McDonald's© Big Mac©

In one Big Mac, there are:

540 calories

6 teaspoons fat (29 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

VISUAL AID 5-V-1: BLUBBER BURGER CARD

McDonald's© 10 Chicken McNuggets

In one 10-piece order, there are:

460 Calories

6 teaspoons fat (29 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

VISUAL AID 5-V-1: BLUBBER BURGER CARD

McDonald's© 4 Chicken McNuggets

In one 4-piece order, there are:

190 Calories

2 teaspoons fat (12 grams)

Wendy's©

¼ lb Single Hamburger© with Cheese

In this burger, there are:

530 calories

5 teaspoons fat
(27 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

VISUAL AID 5-V-1: BLUBBER BURGER CARD

Wendy's© Ultimate Chicken Grill

In this chicken sandwich, there are:

350 calories

1 teaspoon fat
(7 grams)

Taco Bell©

Cheese Quesadilla©

In this quesadilla, there are:

480 calories

5 teaspoons fat
(27 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

VISUAL AID 5-V-1: BLUBBER BURGER CARD

Taco Bell© Bean Burrito©

In this burrito, there are:

370 calories

2 teaspoons fat
(10 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

VISUAL AID 5-V-1: BLUBBER BURGER CARD

Subway ® 6-inch Ham Sub

In this 6-inch sandwich, there are:

290 calories

1 teaspoon fat
(4.5 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

VISUAL AID 5-V-1: BLUBBER BURGER CARD

Subway®
6-inch Meatball Marinara ™

In this 6-inch sandwich, there are:

580 calories

5 teaspoons fat
(23 grams)

Burger King®
Value-Sized French Fries

In this order of fries, there are:

220 calories

2 teaspoons fat
(11 grams)

Burger King®
Large French Fries

In this order of fries, there are:

540 calories

5 teaspoons fat
(27 grams)

Dairy Queen®
¼ Pound Bacon Cheese Grillburger

In this burger, there are:

630 calories

7 teaspoons fat
(35 grams)

Dairy Queen® Original Cheeseburger

In this cheeseburger, there are:

400 calories

4 teaspoons fat
(18 grams)

VISUAL AID 5-V-2: MENU CARD, 1 OF 6	CHOOSE HEALTH: FOOD, FUN, AND FITNESS		
McDonald's (www.mcdonalds.com)	**Calories**	**Fat (grams)**	**Fat (teaspoons)**
Regular Hamburger	250	9	2
Regular Cheeseburger	300	12	3
Quarter Pounder w/Cheese	510	26	7
Big Mac	540	29	7
McChicken Sandwich	360	16	4
Chicken McNuggets (4 piece)	190	12	3
Chicken McNuggets (10 piece)	460	29	7
Small-Size French Fries	230	11	3
Medium-Size French Fries	380	19	5
Caesar Salad w/Grilled Chicken (no dressing)	220	6	2
Bacon Ranch Salad w/Crispy Chicken (no dressing)	370	20	5
Side Salad (no dressing)	20	0	0
Creamy Caesar Dressing	190	18	5
Low Fat Italian Dressing	60	2.5	1
Apple Dippers w/Low-Fat Caramel Dip	105	0.5	0
Fruit and Yogurt Parfait w/Granola	160	2	1
McFlurry w/Oreos	550	17	4

VISUAL AID 5-V-2: MENU CARD, 2 OF 6	CHOOSE HEALTH: FOOD, FUN, AND FITNESS		
Taco Bell (www.tacobell.com)	**Calories**	**Fat (grams)**	**Fat (teaspoons)**
Crunchy Taco (beef)	170	10	2
Fresco Crunchy Taco (beef, no cheese)	150	7	1
Soft Taco Supreme (beef)	240	11	2
Bean Burrito	370	10	2
Cheesy Bean and Rice Burrito	490	21	4
Grilled Stuft Burrito - Beef	700	30	6
Burrito Supreme - Beef	420	15	3
Cheese Quesadilla	480	27	5
Cheese Roll-Up	200	10	2
Nachos and Cheese	330	21	4
Pintos ‘n Cheese	170	6	1
Fiesta Taco Salad	770	42	8
Caramel Apple Empanada	310	15	3

