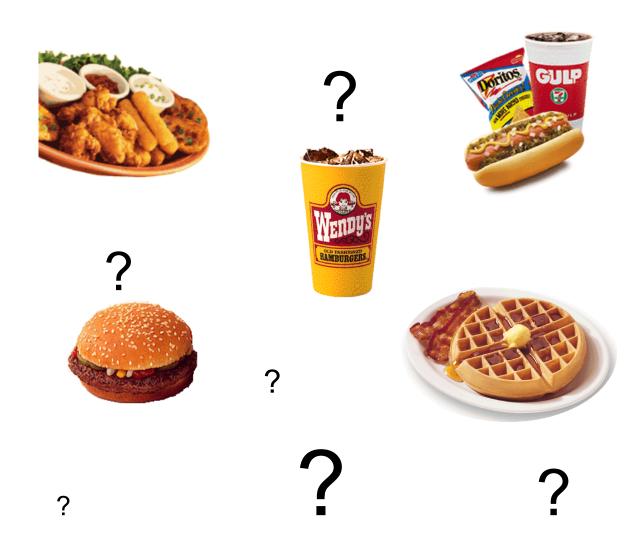
Anyone's Guess

The Need for Nutrition Labeling at Fast-Food and Other Chain Restaurants



Center for Science in the Public Interest

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Anyone's Guess is available online (free of charge) at www.cspinet.org/restaurantreport or by mailing a check for \$7 (\$10 in Canada) to CSPI at the above address.

Summary: Nutrition Labeling at Fast-Food and Other Chain Restaurants

- Obesity is one of the greatest public health challenges of our time.
 - ✓ Obesity rates in adults doubled over the last twenty years. Currently, two-thirds of American adults (65%) are overweight or obese. Obesity rates have doubled in children and tripled in teens over the past two decades.
 - ✓ Obesity costs American families, businesses, and governments about \$117 billion each year in health-care and related costs.
 - ✓ The negative health consequences of obesity already are evident. Between 1990 and 2001, diabetes rates rose by 60%. Type 2 diabetes can no longer be called "adult onset" because of rising rates in children.
- Only 12% of Americans eat a healthy diet according to the U.S. Department of Agriculture's (USDA) Healthy Eating Index. Between 1978 and 1995, the average person's calorie intake increased by 167 calories, from 1,876 to 2,043 calories.
- The 1990 Nutrition Labeling and Education Act (NLEA) requires food manufacturers to provide nutrition information on nearly all packaged foods. However, NLEA explicitly exempts restaurants. At most restaurants, people can only guess the nutritional content of the food.

"Despite nutritional gains at home, Americans will find it difficult to improve their diets because they purchase so many meals outside the home," U.S. Department of Agriculture (Lin et al., 1999).

- Yet, Americans are increasingly relying on restaurants to feed themselves and their families. In 1970, Americans spent just 26% of their food dollars on restaurant meals and other foods prepared outside their homes. Today, we spend almost half (46%) our food dollars on away-from-home foods. The average American consumes about one-third of his or her calories from foods from restaurants and other food-service establishments.
- Increases in Americans' caloric intake over the past two decades are due in part to increases in the frequency of eating out. Studies have found a positive association between eating out and higher caloric intakes and higher body weights. Children eat almost twice as many calories when they eat a meal at a restaurant (770 calories) as at home (420 calories).

- The nutritional quality of restaurant foods and meals varies widely, and a range of options is usually available. However, without nutrition information, it can be difficult to compare options and make informed decisions. Americans rank nutrition second only to taste in determining their food purchases. Studies show that estimating the calorie and fat content of restaurant foods is difficult.
- Foods that people eat from restaurants and other food-service establishments are generally higher in nutrients for which over-consumption is a problem (like fat and saturated fat) and lower in nutrients that people need to eat more of (like calcium and fiber) as compared to home-prepared foods.
- It is not uncommon for a restaurant entree to provide half of a day's calories, saturated and trans fat, or sodium. Include an appetizer, drink and dessert, and it is easy to consume a whole day's calories, saturated and trans fat, and sodium in a single meal.

The U.S. Surgeon General's "Call to Action" to reduce obesity recommended: "increase availability of nutrition information for foods eaten and prepared away from home" (2001).

- Portion sizes at restaurants are often large, pricing can make larger serving sizes more appealing, and studies show that people tend to eat greater quantities of food when they are served more.
- The current system of voluntary labeling at restaurants is inadequate given the large role that restaurant foods play in Americans' diets. Approximately two-thirds of the largest chain restaurants do not provide any nutrition information about their foods to their customers.

Recommendation: Congress and/or state or local legislatures should require food-service chains with ten or more units to list on their menus the calorie, saturated and trans fat (combined), and sodium contents of standard menu items. Restaurants that use menu boards, where space is limited, should be required to provide at least calorie information on their menu boards. While listing other nutrition information could help consumers make healthier choices, calorie, saturated and trans fat, and sodium information is most needed, given that cardiovascular diseases are the leading causes of death and obesity rates are rising rapidly. Such information, clearly displayed at the point of decision, would allow consumers to make informed choices at restaurants and is an important strategy for reducing obesity and protecting the nation's health.

The Importance of Food Choices to Health

Unhealthy diets and physical inactivity are leading causes of premature death, disabilities, and high health-care costs in the United States. According to the U.S. Department of Health and Human Services (DHHS), poor diets, along with physical inactivity, cause about 310,000 to 580,000 premature deaths each year (Table 1; McGinnis & Foege, 1993). That is five times the number of people killed by guns, AIDS, and drug use combined.

Table 1: Leading Contributors to Premature Death (deaths per year)

Diet and Physical Inactivity	310,000 - 580,000
Tobacco	260,000 - 470,000
Alcohol	70,000 - 110,000
Microbial Agents	90,000
Toxic Agents	60,000 - 110,000
Firearms	35,000
Sexual Behavior	30,000
Motor Vehicles	25,000

Unhealthy eating is a major cause of obesity, heart disease, cancer, stroke, diabetes, high blood cholesterol, high blood pressure, osteoporosis, tooth decay and other health problems. Poor diet can result in disabilities and loss of independence from stroke, heart disease or osteoporosis-related hip fracture, or blindness and limb amputations due to diabetes.

Obesity is one of the greatest health challenges of our time.

Rates are increasing rapidly in both adults and children. Obesity rates in adults doubled over the last twenty years (Flegal et al., 2002). Currently, two-thirds of American adults (65%) are overweight or obese. Obesity rates have doubled in

Obesity costs American families, businesses and governments about \$117 billion in health-care and related costs each year (U.S. Department of Health and Human Services, 2001).

children and tripled in teens over the past two decades (Ogden et al., 2002). Obesity costs American families, businesses, and governments about \$117 billion in health-care and related costs each year (US DHHS, 2001).

