roll	6" serv.	62	150	27	1
Country Wheat	6" serv.	87	206	39	3
Asiago	6" serv.	86	220	34	2
<b>Condiments and Extras</b>					
Vinegar	1 tsp	8	1	0	0
Mustard	2 tsp	10	8	0	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
7	2.5	11	0.5	0	500	2c-1m
10	3.5	16	1	12	750	2c-1 lm
12	4	17	1	13	600	2c-1 lm
12	15	44	4	26	810	2c-1m-2f
12	3.5	16	1	13	700	2c-1 lm
13	15	45	4.5	187	520	2c-2m
13	15	44	4	184	500	2c-2m
15	12	37	3	189	700	2c-2m
13	12	38	2.5	182	510	2c-2m
16	19	63	7	56	1440	1c-2m-1f
14	15	58	6	57	1370	1c-2m
17	20	56	9	56	1050	1c-2m-2f
9	11	50	3.5	24	970	1c-1m-1f
17	8	40	3.5	37	890	1c-2 lm
17	10	44	4.5	44	1410	.5c-2m
13	16	61	4	42	880	.5c-2m-1f
11	3	24	1	25	1070	.5c-1m
12	3	24	0.5	20	660	.5c-1m
16	3	20	0.5	36	730	.5c-2 lm
17	3.5	22	1	33	1070	.5c-2 lm
11	2	17	0	20	820	.5c-1m
13	3	23	0.5	26	1030	.5c-2 vlm
2	1	18	0	0	310	.5c
7	2	10	0.5	0	350	2c-.5f
7	1.5	7	0.5	0	360	2c-.5f
8	3	14	0.5	4	400	2c-1f
7	2	10	0.5	0	350	2c-.5f
8	4.5	19	0.5	0	360	2c-1f
10	3	10	1.5	0	460	3c-1f
5	2.5	15	0.5	0	260	2c
8	2.5	11	0.5	0	360	2c-.5f
9	5	20	3	8	460	2c-1f
0	0	0	0	0	0	free
0	0	0	0	0	115	free



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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Light Mayonnaise	1 tblsp	15	46	1	0
Mayonnaise	1 tblsp	15	111	0	0
Bacon	2 strips	8	45	0	0
Olive Oil Blend	1 tsp	14	90	0	0
Processed American Cheese	2 triangle	11	41	0	0
Provolone Cheese	2 pieces	14	51	0	0
Swiss Cheese	2 triangle	14	53	0	0
Processed Pepperjack Cheese	2 triangle	12	40	0	0
Cheddar Cheese	2 triangle	15	60	0	0
<b>Select Sauces</b>					
Asiago Caesar	1 tblsp	15	77	1	0
Honey Mustard	1 tblsp	15	20	5	0
Horseradish	1 tblsp	15	100	2	0
Southwest	1 tblsp	15	61	1	0
<b>Salad Dressings</b>					
Fat Free French	2 oz.	57	70	17	0
Fat Free Italian	2 oz.	57	20	4	0
Fat Free Ranch	2 oz.	57	60	14	0
<b>Vegetables</b>					
Lettuce	1 serving	21	3	0	0
Tomato	3 wheels	34	7	2	0
Onions	1 serving	14	5	1	0
Green Peppers	3 strips	7	2	0	0
Pickles	3 chips	9	1	0	0
Olives	3 rings	3	3	0	0
Cucumbers	3 slices	17	2	0	0
<b>Soup</b>					
Roasted Chicken Noodle	1 cup	240	90	7	1
Vegetable Beef	1 cup	240	90	14	2
Golden Broccoli Cheese	1 cup	240	180	12	9
Cream of Potato with Bacon	1 cup	240	210	20	4
Cheese with Ham and Bacon	1 cup	240	230	13	2
Minestrone	1 cup	240	70	11	0
New England Style Clam Chowder	1 cup	240	140	19	1
Chicken and Dumpling	1 cup	240	130	16	1
Potato Cheese Chowder	1 cup	240	210	22	2
Tomato Bisque	1 cup	240	90	15	3
Brown and Wild Rice with Chicken	1 cup	240	190	17	2
Black Bean	1 cup	240	180	27	15
Hearty Chili Beef	1 cup	240	250	31	9
Cream of Broccoli	1 cup	240	130	12	1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
0	5	98	1	6	100	1f
0	12	97	3	9	80	2f
2	4	80	1.5	8	180	1f
0	10	100	2	0	0	2f
2	3.5	77	2	10	200	1f
4	4	71	2	11	125	1f
4	4	68	2.5	13	30	1f
2	3.5	79	2	11	210	1f
4	5	75	3	15	95	1f
<b>Select Sauces</b>						
1	8	94	1.5	7	160	1.5f
0	0	0	0	0	100	free
0	9	81	1.5	5	130	2f
0	6	89	1	5	130	1f
<b>Salad Dressings</b>						
0	0	0	0	0	390	1c
0	0	0	0	0	610	free
0	0	0	0	0	530	1c
<b>Vegetables</b>						
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	0	free
0	0	0	0	0	125	free
0	0	0	0	0	25	free
0	0	0	0	0	0	free
<b>Soup</b>						
7	4	40	1	20	1180	1m-.5f
5	1.5	15	0.5	5	1340	1c
6	12	60	4	10	910	.5c-2f
5	12	51	4	20	970	1c-3f
8	16	63	6	20	1270	.5c-1m-3f
3	1	13	0	5	1030	1c
5	4.5	29	1	15	900	1c-1f
7	4.5	31	2.5	30	1030	1c-1f
7	10	43	7	25	1010	1c-3f
1	2.5	25	0.5	0	750	1c
6	11	52	4.5	20	990	1c-2f
9	4.5	23	2	5	1160	1c-2f
15	7	25	3	20	1450	1c-2m
4	7	48	2	15	890	1c-1f



