# Heart Attack Entrées and Side Orders of Stroke

The Salt in Restaurant Meals is Sabotaging Your Health





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The Center for Science in the Public Interest (CSPI), founded in 1971, is a nonprofit health advocacy organization. CSPI conducts innovative research and advocacy programs in the areas of nutrition, food safety, and alcoholic beverages and provides consumers with current information about their own health and well-being. CSPI is supported by 850,000 subscribers in the United States and Canada to its Nutrition Action Healthletter and by foundation grants.

Center for Science in the Public Interest 1875 Connecticut Avenue, NW, #300 Washington, DC 20009 Tel: 202-332-9110 Fax: 202-265-4954

# **Table of Contents**

Ten of the	Saltiest Adult Meals in America	page i
Ten of the	Saltiest Kids Meals in America	page ii
	ion	<b>1</b> U
		1 0
Restauran	nt Meals Data Charts and Graphs	page 1
•	Arby's	page 1
•	Burger King	page 3
•	Chick-fil-A	page 5
•	Chili's	page 7
•	Dairy Queen	
•	Denny's	
•	Jack in the Box	
•	KFC	
•	McDonald's	- 0
•		1 0
•		• •
•		
•		
•		• •
•		
•		
•		- 0
•	Olive Garden	page 20page 2page 2page 2page 2page 3page 3

# \* Ten of the Saltiest Meals in America \*

Rank	Where	What (mg of sodium)	Total Sodium	Teaspoons of Salt
1	Red Lobster	Admiral's Feast (4,662), Caesar Salad w/ Caesar Dressing (930), Creamy Lobster Topped Mashed Potato (1,110), Cheddar Bay Biscuit (350), Lemonade (54)	7,106 mg	3.1
2	Chili's	Buffalo Chicken Fajitas w/ Tortillas & Condiments (6,846), Dr Pepper (70)	6,916 mg	3.0
3	Chili's	Honey-Chipotle Ribs (5,150), Mashed Potatoes w/ Gravy (1,050), Seasonal Vegetables (170), Dr Pepper (70)	6,440 mg	2.8
4	Olive Garden	Tour of Italy (lasagna) (3,830), 1 Breadstick (350), Garden Fresh Salad w/ House Dressing (1,990), Coca Cola (6)	6,176 mg	2.7
5	Olive Garden	Chicken Parmigiana (3,380), 1 Breadstick (350), Garden Fresh Salad w/ House Dressing (1,990), Raspberry Lemonade (15)	5,735 mg	2.7
6	Denny's	Double Cheeseburger (3,880), Onion Rings (980), Tomato Juice (680)	5,540 mg	2.4
7	Denny's	Spicy Chicken Buffalo Melt (3,870), Rice Pilaf (820), 2% Milk (116)	4,806 mg	2.1
8	KFC	Half Chicken Meal (2,400), Biscuit (530), Macaroni & Cheese (880), Mean Greens (400), Lipton Brisk Green Peach Tea (560)	4,770 mg	2.1
9	Dairy Queen	Spicy Chili Bowl (3,900), Side Salad w/ Fat Free Ranch Dressing (450), Mountain Dew (150)	4,500 mg	2.0
10	Arby's	Large Beef 'n Cheddar Sandwich (2,309), Large Mozzarella Sticks w/ Marinara Sauce (2,047), Dr Pepper (120)	4,476 mg	1.9

# \* Ten of the Saltiest KIDS Meals in America \*

Rank	Where	What (mg of sodium)	Total Sodium	Teaspoons of Salt
1	Red Lobster	Chicken Fingers (1,320), Biscuit (350), Fries (740), Raspberry Lemonade (20)	2,430 mg	1.0
2	Chili's	Country Fried Chicken Crispers (1,600), Rice (660), 1% Milk (125)	2,385mg	1.0
3	KFC	Popcorn Chicken (850), Macaroni & Cheese (880), Teddy Grahams (95), 2% Milk (180)	2,005 mg	0.9
4	Jack in the Box	Chicken Strips Grilled (630), Buffalo Sauce (840), Fries (380), 1% Milk (130)	1,980 mg	0.9
5	Olive Garden	Chicken Fingers (940), Fries (880), Raspberry Lemonade(15)	1,835 mg	0.8
6	Burger King	Chicken Tenders (730), Buffalo Sauce (360), Fries (salted) (590), 1% Milk (130)	1,810 mg	0.8
7	Sonic	Grilled Cheese (1,014), Tator Tots (527), 1% Milk (210)	1,751 mg	0.7
8	Denny's	Little Dipper Sampler (1,200), Ranch Dressing (189), Goldfish Side (260), Lemonade (38)	1,687 mg	0.7
9	Taco Bell	Bean Burrito (1,240), Cinnamon Twists (200), Mountain Dew Baja Blast (70)	1,510 mg	0.6
10	Arby's	Jr. Roast Beef Sandwich (740) , Curly Fries (548), 2% Milk (116)	1,404 mg	0.6

### Introduction

ating less salt is one of the single best ways to prevent high blood pressure, heart attacks, and strokes. Yet, most restaurant meals are loaded with salt.