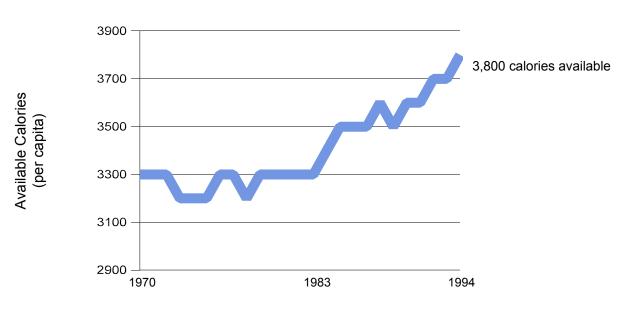
The negative health consequences of obesity already are evident. Between 1990 and 2001, diabetes rates rose by 60% (Mokdad et al., 2003). Type 2 diabetes can no longer be called "adult onset" because of rising rates in children. In one study, the incidence of type 2 diabetes in adolescents increased ten-fold between 1982 and 1994 (Pinhas-Hamiel et al., 1996). Employers pay an average of \$4,410 more per year for employee beneficiaries who have diabetes than for beneficiaries who do not have diabetes (Ramsey et al., 2002), and the federal government spends \$14.5 billion a year on diabetes through Medicare and Medicaid (NIH, 2000).

Americans' Eating Habits

According to the U.S. Department of Agriculture (USDA), though "Americans' eating patterns, as measured by the Healthy Eating Index, have slightly but significantly improved since 1989...the diets of most Americans still need improvement" (Bowman et al., 1998). Only 12% of Americans eat a healthy diet (i.e., a diet consistent with federal nutrition recommendations) (Bowman et al., 1998). Less than 1/3 of Americans meet dietary recommendations for grains (22%), fruits (17%) and vegetables (31%) (Bowman et al., 1998), and our diets are too high in saturated fat, added sugars, sodium, and calories. Only 2% of children eat a healthy diet (Munoz et al., 1997). Children's diets generally are too high in fat, saturated fat, and sodium and too low in fiber (Lin et al., 1996).

Between 1978 and 1995, average calorie intake increased by 167 calories per day, from 1,876 to 2,043 calories according to national nutrition surveys (Lin et al., 1999). Note, however, that self-reported intake data underestimates calorie consumption. Food supply data, which overestimate calorie intake but provide reliable time-trend data, also show that Americans are eating more calories. From 1970 to 1983, the number of available calories was relatively stable at about 3,200 to 3,300 calories per person per day (Putnam & Allshouse, 1999). Then, it started to increase. In 1994, there were 3,800 calories available for each person per day, which is 1,800 calories more than a sedentary adult needs.

Calories Available in Food Supply



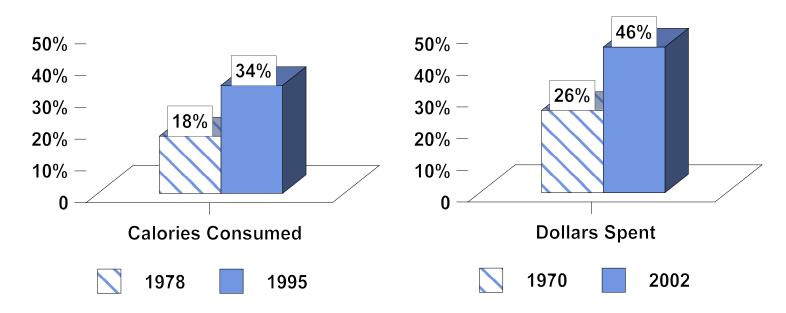
Eating Out Trends

Restaurant foods are an increasingly important part of Americans' diets. In 1970, Americans spent just 26% of their food dollars on restaurant meals and other meals prepared outside their homes (Lin et al., 1999). Today, we spend almost half (46%) our food dollars at restaurants (NRA, 2002). Almost half (44%) of adults patronize a restaurant on any given day (Ad Age, 2001).

On average, Americans (age 8 and older) eat 218 restaurant meals per year (NRA, 2002). Although people with higher incomes eat out more often than those with lower incomes, people with household incomes below \$15,000 per year eat out 3.2 meals per week (compared to 4.9 restaurant meals per week for people with household incomes over \$75,000 per year) (Ebbin, 2000).

Reasons why Americans are eating out more frequently include higher incomes, more affordable and convenient fast-food outlets, increased marketing by restaurants, more women working outside the home, and more two-earner households (Lin et al., 1999).

Consumption of Away-from-home Foods Has Doubled



Impact of Restaurant Foods on Americans' Diets

In the past, when eating out was an occasional treat, few had to worry about the nutritional quality of restaurant foods. Today, however, restaurant foods make up a sizeable proportion of the American diet. Over the last two decades, meals and snacks from restaurants and other food-service establishments have increased by almost 70%, from 16% of meals and snacks in 1978 to 27% in 1995 (Lin et al., 1999). According to USDA, away-from-home food provided 34% of total calories in 1995, compared to 18% of calories in 1978 (Lin et al., 1999).

Increases in Americans' caloric intake over the past two decades may be due in part to increases in eating out (Lin et al., 1999). Children eat almost twice as many calories when they eat at a restaurant (770 calories) compared to at home (420 calories)

(Zoumas-Morse et al., 2001). One study found that women who eat out more often (more than 5 times a week) consume 288 more calories each day than women who eat out less often (Clemens et al., 1999). (Despite eating more calories, the women did not consume more of beneficial nutrients such as calcium or fiber.) Fast-food meals also are linked to eating more calories, more saturated fat, fewer fruits and vegetables, and less milk (French et al., 2001; Jeffery & French, 1998; McNutt et al., 1997).

Children eat almost twice as many calories when they eat at a restaurant (770 calories) compared to at home (420 calories) (Zoumas-Morse et al., 2001).

Although away-from-home foods make up 27% of meals and snacks, as noted above, they provide 34% of calories. This suggests that when people eat out, they either eat larger quantities of food, higher-calorie foods, or both than when eating at home (Lin et al., 1999). Several, though not all (French et al., 2001), studies have found a **positive association between eating out and body weight or body fatness** (Binkley et al., 2000; Jeffery & French, 1998; Ma et al., 2003; McCrory et al., 2000; McCrory et al., 1999).

Foods that people eat from restaurants and other food-service establishments are generally higher in nutrients for which over-consumption is a problem (like fat and saturated fat) and lower in nutrients that people need to eat more of (like calcium and fiber) as compared to home-prepared foods (Lin et al., 1999; Clemens et al., 1999; Jeffery & French, 1998; Ma et al., 2003; McCrory et al., 1999). The foods that children eat from fast-food and other restaurants also are higher in fat and saturated fat and lower in fiber, iron, calcium, and cholesterol than foods from home (Lin et al., 1996; Zoumas-Morse et al., 2001).

Although many Americans have made nutritional improvements to their diets over the past 20 years, the improvements have been smaller for away-from-home foods than for home-prepared foods (Lin et al., 1999). For example in 1978, the total fat content of foods was the same for home-prepared and away-from-home foods (41% of calories). In 1995, the fat content of home-prepared foods dropped to 31.5% of calories compared to 37.6% of calories for foods eaten from restaurants and other food-service establishments (Lin et al., 1999). In 1995, Americans' average saturated-fat intake from home foods was 10.9% of calories, compared with 12.5% of calories from restaurants and 13.8% of calories from fast-food establishments (Lin et al., 1999).