**Food Item**

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**Cookies**

Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	
Chocolate Chip	1 each	48	209	29	1
Oatmeal Raisin	1 each	48	197	29	1
Peanut Butter	1 each	48	220	26	1
M&M®	1 each	48	210	29	1
White Macadamia Nut	1 each	48	221	27	1
Sugar	1 each	48	222	28	1
Chocolate Chunk	1 each	48	210	30	1
<b>Fruizle® Express Drink</b>					
Berry Lishus	Small	369	113	28	1
Sunrise Refresher	Small	341	119	29	1
Pineapple Delight	Small	369	133	33	1
Peach Pizazz	Small	341	103	26	0

**Taco Bell®**

**Food Item**

www.tacobell.com

**Tacos**

Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	
Taco	1 serving	78	210	18	3
Taco Supreme®	1 serving	114	260	20	4
Soft Taco – Beef	1 serving	99	210	20	3
Soft Taco – Chicken	1 serving	99	190	19	2
Soft Taco – Steak	1 serving	99	280	20	2
Double Decker® Taco	1 serving	163	380	43	9
Double Decker® Taco Supreme®	1 serving	199	420	45	10

**Burritos**

Bean Burrito	1 serving	199	370	54	12
7-Layer Burrito	1 serving	284	520	65	13
Chili Cheese Burrito	1 serving	142	330	40	4
Burrito Supreme® - Beef	1 serving	248	430	50	9
Burrito Supreme® - Chicken	1 serving	248	410	49	8
Burrito Supreme® - Steak	1 serving	248	420	48	8
Double Burrito Supreme® - Beef	1 serving	291	510	52	11
Double Burrito Supreme® - Chicken	1 serving	255	460	50	3
Double Burrito Supreme® - Steak	1 serving	248	470	48	3
Fiesta Burrito – Beef	1 serving	184	380	49	4
Fiesta Burrito – Chicken	1 serving	184	370	48	3
Fiesta Burrito – Steak	1 serving	184	370	47	3
Grilled Stuff Burrito – Beef	1 serving	326	730	75	11
Grilled Stuff Burrito – Chicken	1 serving	326	690	73	8

**Chalupas**

80 Chalupa Supreme™ - Beef	1 serving	156	380	29	3
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Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
3	10	43	3.5	12	135	2c-1f
3	8	37	2	14	180	2c-1f
3	12	49	3	0	200	2c-2f
2	10	43	3	13	135	2c-1f
2	12	49	3	13	140	2c-2f
2	12	49	3	18	170	2c-2f
2	10	43	3	12	150	2c-1f
1	0	0	0	0	30	2c
1	0	0	0	0	20	2c
1	0	0	0	0	25	2c
0	0	0	0	0	25	2c