The amount of salt—sodium chloride—in typical restaurant meals is astonishing. Many popular meals in fast-food or table-service restaurants have well over a day's worth of the recommended sodium limits for both adults and children—and sometimes two or three days' worth.

According to the government's 2005 Dietary Guidelines for Americans, people with hypertension, people who are middle-aged or older, and African Americans should consume no more 1,500 mg of sodium daily. Those groups account for about 70 percent of the population, according to the Centers for Disease Control and Prevention (CDC).<sup>2</sup> Other adults should consume no more than 2,300 mg of sodium (about a teaspoon of salt). The Institute of Medicine (IOM), a unit of the National Academy of Sciences, recommends that children aged 4-8 consume no more than 1,200 mg a day. Children 9 to 18 should consume no more than 1,500 mg a day.<sup>3</sup>

Unfortunately, Americans consume about twice the recommended levels of sodium. The 2005-06 National Health and Nutrition Examination Survey (NHANES) found that average daily consumption was about 3,400 mg for adults.<sup>4</sup> Actual daily consumption is

probably closer to 4,000 mg,<sup>5</sup> since NHANES estimates omit salt added at the table or in cooking, and the NHANES respondents often underestimate their actual consumption.

The extraordinary importance of lowering sodium consumption was highlighted in a 2004 article coauthored by Claude Lenfant, then the Director of the National Heart, Lung and Blood Institute (NHLBI), and two colleagues. They estimated that reducing the sodium content of packaged and restaurant foods by 50 percent would prevent at least 150,000 deaths annually, mostly due to cardiovascular disease. <sup>6</sup> Consuming less sodium

Hum Hypertens. 2005;19:33-45.

<sup>&</sup>lt;sup>1</sup> U.S. Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans*. 2005. www.health.gov/dietaryguidelines/dga2005/document/html/chapter8.htm

<sup>&</sup>lt;sup>2</sup> Centers for Disease Control and Prevention, MMWR, March 27, 2009, Vol. 58, No. 11

<sup>&</sup>lt;sup>3</sup> Institute of Medicine. "Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate." Washington DC: National Academy Press, p 307, 2004.

<sup>&</sup>lt;sup>4</sup> NHANES, 2005-06. "What We Eat in America." http://www.ars.usda.gov/foodsurvey

<sup>&</sup>lt;sup>5</sup> Zhou BF, Stamler J, Dennis B, et al. Nutrient intakes of middle-aged men and women in China, Japan, United Kingdom, and United States in the late 1990s: The INTERMAP study. *J Hum Hypertens*. 2003;17:623–30. Kumanyika SK, Cook NR, Cutler JA, et al. Sodium reduction for hypertension prevention in overweight adults: further results from the Trials of Hypertension Prevention Phase II. *J* 

<sup>&</sup>lt;sup>6</sup> Havas, S, Rocella EJ, Lenfant C. Reducing the public health burden from elevated blood pressure levels in the United States by lowering

would not only save thousands of lives, but also billions of dollars in medical costs. A preliminary RAND Corp. study estimates that reducing sodium consumption from 3,400 mg to 2,300 mg per day would reduce direct medical costs by \$18 billion per year. A further reduction to 1,500 mg per day would reduce medical costs by \$26 billion per year.

Contrary to popular belief, most of the sodium we consume is not from the salt shaker. Three-quarters of all sodium comes from the salt and other sodium-containing additives (MSG, baking powder, sodium phosphate, and others) in processed and restaurant foods. This report summarizes restaurant industry data on the sodium levels in adult and children's meals at popular chain restaurants. The graphs compare the

intake of dietary sodium. *Am J Pub Health*. 2004; 94:19-22.

sodium contents of typical meals to the sodium limits recommended by the Dietary Guidelines for Americans and Institute of Medicine.