Over the last two decades, calcium intake from foods prepared at home increased (from 402 mg to 425 mg per 1,000 calories). In contrast, the calcium density from away-from-home foods decreased (from 368 mg to 343 mg per 1,000 calories) (Lin et al., 1999). Home-prepared foods also provide more fiber (8.1 g/ 1,000 cal) than fast foods (5.6 g/1,000 cal) and other restaurant foods (6.2 g/1,000 cal) (Lin et al., 1999).

Nutritional Quality of Restaurant Foods

Restaurant foods are often 1) high in calories, saturated and trans fat, and sodium, 2) served in large portions, and 3) priced in a way that makes larger serving sizes

more appealing. In addition, "away-from-home foods are typically ready-to-eat and consumed 'as is,' and the consumer has less control over or knowledge of their nutritional content" (Lin et al., 1999).

"Foods prepared at home are generally much more healthful than away-fromhome foods," USDA (Lin et al., 1999).

Nutritional quality of popular restaurant

foods. According to studies conducted by the Center for Science in the Public Interest (CSPI) and nutrition information obtained from restaurants (Jacobson & Hurley, 2002), it is not uncommon for restaurant meals to provide half a day's to a whole day's worth of calories (1,100 to 2,350 calories) (Table 2).

Restaurant appetizers can use up half a day's calories before people even get to their meal. Buffalo wings with blue cheese dressing (1,010 calories) and stuffed potato skins with sour cream (1,260 calories) each provide about a half a day's calories. No one would mistake cheese fries with ranch dressing for a health food, but few would guess that a typical serving uses up more than a whole day's worth of calories (3,010 calories).

Restaurant Foods Can Be High in Calories

Cheese Fries



3,010 calories

Carrot Cake from Cheesecake Factory



1,560 calories

Table 2: Restaurant Foods Can Be High in Calories, Saturated and Trans Fat and Sodium*

	Calories	Saturated and Trans Fat (g)	Sodium (mg)
Appetizers Buffalo Wings (12 wings, 13 oz.) with Blue Cheese Dressing Stuffed Potato Skins (8 skins, 12 oz.) with Sour Cream (5 Tb.) Cheese Fries (4 cups, 27 oz.)	700 1,010 1,120 1,260 2,380	16 22 40 48 79	1,750 2,460 1,270 1,300 4,020
with Ranch Dressing (8 Tb.)	3,010	91	4,890
Drinks McDonald's Coca-Cola, Super Size (42 oz.) 7-Eleven Double Gulp, Coca-Cola (64 oz.) Dunkin' Donuts Coolatta, Made with Cream, Large (32 oz.) McDonald's Shake Large (32 oz.)	410 600 820 1,010	0 0 22 [†] 19 [†]	40 60 144 530
McDonald's Shake, Large (32 oz.)	1,010	19.	550
Entrees/Meals French Toast (3 slices) with Syrup (1/4 cup) and Margarine	910	13	1,030
Schlotzsky's Chicken Breast Sandwich, Light & Flavorful (Large, 29 oz.)	1,010	4 [†]	4,520
House Lo Mein (4½ cups) Spaghetti with Meatballs (3½ cups) Dinner House Mushroom Cheeseburger with Onion Rings (11 rings)	1,060 1,160 900 1,800	7 [†] 10 [†] 28 52	3,460 2,210 1,070 2,130
Grand Slam-type Platter (2 Scrambled Eggs, 2 Pancakes with Syrup and Margarine, 2 Cause and 2 String of Bases)	1,010	19	1,770
2 Sausage Links and 2 Strips of Bacon) Fried Seafood Combo Platter (with 4 Tb. Tartar Sauce, Fries, Coleslaw and 2 Biscuits with Butter [2 Pats])	2,170	39	4,390
Burger King Double Whopper with Cheese Value Meal, King Size (with King Fries and King Coca-Cola Classic)	2,180	48	2,600
<u>Dessert</u> Cinnabon Classic (7½ oz.) Fudge Brownie Sundae (10 oz.) Cheesecake Factory Carrot Cake (1 slice)	670 1,130 1,560	14 30 23 [†]	800 400 520

Note: Recommended daily limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,400 mg of sodium.

^{*}Jacobson & Hurley, 2002. †Includes only saturated fat.

Drinks Can Pack the Calories of a Meal







Large Shake at McDonald's (42 oz.)

1,010 calories

Hamburger (280 calories)
French Fries, small (210 calories)
Coca-Cola Classic, small (150 calories)
640 calories total

Drinks can pack the calories of a meal. A large shake from McDonald's has 1,010 calories. A large Dunkin' Donuts Coolatta made with cream has 820 calories.

Restaurant entrees such as a large Schlotzsky's Light and Flavorful chicken breast sandwich (1,010 calories), spaghetti with meatballs (1,160 calories), and French toast with syrup and margarine (910 calories) each provide about a thousand calories, before adding side dishes. The calorie contents of whole meals are higher. A fried seafood platter has 2,170 calories. A king size Burger King Double Whopper with Cheese Value Meal provides 2,180 calories.

Though people know that dessert is a splurge, many do not realize how many calories it can add. A Cinnabon Classic has 670 calories, and just one slice of the Cheesecake Factory's Carrot Cake has 1,560 calories.

Who Would Guess?



Tuna Salad Sandwich 720 calories



Roast Beef Sandwich with Mustard 460 calories

The nutritional quality of restaurant foods and meals varies widely and a range of options is usually available (Table 3). However, without nutrition information, it can be difficult to compare options and make informed decisions. For example, Szechuan Shrimp and Kung Pao Chicken may look equally attractive at a Chinese restaurant until their calories and saturated fat are revealed: 930 versus 1,620 calories and 2 versus 13 grams of saturated fat. Without nutrition information, many may not realize that a tuna salad sandwich from a typical deli has 50% more calories and twice as much saturated fat as a roast beef sandwich with mustard. While most people probably know that the vegetable of the day is a healthier choice than an order of French fries, many may not realize that the fries contain ten times as many calories. Ordering a venti Caffe Mocha with whole milk instead of a grande Caffe Latte with skim milk at Starbucks will more than triple the calories in your drink and add three-quarters of a day's worth of saturated fat.

Table 3: Nutritional Quality of Restaurant Foods Vary Widely*

Menu Item	Calories	Saturated + Trans Fat (g)	Sodium (mg)
Entrees/Meals Szechuan Shrimp (3½ cups) Kung Pao Chicken (4½ cups)	930	2 [†]	2,460
	1,620	13 [†]	2,610
Grilled Chicken (6 oz.) with Baked Potato with Sour Cream (1 Tb.) and Vegetable (1 cup) Chicken Fingers (5 pieces, 9 oz.) with French Fries (2 cups) and Coleslaw (1 cup)	640	5	820
	1,640	30	2,640
Roast Beef with Mustard Sandwich (9 oz.) Tuna Salad Sandwich (11 oz.) Overstuffed Tuna Salad with Mayo Sandwich (13 oz.)	460	4	990
	720	8	1,320
	980	11	1,310
Burger King Sandwiches Hamburger Chicken Whopper without Mayonnaise with Mayonnaise Whopper	310	6	580
	420	3	1,250
	580	6	1,370
	760	15	1,000
Whopper with Cheese Double Whopper with Cheese	850	32	1,430
	1,150	33	1,530
Dinner House Side Dishes Vegetable of the Day Baked Potato with Sour Cream (1 Tb.) French Fries (2 cups) Loaded Baked Potato (bacon, butter, cheese, etc.) Onion Rings (11)	60	1	150
	310	2	30
	590	12	460
	620	19	570
	900	23	1,050
Starbucks Caffe Latte with Skim Milk, Grande (16 oz.) Caffe Latte with Whole Milk, Grande (16 oz.) Caffe Mocha with Whole Milk, Whipped Cream, Grande (16 oz.) Caffe Mocha with Whole Milk, Whipped Cream, Venti (20 oz.)	160	1 [†]	220
	270	9 [†]	210
	420	13 [†]	190
	530	16 [†]	250

Note: Recommended daily limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,400 mg of sodium. *Jacobson & Hurley, 2002. †Includes only saturated fat.