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
9	12	51	4	30	330	1c-1m-1f
10	16	55	6	40	350	1c-1m-1.5f
11	10	43	4	30	570	1c-1m-1f
13	7	33	2.5	35	480	1c-1m-1f
12	17	55	4	35	630	1c-1m-3f
15	17	40	5	30	740	3c-2m
15	21	45	8	40	760	3c-2m-1f
13	12	29	3.5	10	1080	3c-2m
16	22	38	7	25	1270	4c-2m-1f
13	13	35	5	25	900	2c-2m
17	18	38	7	40	1210	3c-2m-1f
20	16	35	6	45	1120	3c-2m-1f
21	16	34	6	35	1140	3c-2m-1f
23	23	41	9	60	1500	3c-3m-1f
27	17	33	6	70	1200	3c-3m
28	18	34	7	55	1230	3c-3m
14	15	36	5	30	1100	3c-2m
17	12	29	3.5	35	1000	3c-2m
18	12	29	4	25	1020	3c-2m
27	35	43	11	65	2090	4c-4m-2f
33	29	38	8	70	1900	4c-4m-2f
14	23	54	8	40	580	2c-2m-1f

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## Food Item

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Chalupa Supreme™ – Chicken	1 serving	156	360	28	2
Chalupa Supreme™ – Steak	1 serving	156	360	27	2
Chalupa Baja™ – Beef	1 serving	156	420	30	3
Chalupa Baja™ – Chicken	1 serving	156	400	28	2
Chalupa Baja™ – Steak	1 serving	156	400	27	2
Chalupa Nacho Cheese – Beef	1 serving	156	370	30	3
Chalupa Nacho Cheese – Chicken	1 serving	156	350	29	2
Chalupa Nacho Cheese – Steak	1 serving	156	350	28	1
<b>Gorditas</b>					
Gordita Supreme® – Beef	1 serving	156	300	27	3
Gordita Supreme® – Chicken	1 serving	156	300	28	3
Gordita Supreme® – Steak	1 serving	156	300	27	3
Gordita Baja™ – Beef	1 serving	156	360	29	4
Gordita Baja™ – Chicken	1 serving	156	340	28	3
Gordita Baja™ – Steak	1 serving	156	340	28	3
Gordita Nacho Cheese – Beef	1 serving	156	310	30	4
Gordita Nacho Cheese – Chicken	1 serving	156	290	29	3
Gordita Nacho Cheese – Steak	1 serving	156	290	28	2
Cheesy Gordita Crunch	1 serving	184	560	44	6
Cheesy Gordita Crunch Supreme	1 serving	220	610	47	6
<b>Nachos and Sides</b>					
Nachos	1 serving	99	320	34	3
Nachos Supreme™	1 serving	199	440	44	9
Nachos BellGrande®	1 serving	312	760	83	17
Mucho Grande Nachos	1 serving	511	1320	116	18
Pintos'n Cheese	1 serving	128	180	18	10
Mexican Rice	1 serving	135	190	23	<1
Cinnamon Twists	1 serving	35	150	27	<1
<b>Specialties</b>					
Zesty Chicken Border Bowl w/ Dressing	1 serving	411	720	58	10
Zesty Chicken Border Bowl w/o Drnsng	1 serving	369	460	55	10
Tostada	1 serving	177	250	27	11
Mexican Pizza	1 serving	213	540	42	8
Enchirito® – Beef	1 serving	213	370	33	9
Enchirito® – Chicken	1 serving	213	350	32	7
Enchirito® – Steak	1 serving	213	350	31	7
MexiMelt®	1 serving	135	290	22	4
Taco Salad with Salsa	1 serving	539	850	69	16
Taco Salad with Salsa without Shell	1 serving	468	400	31	15
Cheese Quesadilla	1 serving	142	490	39	4
Chicken Quesadilla	1 serving	182	540	40	4