VISUAL AID 5-V-2: MENU CARD, 3 OF 6	CHOOSE HEALTH: FOOD, FUN, AND FITNESS		
Wendy's (www.wendys.com)	**Calories**	**Fat (grams)**	**Fat (teaspoons)**
Junior Cheeseburger	270	11	2
Quarter Pound Cheeseburger (Single)	550	28	6
Double Junior Bacon Cheeseburger	440	25	5
Crispy Chicken Sandwich	360	18	3
Ultimate Chicken Grill Sandwich	350	7	1
Chicken Nuggets (4 piece)	190	13	2
Chicken Nuggets (10 piece)	470	32	6
Small Chili	220	7	1
Value-Size French Fries	220	11	2
Medium-Size French Fries	420	20	4
Broccoli and Cheese Baked Potato	330	2	0
Side Salad (no dressing)	35	0	0
Fat Free French Dressing	70	0	0
Mandarin Oranges	90	0	0
Junior Chocolate Frosty	160	4	1

VISUAL AID 5-V-2: MENU CARD, 4 OF 6	CHOOSE HEALTH: FOOD, FUN, AND FITNESS		
Burger King (www.bk.com)	**Calories**	**Fat (grams)**	**Fat (teaspoons)**
Regular Hamburger	260	11	2
Regular Cheeseburger	310	15	3
Original Whopper	670	40	8
Whopper Jr.	340	20	4
TenderCrisp Chicken Sandwich	800	46	9
TenderGrill Chicken Sandwich	490	21	4
Crown-Shaped Chicken Tenders - 4 pieces	180	11	2
Crown-Shaped Chicken Tenders - 8 pieces	360	21	4
Value-Size French Fries	220	11	2
Medium-Size French Fries	440	22	4
Garden Salad (no dressing)	70	4	1
Garden Salad with Ranch dressing	260	24	5
Garden Salad with Fat-Free Ranch dressing	130	4	1
Fresh Apple Fries (apple slices)	70	0.5	0

VISUAL AID 5-V-2: MENU CARD, 5 OF 6	CHOOSE HEALTH: FOOD, FUN, AND FITNESS		
Subway (www.subway.com)	Calories	Fat (grams)	Fat (teaspoons)
Meatball Marinara (6”), with cheese	580	23	4
Cold Cut Combo Sub (6”), no cheese or dressing	410	16	3
Cold Cut Combo Sub (6”), with cheese and mayonnaise	580	33	6
Ham Sub (6”), no cheese or dressing	290	4	4
Ham Sub (6”), with cheese and mayonnaise	460	21	4
Turkey Sub (6”), no cheese or dressing	280	4	1
Turkey Sub (6”), with cheese and mayonnaise	450	21	4
Mustard (2 teaspoons)	5	0	0
Veggie Delite Salad (no dressing)	50	1	0
Fat Free Italian Dressing (2oz)	35	0	0
Ranch (2oz)	320	35	7
Minestrone Soup	90	1	0
Cream of Potato with Bacon Soup	240	13	2
Apple Slices	30	0	0
Chocolate Chip Cookie	210	10	2
Oatmeal Raisin Cookie	200	8	2