Portion sizes. The large portion sizes served at restaurants greatly affect the nutritional quality of the foods and their impact on Americans' diets and waistlines. It is common for restaurants to serve two to three times more than what is considered a standard serving size (see Table 4). A Double Gulp from 7-Eleven contains six servings, meaning it provides six times as many calories as would a standard serving size of soft drink. A porterhouse steak from a typical steak house restaurant weighs more than a pound. According to USDA serving sizes, that is enough meat to serve a family of six. A typical pastry from a sit-down restaurant is often twice as big as the Food and Drug Administration's (FDA) standard serving size. Larger portions also mean higher saturated fat and sodium numbers.

Table 4: Portion Sizes at Restaurants						
Menu Item	Serving Size	Calories				
Soda Pop (Cola) FDA Official Serving 12 oz. Can 20 oz. Bottle Burger King, King Size w/ Ice 7-Eleven Double Gulp w/ Ice	1 cup (8 oz.) 1½ cups (12 oz.) 2½ cups (20 oz.) 4 cups of Soda (42 oz. cup) 6 cups of Soda (64 oz. cup)	100 150 250 430 600				
Steaks USDA Official Serving (Sirloin) Dinner House Serving (Sirloin) Steak House Serving (Porterhouse)	3 oz. 7 oz. 20 oz.	220 410 1,100				
Muffins FDA Official Serving Restaurant Serving	2 oz. 4 oz.	160 430				

Portion sizes have grown over time. In the 1950s, a "family size" bottle of Coke was 26 ounces, while now a single-serve bottle is 20 ounces. McDonald's original burger, fries, and 12-ounce Coke provided 590 calories. Today, a Super Size Value Meal that includes a Quarter Pounder with Cheese, Super Size Fries, and a Super Size Coke delivers 1,550 calories. A typical bagel used to weigh 2 to 3 ounces, compared to 4 to 7 ounces today (Young & Nestle, 1995).

Although portion sizes started to increase in the 1970s, they grew sharply in the 1980s and have continued to increase since then (Young & Nestle, 2002). This trend has occurred in parallel with increases in overall calorie intake, available calories in the food supply, and the prevalence of overweight and obesity (Young & Nestle, 2002).

Large portions are a problem not only because they provide more calories, but also because **studies show that when adults and children are served more food, they eat more food** (Booth et al., 1981; Orlet Fisher, et al., 2003; Rolls et al., 2000; Wansink, 1996; Young & Nestle, 2002).

In addition, a national survey found that when people eat out, 67% report that they eat all of their entree either all or most of the time (AICR, 2001). Most restaurant owners believe that people generally do not share restaurant entrees. Rather, entrees are purchased for consumption by individuals (Young & Nestle, 1995). Thus, the large portion sizes at fast-food and other restaurants likely contribute to overeating.

Portions and price. Food pricing can move people toward larger portions. For food manufacturers and restaurants, the actual monetary costs of larger portions are small because the cost of the food itself is small (on average about 20% of retail costs) compared to marketing, labor, overhead, distribution, and other costs (Nestle, 2002). Thus, even the relatively small amounts of extra money consumers spend when upgrading to larger portions mean larger corporate profits. In addition, consumers perceive larger portions as better monetary values.

A national study found that a medium-sized movie-theater popcorn costs just 71 cents more than the small. People may not realize that it also "costs" them 500 more calories and 24 extra grams of saturated and trans fat (Table 5; NANA, 2002). A Cinnabon Classic costs 24% more than a Minibon, but it contains 123% more calories. Purchasing a Double Gulp instead of a Gulp at 7-Eleven costs 37 cents more, but adds 450 more calories. Restaurant customers often get many more calories and more saturated fat and sodium for a small difference in price. Providing nutrition information on menus and menu boards would reveal the nutritional cost of choosing larger portions at restaurants.

Table 5: Portions and Price*

Menu Item	Serving Size	Calories	Saturated + Trans Fat (g)	Average Price (\$)
Wendy's Classic Double with Cheese Classic Double with Cheese Old Fashioned Combo Meal 2 (with Biggie Fries and Medium Cola)	11 oz.	760 1,360	19 [†] 26 [†]	3.32 4.89
McDonald's French Fries Small Medium Large Super Size	2½ oz. 5 oz. 6 oz. 7 oz.	210 450 540 610	3 8 9 10	1.03 1.50 1.67 1.90
Movie Theater Popcorn without "Butter" Small Medium	7 cups 16 cups	400 900	19 43	3.13 3.84
<u>7-Eleven, Coca-Cola Classic</u> Gulp Double Gulp	16 oz. 64 oz.	150 600	0	0.89 1.26
<u>Cinnabon</u> Minibon Cinnabon Classic	3 oz. 7 ½ oz.	300 670	5 14	2.01 2.49

Note: Recommended daily limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,400 mg of sodium. *NANA, 2002. †Includes only saturated fat.

Without nutrition information, it is difficult to estimate the caloric content of restaurant foods. Numerous studies show that people have a difficult time estimating

portion sizes, especially large portions (Young & Nestle, 1995). In addition, a study published by the University of Mississippi found that people underestimate the calorie content of meals purchased at restaurants (Johnson et al., 1990).

The USDA concluded that "differences in information may also impede healthful eating, in that the nutritional quality of away-from-home foods may be less apparent to consumers than for food at home," USDA (Lin et al., 1999).

A study conducted by the Center for Science in the Public Interest and New York University found that even well-

trained nutrition professionals could not accurately estimate the calorie content of typical restaurant meals (Table 6; Backstrand et al., 1997). Although the dietitians were able to accurately estimate the caloric content of a cup of whole milk (the control in the study), they consistently underestimated the calories in restaurant foods and meals. Their estimates were off by large amounts – by 200 to 600 calories. For example, when shown a typical dinner-house hamburger and onion rings, the dietitians on average estimated that it had 865 calories, when it actually contained 1,550 calories. Since not even experts in the field of nutrition are able to accurately estimate the caloric content of restaurant foods, consumers are unlikely to do better.

Table 6: Dietitians' Estimates of the Calorie Content of Popular Restaurant Foods*

Food Item	Actual Calorie Content	Average Calorie Estimate	% Difference
Whole Milk (1 cup)	150	155	3% over
Lasagna (2 cups)	960	695	28% under
Grilled Chicken Caesar Salad with Dressing (4 cups)	660	440	33% under
Porterhouse Steak Dinner [†]	1,860	1,240	33% under
Hamburger (10 oz.) and Onion Rings (11 rings)	1,550	865	44% under
Tuna Salad Sandwich (11 oz.)	720	375	48% under

^{*}Backstrand et al., 1997. [†]The dinner included a porterhouse steak (20 oz.) with a Caesar salad (2 cups), vegetable of the day (1 cup) and a baked potato with butter (1 Tb.).