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
17	20	50	7	45	490	2c-2m-1f
17	20	50	7	35	500	2c-2m-1f
14	27	58	7	35	760	2c-2m-2f
17	24	54	5	40	660	2c-2m-2f
17	24	54	6	30	680	2c-2m-2f
13	22	54	6	25	740	2c-2m-1f
16	19	49	4.5	25	640	2c-2m-1f
16	19	49	4.5	20	660	2c-2m-1f
<b>Gorditas</b>						
17	14	42	5	35	550	2c-2m
16	13	39	5	45	530	2c-2m
17	14	42	5	35	550	2c-2m
13	21	53	5	35	810	2c-2m-1f
16	18	48	4	40	710	2c-2m-1f
15	18	48	4	35	760	2c-2m-1f
13	15	44	4	25	780	2c-2m
15	13	40	2.5	25	690	2c-2m
16	13	40	3	20	700	2c-2m
21	33	53	11	60	980	3c-3m-2f
22	37	55	13	70	990	3c-3m-3f
<b>Nachos and Sides</b>						
5	18	51	4	<5	560	2c-4f
14	24	49	7	35	800	2c-2m-3f
20	39	46	11	35	1300	4c-3m-5f
31	82	56	25	75	2670	6c-4m-12f
9	8	40	4	15	640	1c-1m-1f
5	9	43	3.5	15	750	1c-2f
1	4.5	27	1	0	190	2c
<b>Specialties</b>						
22	45	56	9	65	1670	3c-3m-6f
20	19	37	5	30	1450	3c-3m
10	12	43	4.5	15	640	1c-1m-2f
20	35	58	10	45	1040	2c-3m-3f
18	19	46	9	50	1300	1c-2m-3f
21	16	41	8	55	1210	1c-3m-1f
22	16	41	8	45	1220	1c-3m-1f
15	15	47	7	45	830	1c-2m-1f
30	52	55	14	70	2250	4c-4m-5f
24	22	50	10	70	1510	1c-3m-2f
19	28	51	11	55	1080	2c-2m-4f
28	30	50	12	80	1270	2c-4m-1f



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Food Item

Sandwiches

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
Classic Single® with Everything	1 each	218	410	37	2
Big Bacon Classic®	1 each	282	580	46	3
Jr. Hamburger	1 each	117	270	34	2
Jr. Cheeseburger	1 each	129	310	34	2
Jr. Bacon Cheeseburger	1 each	165	380	34	2
Jr. Cheeseburger Deluxe	1 each	179	350	36	2
Hamburger, Kids' Meal	1 each	110	270	33	1
Cheeseburger, Kids' Meal	1 each	122	310	33	2
Grilled Chicken Sandwich	1 each	188	300	36	2
Chicken Breast Fillet Sandwich	1 each	207	430	46	2
Chicken Club Sandwich	1 each	215	470	47	2
Spicy Chicken Sandwich	1 each	212	410	43	2

Sandwich Components

Quarter Pound Hamburger Patty	1 each	74	200	0	0
Two Ounce Hamburger Patty	1 each	37	100	0	0
Grilled Chicken Fillet	1 piece	82	110	1	0
Breaded Chicken Fillet	1 piece	99	230	13	0
Spicy Chicken Fillet	1 piece	104	210	10	0
Kaiser Bun	1 each	71	200	38	1
Sandwich Bun	1 each	58	160	31	1
American Cheese	1 slice	18	70	0	0
American Cheese, Jr.	1 slice	12	45	0	0
Bacon	1 piece	4	20	0	0
Honey Mustard, Reduced Calorie	1 tsp.	7	25	2	0
Ketchup	1 tsp.	7	10	2	0
Lettuce	1 leaf	15	0	0	0
Mayonnaise	1.5 tsp.	9	30	1	0
Mustard	0.5 tsp.	5	5	0	0
Onions	4 rings	13	5	1	0
Pickles	4 slices	11	0	0	0
Tomatoes	1 slice	26	5	1	0

Salads

Caesar Side Salad	1 each	92	110	6	1
Side Salad	1 each	155	60	5	2
Deluxe Garden Salad	1 each	270	110	10	4
Grilled Chicken Salad	1 each	344	200	10	4
Taco Salad	1 each	468	380	28	8
Taco Chips	15 each	42	210	28	2
Soft Breadstick	1 each	44	130	23	1

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
25	19	42	7	70	920	2c-3m
34	30	47	12	100	1460	3c-4m-1f
14	9	30	3	30	620	2c-2 lm
17	12	35	6	45	800	2c-2m
20	19	45	7	55	870	2c-3m
18	16	41	6	50	860	2c-2m-1f
14	9	30	3	30	620	2c-2 lm
17	12	35	6	45	800	2c-2m
24	7	21	1.5	55	740	2c-3 lm
27	16	33	3	55	750	3c-3m
30	20	38	4.5	65	940	3c-4 lm
28	14	31	2.5	65	1280	3c-4 lm
19	14	63	6	65	290	2m-1f
9	7	63	3	30	150	1m-1f
19	3.5	29	1	55	400	2lm
22	11	43	2	50	390	3m
22	9	39	1.5	60	920	3m
6	2.5	11	0.5	0	340	2c-1f
5	2	11	0	0	300	2c
4	6	77	3.5	15	260	1m
3	3.5	70	2.5	10	170	.5m
1	1.5	68	0.5	5	90	.5f
0	1.5	54	0	0	40	.5f
0	0	0	0	0	80	free
0	0	0	0	0	0	free
0	3	90	0	5	60	.5f
0	0	0	0	0	50	free
0	0	0	0	0	0	free
0	0	0	0	0	140	free
0	0	0	0	0	0	free
9	5	41	2.5	15	380	1m-1f
4	3	45	0.5	0	160	1f
7	6	49	1	0	320	1m-1f
27	7	32	1.5	55	780	3m
26	19	45	10	65	1040	3m-1f
3	9	39	1.5	0	160	2c-1f
4	3	21	0.5	5	250	1c-1f



