

FAT FACTS Making Wise Fast-Food Choices



Burger King

	Menu Choice	Calories	Sodium	Total Fat Grams	Saturated Fat
Fat Trap	Double Whopper with Cheese & Large Fries	1,720	2,560 (1 1/2 tsp)	106 (26.5 tsp)	38
Better	Whopper with Small Fries	705	1,700 (3/4 tsp)	41 (10 tsp)	11
Best	Burger, Small Fries, Side Salad/ Italian Dressing	625	1,530 (2/3 tsp)	29 (7.25 tsp)	9

1 tsp of fat = 4 grams (recommended daily intake = 25% - 35% of total calories for ages 4-18 years.)
1 tsp of salt = 2,300 mg sodium (recommended intake less than 2,300 mg sodium = 1 tsp salt.)

Taco Bell

	Menu Choice	Calories	Sodium	Total Fat Grams	Saturated Fat
Fat Trap	Nachos Bel Grande	780	1,300	43	13
Better	Nachos Supreme	450	800	26	9
Best	2 - Chicken Soft Tacos	380	1,100	12	5



Subway



	Menu Choice	Calories	Sodium	Total Fat Grams	Saturated Fat
Fat Trap	12-in. Meatball Sub	1060	2,720	52	20
Better	6-in. Meatball Sub	530	1,360	26	10
Best	6-in. Turkey Sub	222	1,010	4.5	1.5

Pizza Hut

	Menu Choice	Calories	Sodium	Total Fat Grams	Saturated Fat
Fat Trap	Meat Lovers Pizza (2 slices)	940	1,260	54	24
Better	Pepperoni Pizza (2 slices)	780	780	40	18
Best	Veggie Lovers Pizza (2 slices)	740	620	36	16



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Pub. 3036 (20M) 1/08

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

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