Nutrition Information at Restaurants

Nutrition labeling in supermarkets. The Nutrition Labeling and Education Act (NLEA), which was signed into law by President George H.W. Bush in 1990, requires

About half (48%) of people report that the nutrition information on food labels has caused them to change their minds about buying a food product (Levy & Derby, 1996).

comprehensive, consistent food labeling on almost all packaged foods sold at supermarkets, convenience stores, and other retail stores. Three-quarters of adults report using food labels (US DHHS, 2001b), and using food labels is associated with eating more-healthful diets (Kim et al., 2000; Kreuter et al., 1997; Neuhouser et al., 1999). About half (48%) of people report that the nutrition information on food labels

has caused them to change their minds about buying a food product – a 50% increase over the number in a survey conducted before the new food labeling law was implemented (Levy & Derby, 1996).

Strengthening food labeling is likely to yield significant health and economic benefits. The FDA estimated that requiring trans fat to be listed on packaged-food labels would save 2,100 to 5,600 lives a year and \$3 billion to \$8 billion a year (FDA, 1999). USDA estimated the economic benefits of extending nutrition labeling to fresh meat and poultry to be \$62 million to \$125 million per year (Crutchfield et al., 2001).

Nutrition information at restaurants. The NLEA explicitly exempts restaurants. Under current law, the only requirement is that when restaurants make a health or nutrient-content claim for a food or meal, nutrition information relevant to that claim must be available (FDA, 2001). For example, if a menu board claims that a sandwich is low fat, the restaurant is required to have available – somewhere in the store – information about the fat content of that sandwich. Unlike for processed foods, for which nutrition information is determined by laboratory analyses of the food, nutrition information to substantiate restaurant claims may be determined from nutrient databases, cookbooks, or "other reasonable bases." The provision of that nutrition information can take various forms.

Some restaurants, particularly fast-food chains, provide brochures or posters with nutrition information regarding their menu items. Several fast-food chains provided instore nutrition information only after pressure from state attorneys general and consumer groups. In 1986, state attorneys general from several states, including Texas, New York, and California, negotiated an agreement with McDonald's, Burger King, Jack in the Box, KFC, and Wendy's to provide nutrition and ingredient information in their restaurants.

There are a number of limitations with the current voluntary system for providing nutrition information in chain restaurants. First, most chain restaurants do not provide nutrition information. McDonald's and Burger King are the exceptions rather than the norm.

A survey of the largest chain restaurants found that two-thirds (65%) do not provide customers with any nutrition information (including on menus, menu boards,

pamphlets, table tents, or posters) (Almanza et al., 1997). Second, the nutrition information is not always accessible. Even when restaurants have developed nutrition pamphlets, they can be hard to find in individual outlets. Brochures may not be in an obvious location, and employees may not know where to find them. Third, **the nutrition information provided can be difficult to use**. Large, complicated tables listing everything from protein and cholesterol to iron and vitamin A can be hard to use because they present an overwhelming amount of nutrition information in small print for each food item. Also, not many harried diners want to lose their place in line to decipher a poster. In addition, it is unlikely that many more restaurants will provide nutrition information under a voluntary system. Two-thirds of the largest chain restaurants believe that they do not have a responsibility to provide nutrition labeling (Almanza et al., 1997).

A number of restaurant chains offer nutrition information on their websites (see Appendix A for examples). While nutrition information on the web is of value, it is not convenient or accessible to the customer at the point of decision making in the restaurant. Also, the information may be displayed in a hard-to-read format. If restaurants can provide nutrition information on websites and through printed materials, they should be able to place some of that information on their menus and menu boards. (Note: those restaurants that already have nutrition information electronically available would not incur additional cost to analyze their menu items if calorie labeling were required on menus and menu boards).

Some restaurants provide menu items that are labeled as "light fare," "healthy heart," or other "healthy" designation. Although some of those programs have been shown to increase the sales of the healthy-designated items (Albright et al., 1990; Anderson & Haas, 1990), there are a number of limitations with this approach. First, there usually are a limited number of "healthy fare" items on the menu, and nutrition information regarding those items is not always provided on the menu or menu board. In addition, providing nutrition information for only the "healthy" foods or meals does not allow patrons to compare the "healthy" items to other menu options and determine what tradeoffs they may be making by forgoing a dish off the regular menu. For example, providing calorie labeling for all menu items would reveal that at a Mexican restaurant you could save 570 calories by choosing the low-fat chicken enchiladas platter (690 calories) instead of a regular chicken enchiladas platter (1,260 calories).

In summary, most restaurants do not provide any nutrition information about their foods. While several major fast-food chains provide complete information about their products, that information is often presented in a hard-to-read, hard-to-use format.

In a study in a cafeteria setting, signs indicating the calorie content of available foods significantly decreased the number of calories that people purchased (Milich et al., 1976). An unpublished evaluation of a menu labeling program at four northwest table-service restaurants also found that calorie labeling on menus led to entree selections that were lower in calories (Heart Institute of Spokane, 2002).

Product reformulation: a key benefit of nutrition labeling. A key benefit of mandatory nutrition labeling on packaged foods has been the reformulation of existing products and the introduction of new nutritionally improved products (Silverglade, 1995).

Between 1991 (before implementation of the Nutrition Labeling and Education Act) and 1995 (after implementation), the number of available fat-modified cheese products tripled and the market share for fat-modified cookies increased from zero percent of the market to 15% (Levy & Derby, 1996). In a similar fashion, nutrition labeling on menus and menu boards may spur nutritional improvements in restaurant foods.

Recommendations

In their "Call to Action" to reduce obesity, the U.S. Surgeon General and the U.S. Department of Health and Human Services recommended: "increase availability of nutrition information for foods eaten and prepared away from home" (US DHHS, 2001). In 1999, a report from the U.S. Department of Agriculture and Food and Drug Administration recommended that "Americans could adopt nutrition policy, educational programs, and promotion strategies to improve both the nutritional quality of food away from home and consumers' food choices when eating out" (Lin et al., 1999).

Given 1) the rising rates of obesity, 2) the increasing role of restaurant foods in Americans' diets, 3) the negative impact of eating out on the nutritional quality of our diets, 4) the large portion sizes and high calorie, saturated and trans fat, and sodium contents of restaurant foods, and 5) the lack of nutrition information available in most restaurants, Congress and/or state or local legislatures should require food-service chains with ten or more units to list the calorie, saturated and trans fat (combined), and sodium contents of standard menu items on their menus. Restaurants that use menu boards, where space is limited, should be required to provide at least calorie information next to each item on their menu boards. Maine, New Hampshire, New York, Pennsylvania and the District of Columbia legislatures (at the time this report went to press) were considering legislation to require calorie and other nutrition labeling on menus and menu boards at chain restaurants. A similar federal bill has been introduced.