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Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)
<b>Salad Dressings</b>					
Blue Cheese	1 pkt.	57	360	1	0
French	1 pkt.	57	250	13	0
French, Fat Free	1 pkt.	57	70	18	0
Italian Caesar	1 pkt.	43	230	1	0
Italian, Reduced Fat	1 pkt.	57	80	6	0
Hidden Valley® Ranch	1 pkt.	57	200	3	0
Hidden Valley® Ranch, Reduced Fat	1 pkt.	57	120	4	0
Thousand Island	1 pkt.	57	260	7	0
<b>Sides</b>					
French Fries, Kids	3.2 oz.	91	270	35	3
French Fries, Medium	5.0 oz.	142	420	55	5
French Fries, Biggie®	5.6 oz.	159	470	61	6
French Fries, Great Biggie®	6.7 oz.	190	570	73	7
Hot Stuffed Baked Potato™, Plain	1 ea.	284	310	72	6
Hot Stuffed Baked Potato™, Bacon & Cheese	1 ea.	380	530	78	7
Hot Stuffed Baked Potato™, Broccoli & Cheese	1 ea.	411	470	80	9
Hot Stuffed Baked Potato™, Sour Cream & Chive	1 ea.	312	370	72	7
Whipped Margarine	1 pkt.	14	70	0	0
Chili, Small	8 oz.	227	210	21	5
Chili, Large	12 oz.	340	310	32	7
Cheddar Cheese, Shredded	2 Tbsp.	17	70	1	0
Saltine Crackers	2 each	6	25	4	0
Crispy Chicken Nuggets™, 5 piece	5 pieces	75	230	11	0
Crispy Chicken Nuggets™, 4 piece	4 pieces	60	190	9	0
Kids Meal	4 pieces	60	190	9	0
Barbecue Sauce	1 pkt.	28	45	10	0
Honey Mustard Sauce	1 pkt.	28	130	6	0
Sweet & Sour Sauce	1 pkt.	28	50	12	0
<b>Desserts</b>					
Frosty™, Junior	6 oz.	113	170	26	0
Frosty™, Small	12 oz.	227	330	56	0
Frosty™, Medium	16 oz.	298	440	73	0

Exchanges: c=carb; m=medium fat meat, lm=lean meat, vlm=very lean meat; f=fat

Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Exchanges carb-meat-fat
2	38	95	7	30	350	8f
0	21	76	3	0	670	1c-4f
0	0	0	0	0	300	1c
1	24	94	4	25	350	5c
0	7	79	1	0	690	2f
1	20	90	3	25	410	5f
1	11	83	2	20	470	3f
1	25	87	4	20	380	6f
4	13	43	2	0	85	2c-2f
6	20	43	3	0	130	4c-2f
7	23	44	3.5	0	150	4c-3f
8	27	43	4	0	180	4c-5f
7	0	0	0	0	25	4c
16	17	29	4	25	820	5c-2m
9	14	27	3	5	470	5c-2f
7	5	12	4	15	75	4c-1f
0	7	90	1.5	0	115	2f
15	7	30	2.5	30	800	1c-2 lm
23	10	29	3.5	45	1190	1c-3m
4	6	77	3.5	15	110	2f
1	0.5	18	0	0	80	.5c
11	16	63	3	30	470	1c-2m
9	13	62	2.5	25	380	1m-2f
1	0	0	0	0	160	.5c
0	12	83	2	10	220	3f
0	0	0	0	0	120	1c
4	4	21	2.5	20	100	1c-1f
8	8	22	5	35	200	4c
11	11	23	7	50	260	5c-1f

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## Notes

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