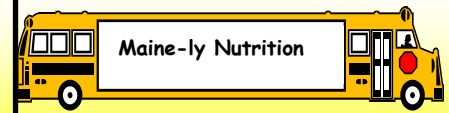


Maine-ly Nutrition Info Sheet

Fast Food Facts

February 2005



Did you know?

- Some experts estimate that the average child under 17 years of age visits a fast food restaurant twice a week.
- Many fast food restaurants provide 60-75% of an entire day's worth of calories in one meal!
 - ⇒ *An average 12-year old boy weighing 90 pounds needs approximately 1600 calories per day (all three meals plus snacks).*
 - ⇒ *12-year old girls and younger children would probably need fewer calories.*
- Many of the calories in a fast food restaurant's meals come from fat.
- Even at fast food outlets that offer lower fat choices, such as Subway, some options might contain more than half of the day's calories in one sandwich.
- The new 2005 Dietary Guidelines suggest that we get no more than 2300 mg of sodium each day. Most fast food meals are very high in sodium and would make it hard to meet that recommendation.
- It is possible to order a healthier fast food option, but some nutritional facts sleuthing is necessary!

Here are some typical fast food choices:

- ⇒ **Burger King:** A double whopper with cheese has a whopping 1,060 calories, with 58% of the calories coming from fat! The sodium content is 1540 mg, which provides 64 % of the daily recommended total of sodium for the day. If fries are eaten with this meal, calories, fat and sodium are substantially increased.
- ⇒ **Subway:** A Chicken Fajita Sub has 1,020 calories and 39% of the calories are from fat. The sodium content of this sandwich is 2140 - 89% of the recommended daily total! Adding a bag of chips would push the calories, fat and sodium even higher.
- ⇒ **Mc Donald's:** A Deluxe Breakfast has 1,220 calories with 44 % of the calories coming from fat. This breakfast choice contains 1900 mg of sodium, which is 79% of the recommended daily total.

(See the back of this sheet for information on healthier fast food choices)

For nutrition information on many fast food chains go to: <http://www.fatcalories.com/>