Sample Restaurant Menu Board

läagen-Dazs	Häagen-Dazs		
ce Cream & Sorbet	Calories	Price	
Sorbet, 1 scoop	120	2.95	
Low Fat Ice Cream, 1 scoop	170	2.95	
Vanilla Ice Cream, 1 scoop	270	2.95	
Vanilla Ice Cream, 2 scoops	540	4.95	
Vanilla Ice Cream, 3 scoops	810	5.25	
Bailey's Irish Cream Shake	960	5.45	
Banana Split	1,100	6.35	
Dulce Split Dazzler	1,180	6.35	
Mint Chip Dazzler	1,270	6.35	

While listing other nutrition information could help consumers make healthier choices, calorie, saturated and trans fat, and sodium information is most needed, given that cardiovascular diseases are the leading causes of death and obesity rates are rising

The nutrition information should be placed directly on menus and menu boards to provide information in an easy-to-use, consistent manner where customers are making food choices.

rapidly. Such information, clearly displayed at the point of decision, would help consumers to make more informed choices at restaurants and is an important strategy for reducing obesity and protecting the nation's health.

It is essential that the nutrition

information be placed directly on menus and menu boards to provide the information in an easy-to-use, consistent manner where customers are making food choices.¹

Restaurant chains could voluntarily provide additional nutrition information (such as carbohydrates, fiber, calcium, etc.) on menus or through brochures, posters, labels on food item packaging, tray liners, web sites, or other means.

Chains with ten or more units typically have standardized menus and are large enough to have management capable of implementing new regulations. Locally-owned, neighborhood (mom and pop) restaurants should be exempt from the law.

Public interest in nutrition and nutrition information is high. In national surveys, 85% of Americans say that nutrition is personally important to them (ADA, 2000). Sixty percent of Americans report that the healthfulness of the food is an important factor in choosing a restaurant (AICR, 2001). **Two-thirds of Americans support requiring restaurants to provide nutrition information, including calories, on menus** (Global Strategy Group, 2003; Harvard, 2003). Though people are provided good nutrition information in supermarkets, they usually can only guess what they are getting in restaurants. In addition, studies show that people eat more calories and saturated fat when they eat out than when they eat at home. Providing calorie and other key nutrition information at restaurants, and thus helping people to make healthier choices when eating out, is an important and necessary strategy for reducing obesity and protecting the nation's health.

¹ Standard menu items should be analyzed by collecting a representative sample from several units of the chain and subjecting them to nutrient analysis in a laboratory. Many commercial laboratories can provide nutritional analyses. Costs vary between labs and range from about \$55-\$95 for calorie analysis per meal, food or beverage. Analysis of

calories, saturated plus trans fat, and sodium averages about \$220 per menu item.

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Appendix A: Examples of Restaurants that Provide Nutrition Information on the Internet

Arby's: http://www.arbys.com/arb06.html

Baja Fresh: http://www.bajafresh.com/jump.jsp?itemID=68&itemType=CATEGORY

&iMainCat=4&iSubCat=10&i3Cat=68

Baskin-Robbins: http://www.baskinrobbins.com/about/nutritional.shtml

Blimpie Subs and Salads: http://www.blimpie.com/framesets/sfs_nutrition.htm Boston Market:: http://www.boston-market.com/food/index.jsp?page=nutrition

Burger King: http://www.burgerking.com/Food/index.aspx

Carl's Jr.: http://www.carlsjr.com/home

Chick-fil-A: http://www.chick-fil-a.com/content/nutri/nutriInnerFrame.htm

Chuck E. Cheese's: http://www.chuckecheese.com/cec2002/restaurants/nutritional.html

Church's Chicken: http://www.churchs.com/home.asp

Domino's Pizza:

http://www.dominos.com/C1256B420054FF48/vwContentByKey/W256QR93351DENNEN#

Dunkin' Donuts: http://www.dunkindonuts.com/nutrition/

El Pollo Loco: http://www.crazychicken.com/consumer/con_index.html

Fazoli's: http://www.fazolis.com/nutrition.asp

Godfather's Pizza: http://www.godfathers.com/nutrition.html Haagen-Dazs Ice Cream Café: http://www.haagen-dazs.com/

Hardee's: http://www.hardeesrestaurants.com/nutrition/

KFC: http://www.kfc.com/kitchen/nutrition.htm

Krispy Kreme Doughnuts: http://www.krispykreme.com/varieties.html

Krystal: http://www.krystalco.com/food/nutrition/home.asp

Little Caesars: http://littlecaesars.com/menu/nutrition.asp?category=menu

Long John Silver's: http://www.ljsilvers.com/nutrition/default.htm

McDonald's: http://www.mcdonalds.com/countries/usa/food/index.html

Pizza Hut: http://www.pizzahut.com/menu/nutritioninfo.asp

Round Table Pizza: http://www.roundtablepizza.com/RTP/LO/default.asp

Schlotzsky's Deli: http://www.schlotzskys.com/nutrition.html Subway: http://subway.com/applications/NutritionInfo/index.aspx

Taco Bell: http://www.tacobell.com/

TCBY: http://www.tcby.com/TCBY_Sorbet_and_%20Yogurt_Nutrition_Chart.pdf

Wendy's: http://www.wendys.com/food/index.jsp?country=US&lang=EN

Whataburger:: http://www.whataburger.com/menulist.cfm White Castle: http://www.whitecastle.com/_pages/nutrition.as

SANDWICHES		
HAMBURGER	280 Cal	.89
CHEESEBURGER	330 Cal	.99
FILET-O-FISH®	470 Cal	1.99
CRISPY CHICKEN	550 Cal	2.79
QUARTER POUNDER®	430 Cal	2.29
BIG N' TASTY®	540 Cal	2.29
BIG MAC®	590 Cal	2.39
CHICKEN McGRILL®	450 Cal	2.89
DOUBLE QUARTER POUNDER®	760 Cal	2.99

Model Menu Boards: Fast Food

SANDWICHES					
BIG BURGER	590 cal	2.39			
BIG N' TASTY	540 cal	2.29	CHICKEN NUGGETS (6PC)	290 cal	2.29
QUARTER POUNDER with CHEESE	530 cal	2.29	CHICKEN NUGGETS (9PC)	430 cal	2.89
QUARTER POUNDER	430 cal	2.29	CRISPY CHICKEN	550 cal	2.79
DOUBLE QUARTER POUNDER	760 cal	2.99	CHICKEN GRILL	450 cal	2.89
CHEESEBURGER	330 cal	0.99	FILET OF FISH	470 cal	1.99
HAMBURGER	280 cal	0.89			

SALADS					
CHICKEN CAESAR ⁺ 230 cal 2.59	CHEF ⁺ 280 cal 2.89	GARDEN ⁺ 230 cal 1.99			

KIDS' MEAL			BIG KIDS' MEAL		
Comes with sm. french fry, child-size drink a	nd toy. For kids	under 12. C	Comes with sm. french fry and child-size drink.		
HAMBURGER	600 cal	1.99	DOUBLE HAMBURGER	700 cal	2.80
CHEESEBURGER	650 cal	2.49	DOUBLE CHEESEBURGER	800 cal	3.30
4 CHICKEN NUGGETS	510 cal	2.89	6 CHICKEN NUGGETS	610 cal	3.30

FRENCH FRIES								
SMALL 210 cal 1.03	MEDIUM 450 cal 1.50	LARGE 540 cal 1.67	SUPER SIZE 610 cal 1.90					

BEVERAGES									
se 65 (/ 🚉 👺	Sm	Small		Medium		Large		Super Size	
SODA SHAKE* ORANGE JUICE COFFEE** 1% MILK	150 cal 360 cal 210 cal 5 cal 100 cal	0.99 1.59 1.29 0.89 0.99	220 cal 510 cal 280 cal 10 cal	1.29 1.89 1.49 0.99	330 cal 770 cal 430 cal 15 cal	1.49 2.29 1.69 1.09	430 cal 1,010 cal 560 cal	1.69 2.49 2.59	

		DESSERTS			
FRUIT 'N YOGURT PARFAIT	380 cal	1.99	CONE	150 cal	0.99
without Granola	280 cal	1.99			
FLURRY*	610 cal	2.16	BAKED PIE	260 cal	0.99
SUNDAE*	330 cal	1.29	COOKIES*	250 cal	0.99

Daily Values are based on a 2,000 calorie diet.