VISUAL AID 5-V-2: MENU CARD, 6 OF 6	CHOOSE HEALTH: FOOD, FUN, AND FITNESS		
Dairy Queen (www.dairyqueen.com)	Calories	Fat (grams)	Fat (teaspoons)
Original Hamburger	350	14	2
Original Cheeseburger	400	18	3
Quarter Pound Bacon Cheese *GrillBurger*	630	35	7
Crispy Chicken Sandwich	560	28	5
Grilled Chicken Sandwich	370	16	3
Hot Dog	290	17	3
Chili Cheese Dog	380	24	5
Foot-Long Hot Dog	560	35	7
Kids’ Size French Fries	190	8	2
Regular-Size French Fries	310	13	2
Side Salad (no dressing)	50	0	0
Grilled Chicken Salad (no dressing)	230	11	2

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Large Papa John's Cheese Pizza
8 slices in one pizza

In 2 slices of this pizza, there are:

580 calories

4 teaspoons fat
(20 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Large Papa John's Garden Fresh Pizza
8 slices in one pizza

In 2 slices of this pizza, there are:

560 calories

4 teaspoons fat
(18 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Large Papa John's Pepperoni Pizza
8 slices in one pizza

In 2 slices of this pizza, there are:

660 calories

6 teaspoons fat
(28 grams)

FAST FOOD RELAY CARD

Kentucky Fried Chicken
Mashed Potato Bowl

In this bowl, there are:

680 calories

6 teaspoons fat
(31 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Boston Market
Pastry Top Chicken Pot Pie

In one pot pie, there are:

800 calories

10 teaspoons fat
(48 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Kentucky Fried Chicken
Everyday Meal:
Original Boneless Filet
Potato Wedges, Biscuit, Medium Soft Drink
In one meal, there are:

1030 calories

10 teaspoons fat
(49 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

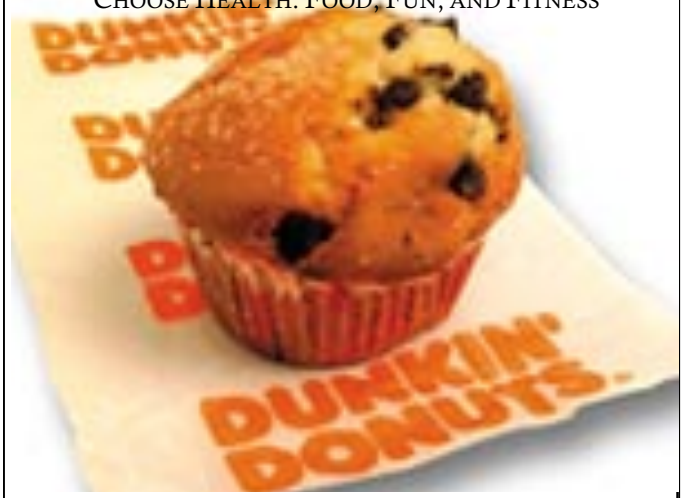
Dunkin' Donuts
Big N' Toasty Breakfast Sandwich

In this breakfast sandwich, there are:

580 calories

7 teaspoons fat
(35 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS



FAST FOOD RELAY CARD

Dunkin' Donuts
Chocolate Chip Muffin

In one muffin, there are:

630 calories

5 teaspoons fat
(25 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Dunkin' Donuts
Reduced Fat Blueberry Muffin

In one muffin, there are:

450 calories

2 teaspoons fat
(10 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Nissin
Cup Noodles

In one container, there are:

300 calories

3 teaspoons fat
(13 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Banquet
Chicken Nuggets

In one serving (5 nuggets), there are:

280 calories

4 teaspoons fat
(20 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Totino's
Pepperoni Pizza Rolls

In 12 rolls, there are:

420 calories

4 teaspoons fat
(18 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Betty Crocker Hamburger Helper
Cheeseburger Macaroni

In one serving (1 cup), there are:

110 calories

2.5 teaspoons fat
(12 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Oscar Meyer
Turkey and Cheddar Sub

In one serving, there are:

379 calories

2 teaspoons fat
(8 grams)

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

FAST FOOD RELAY CARD

Kraft
Macaroni and Cheese Cheddar Explosion

In one container, there are:

220 calories

1 teaspoon fat
(4 grams)