+Calories include reduced calorie dressing. Please see nutrition brochure for other dressing information.

*Calories depend on flavor/variety. Average for line. Please see nutrition brochure for more details

**Calories without cream or sugar. Please see nutrition brochure for details.

grilled sandwiches

served w/lettuce, tomato, and mayo

GREAT STEAK	660 cal	\$4.49
w/Onions & Provolone	6.60	
SUPER STEAK	660 cal	\$4.69
w/Onions, Peppers, Mushrooms & Provolone		
HAM EXPLOSION	710 cal	\$4.69
w/Onions, Peppers, Mushrooms & Swiss		
HAM DELIGHT	710 cal	\$4.49
w/Pineapple & Swiss	(40	04.60
CHICKEN PHILLY w/Onions & Swiss	640 cal	\$4.69
CHICKEN TERIYAKI	580 cal	\$4.69
w/Onions, Swiss & Teriyaki	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4
TURKEY PHILLY	690 cal	\$4.49
w/Onions & Swiss		0.4.40
VEGGIE DELIGHT	570 cal	\$4.19
Fresh Grilled Veggies w/Provolone & Swiss		
COMBO IT! Add Small Fry & Drink	+610 cal	\$6.39
, , , , , , , , , , , , , , , , , , ,	0 - 0 - 0	4 000
baked potatoes		
GREAT POTATO	600 cal	\$4.49
w/Steak or Turkey, Onions & Cheese	OUU cal	\$ 4.4 9
BROCCOLI & CHEESE	340 cal	\$3.29

fresh cut fries

Cooked in 100% Cholesterol Free Peanut Oil

SM. 460 cal \$1.49

REG. 540 cal \$1.99

LRG. 920 cal \$2.79

[◆] Daily Values are based on a 2,000 calorie diet. ◆

starters & snacks

Spicy Buffalo Wings

Tossed in our hot or mild Buffalo sauce. Served with blue cheese dressing and celery sticks.

1,010 cal, 22 g sat fat, 2,460 mg sodium \$6.99



Mozzarella cheese lightly breaded and deep fried. Served with marinara sauce.

830 cal, 28 g sat fat, 1,890 mg sodium \$5.99

Blooming Onion

A whole onion, cut like a flower, battered and golden fried. Served with zesty dipping sauce.

2,130 cal, 57 g sat fat, 3,840 mg sodium \$6.99



Stuffed Potato Skins

Large potato shells fried golden brown, filled with Jack and Cheddar cheese, crisp smoked bacon, green onions, parsley and sour cream.

1,260 cal, 48 g sat fat, 1,300 mg sodium \$6.69

Cheese Fries

French fries smothered in cheese, sprinkled with bacon and served with ranch dressing.

3,010 cal, 91 g sat fat, 4,890 mg sodium \$6.99

<u>salads</u>



Chicken Caesar Salad

Grilled chicken over Romaine lettuce. Served with croutons, Parmesan cheese, and our special Caesar dressing.

660 cal, 11 g sat fat, 1,490 mg sodium

\$6.99

Oriental Chicken Salad

A quarter pound of skinless chicken breast over a mound of Romaine lettuce, snow peas, water chestnuts, red cabbage, carrots and other fixings. Topped with our homemade Oriental dressing.

750 cal, 12 g sat fat, 1,140 mg sodium

\$6.99

The Daily Values for a 2,000 calorie diet are 20 g of saturated fat and 2,400 mg of sodium.
 Saturated fat numbers include trans fat.

lunch/dinner entrees

Sirloin Steak

Seven ounces USDA choice steak, grilled to your satisfaction. Served with French fries and seasonal vegetables.

1,060 cal, 23 g sat fat, 1,000 mg sodium \$12.99

BBQ Baby Back Ribs

A one pound platter of slow roasted ribs, basted in our special barbeque sauce and served with French fries and cole slaw.

1,530 cal, 36 g sat fat, 1,610 mg sodium \$10.59

Chicken Fingers

Lightly breaded chicken tenders served with French fries, cole slaw and dipping sauce.

1,640 cal, 30 g sat fat, 2,640 mg sodium \$7.99



Steak Fajitas

Sliced steak over sauteed onions and bell peppers. Served with soft tortillas, guacamole, sour cream, salsa and cheese.

1,190 cal, 28 g sat fat, 2,810 mg sodium \$11.69

Grilled Chicken

We grill a tender boneless marinated chicken breast and serve with vegetables and a baked potato with a dollop of sour cream on the side.

640 cal, 5 g sat fat, 820 mg sodium \$9.79



<u>burgers</u>

Our burgers are 100% USDA ground beef. Each is grilled to medium-well unless otherwise requested and served on a toasted roll with French fries and fixings. (Nutrition information includes sides.)

Bacon & Cheese Grilled Chicken Sandwich

Grilled chicken, crisp bacon, tomato, onion, mayo, lettuce and cheese on a toasted bun.

1,230 cal, 24 g sat fat, 2,110 mg sodium \$7.99

Hamburger

Tender USDA ground beef, grilled to your liking.

1,240 cal, 29 g sat fat, 1,270 mg sodium \$7.99

Mushroom Cheeseburger

Sauteed mushrooms over our All-American Burger with melted Jack cheese.

1,490 cal, 40 g sat fat, 1,540 mg sodium

sides

Sides	
Vegetable of the day 60 cal, 1 g sat fat, 150 mg sodium	\$1.99
Baked potato w/sour cream 310 cal, 2 g sat fat, 30 mg sodium	\$2.99
Loaded baked potato 620 cal, 19 g sat fat, 570 mg sodium	\$4.99
French fries 590 cal, 12 g sat fat, 460 mg sodium	\$1.99
Onion rings 900 cal, 23 g sat fat, 1,050 mg sodium	\$1.99

^{*}The Daily Values for a 2,000 calorie diet are 20 g of saturated fat and 2,400 mg of sodium. *

Saturated fat numbers include trans fat.

\$7.50

specialty pizzas*

Medium \$12.29

Large \$15.29

lover's line

Get more of the toppings you love. Our Lover's Line pizzas pack on more of your favorite toppings!

Pepperoni Lover's

Loaded with more cheese and more pepperoni. 900 cal 19 g sat fat 2,070 mg sodium

Meat Lover's

A combination of pepperoni, Italian sausage, bacon, beef and pork toppings.

980 cal 19 g sat fat 2,290 mg sodium

Veggie Lover's

Fresh mushrooms, red onions, green peppers, tomatoes and black olives.

730 cal 11 g sat fat 1,390 mg sodium

Supreme pizzas

Our most famous selections, top of the line in every way.

Supreme

Our signature blend of pepperoni, beef and pork toppings, green peppers, ham, red onions and mushrooms.

870 cal 16 g sat fat 1,820 mg sodium

Super Supreme (\$1.00 more)

A nine-topping feast of pepperoni, ham, Italian sausage, beef, pork, green peppers, red onions, fresh mushrooms and black olives.

930 cal 16 g sat fat 2,120 mg sodium

Chicken Supreme

Tender chunks of grilled chicken breast with green peppers, red onions and mushrooms.

730 cal 11 g sat fat 1,580 mg sodium

BREADSTICKS

Crispy on the outside, soft & chewy on the inside. Served with tangy marinara sauce.

Single order of 5 sticks 800 cal 5 g sat fat 1,700 mg sodium \$1.99

Family order of 10 sticks 320 cal 2 g sat fat 680 mg sodium \$3.99 (Nutrition information for 2 stick serving)

PERSONAL PAN PIZZA

All the tempting flavor of our pan pizza packed into an individual serving.

CHEESE 630 cal 12 g sat fat 1,370 mg sodium \$2.99

1 TOPPING** 660 cal 11 g sat fat 1,550 mg sodium \$2.99

^{*}Nutrition information is for three slices with pan style crust. See nutrition brochure for other crust types.

^{**}Nutrient values vary with crust type and topping. See nutrition brochure for more details.

[◆]The Daily Values for a 2,000 calorie diet are 20 g of saturated fat and 2,400 mg of sodium.◆

Model Menu: Breakfast Restaurant

Legendary Breakfasts

Crack of Dawn

Two eggs,* any style, two hotcakes with syrup and margarine, two sausage links and two strips of bacon.

1,010 cal **19** g sat fat **1,770** mg sodium

\$5.39

Farmer's Hearty Breakfast

Two eggs,* two fluffy pancakes with syrup and margarine, two sausage links, two strips of crisp bacon and hash browns. Sure to satisfy your hearty appetite!

1,230 cal 22 g sat fat 1,970 mg sodium

\$6.69

Early Riser

A bowl of hot cereal, served with 2% milk, orange juice, seasonal fresh fruit and toast.

600 cal 3 g sat fat 660 mg sodium \$6.39

Country Biscuit

A biscuit split and topped with eggs over-easy and our country gravy. Served with two sausage links and two strips of bacon

1,110 cal 27 g sat fat 2,580 mg sodium

\$5.49

Pancakes n' Such

Thick-sliced French Toast

Three slices of our own bread dipped in our egg and milk mixture, then grilled to perfection.

Served with syrup and margarine and your choice of breakfast meat.**

1,130 cal 20 g sat fat 1,740 mg sodium \$5.29

Momma's Pancake Breakfast

A classic. Four of our traditional pancakes served up with syrup, margarine and your choice of breakfast meat.**

1,160 cal 19 g sat fat 2,680 mg sodium \$5.49

*Nutrition information listed for scrambled eggs. Please see nutrition brochure for other types of eggs.

◆The Daily Values for a 2,000 calorie diet are 20 g of saturated fat and 2,400 mg of sodium. ◆
Saturated fat numbers include trans fat.

^{**}Nutrient values vary depending on meat selection. Please see nutrition brochure for more details.

Belgian Waffle

Topped with strawberries and whipped cream. Served with your choice of breakfast meat.**

1,020 cal 22 g sat fat 1,740 mg sodium

\$6.39



Eggs, Etc.

Lighten Up

Two scrambled Egg Beaters, served with hash browns and toast to get you off to a good start.

480 cal **6** g sat fat **670** mg sodium

\$3.69



Two Egg Combo

Two eggs,* any style, served with hashed browns and toast.

650 cal 8 g sat fat 660 mg sodium \$3.69

Ham and Cheese Omelette

A combo of diced, smoked ham with sharp cheese. Served with hash browns and toast with margarine.

990 cal 26 g sat fat 1,790 mg sodium \$6.49

Sides

breakfast ham	100 cal	1 g sat fat	910 mg sodium	\$2.89
hash browns	220 cal	3 g sat fat	200 mg sodium	\$1.69
toast(2 slices) with margarine	260 cal	4 g sat fat	390 mg sodium	\$1.35
thick-sliced bacon (4)	130 cal	4 g sat fat	530 mg sodium	\$2.29
sausage links (4)	340 cal	13 g sat fat	670 mg sodium	\$2.29
pancakes (3) with syrup and	770 cal	9 g sat fat	1,490 mg sodium	\$2.49
cold cereal with 2% milk	210 cal	2 g sat fat	380 mg sodium	\$1.89
oatmeal with 2% milk	210 cal	2 g sat fat	380 mg sodium	\$1.89

^{*}Nutrition information listed for scrambled eggs. Please see nutrition brochure for other types of eggs.

◆The Daily Values for a 2,000 calorie diet are 20 g of saturated fat and 2,400 mg of sodium. ◆
Saturated fat numbers include trans fat.

^{**}Nutrient values vary depending on meat selection. Please see nutrition brochure for more details.

Model Menu Board: Coffee Shop

COFFEE DRINKS						
	SM	ALL	MED	IUM	LAI	RGE
COFFEE OF THE DAY	10 cal	1.40	10 cal	1.60	10 cal	1.70
DECAF COFFEE OF THE DAY	10 cal	1.40	10 cal	1.60	10 cal	1.70
CAPPUCCINO*	110 cal	2.55	140 cal	3.10	180 cal	3.40
CAFFE LATTE*	160 cal	2.55	210 cal	3.10	270 cal	3.40
CAFFE MOCHA*§	250 cal	2.75	330 cal	3.30	410 cal	3.55
WHITE CHOCOLATE MOCHA*§	330 cal	3.20	440 cal	3.75	550 cal	4.00
COLD BEVERAGES						
ICED CAFFE LATTE*	100 cal	2.55	130 cal	3.10	160 cal	3.50
ICED CARAMEL LATTE*	160 cal	2.80	220 cal	3.40	270 cal	3.80
ICED CAFFE MOCHA*†	150 cal	2.75	190 cal	3.30	240 cal	3.55
ICED CAFFE AMERICANO ⁺	10 cal	1.75	10 cal	2.05	10 cal	2.40
COFFEE ALTERNATIVES						
TAZO CHAI*	200 cal	2.70	260 cal	3.10	330 cal	3.35
STEAMED CIDER	170 cal	1.75	230 cal	2.00	290 cal	2.25
HOT CHOCOLATE*†	270 cal	2.20	350 cal	2.45	440 cal	2.70

^{*}Calorie content depends on type of milk used. See nutrition brochure for more information.

2 TB 2% milk= 15 cal

2 TB whole milk= 20 cal

2 TB half and half= 40 cal

⁺ without milk § with whipped cream †without whipped cream

² TB skim milk= 10 cal whipped cream = 100 cal

[◆] Daily Values are based on a 2,000 calorie diet. ◆