### **Methods**

We ascertained the sodium levels of adult and children's meals from the 25 largest U.S. chain restaurants (by revenue in 2008).8 Of those chains, five did not have special children's menus: Starbucks, Domino's Pizza, Dunkin Donuts, 7-Eleven, and Pizza Hut. However, we included Pizza Hut in our evaluation because it is the sixthlargest chain and because pizza is popular with kids. Of the remaining 20 restaurants (21 including Pizza Hut), 17 provided sodium information. Applebee's, Outback Steakhouse, T.G.I. Friday's, and IHOP did not provide nutrition information.

We considered the basic format of a meal to be one entrée, one side dish,

and one beverage, unless the menu indicated otherwise. For example, a specific entrée may come with two sides, or it may come with one side from a list of options. When an entrée came with two sides, we avoided choosing dishes that were similar, such as potatoes and pasta.

The sodium totals used in this report are not necessarily the very highest or lowest possibilities at these restaurants. The meals included are merely representative meal combinations created from the restaurants' menu options.

All nutrition information used in this report was gathered from the nutrition guides and calculators posted on the restaurants' websites or from phone calls to the companies.

### **Results**

For each chain (excluding Pizza Hut) we chose four kids' meals, including three high in sodium and one lower-sodium meal. (Arby's and Taco Bell

<sup>&</sup>lt;sup>7</sup> Palar, K, Sturm, R. The Benefits of Reducing Sodium Consumption in the US Adult Population. Rand Health, Academy Health Annual Research Meeting Presentation, June 9, 2008.

<sup>&</sup>lt;sup>8</sup> Reed Elsevier Inc. 2008 R&I Top 400 Chain Restaurants. www.rimag.com/info/CA6574478.html

only have two kids' meals on their menus.) Of the 60 kids' meals we evaluated, 31 meals had 1,200 mg of sodium or more—a whole day's worth of sodium for children aged 4-8.

We identified five high-sodium adult meals at each chain restaurant, and one lower in sodium. Almost all of the meals we evaluated had much more sodium than recommended. Of the 102 adult meals, 85 had over 1,500 mg of sodium, the recommended daily limit for the majority of Americans; 49 meals had over 2 days' worth of sodium (3,000 mg of sodium or more); 17 meals had over 3 days' worth of sodium (4,500 mg of sodium or more); and Chili's, Denny's, Olive Garden and Red Lobster all offered at least one meal that included over four days' worth of sodium (6,000 mg of sodium or more).

### Toxic Offerings?

Many entrées, without any sides or a drink, exceeded a day's worth of

sodium and in some instances two days' worth. Examples include Olive Garden's Chicken Parmigiana (3,380 mg), Meaty P'Zone Pizza (3,680 mg) at Pizza Hut, and Chili's Honey Chipotle Ribs (5,150 mg).

Salty side dishes and even some drinks boost sodium into the stratosphere. A combo meal at Denny's that included a double cheeseburger, onion rings, and tomato juice contained 5,540 mg of sodium. (Replacing the salty tomato juice with a soda would reduce sodium by 680 mg.) Chili's Buffalo Chicken Fajitas with a soda had 6,916 mg. That's about three times as much sodium as healthy, young, adults should consume in one day. The highest-sodium meal we identified was Red Lobster's Admiral's Feast, served with Caesar Salad, a Creamy Lobster Topped Mashed Potato, and a lemonade (7,106 mg). For an African-American, a person over 40, or a person with high blood pressure, that is more sodium than should be consumed in four-and-a-half days!

Red Lobster also made the highestsodium children's meal: Chicken Fingers, French fries, a biscuit, and lemonade had 2,430 mg of sodium, twice as much as a young child should consume in an entire day. At Olive Garden, a kid's meal that included Chicken Fingers, French fries, and a Raspberry Lemonade had 1,835 mg of sodium. A high-salt diet in childhood may increase blood pressure and train kids' taste buds to want salty foods for their entire life. <sup>10</sup>

Also, some restaurants offer complimentary items that can easily increase sodium intake. For example, Red Lobster's Cheddar Bay biscuit had 350 mg of sodium, and one breadstick at Olive Garden also contained 350 mg. Each McDonald's ketchup packet contained 110 mg of sodium.

### **Retter Choices**

A few restaurants offered lower-sodium options. Subway had the lowest-sodium adult meal with its Veggie

<sup>&</sup>lt;sup>9</sup> "Adequate Intake" for Children. Institute of Medicine, 2004.

<sup>&</sup>lt;sup>10</sup> He FJ, MacGregor GA. Importance of salt in determining blood pressure in children. *Hypertension*. 2006; 48:861.

Delite 6" sandwich, Apple Slices, and a Coke (500 mg). Panera's Full Classic Café Salad with dressing, an apple, and large orange juice had 511 mg of sodium. Chili's Guiltless Grilled Salmon with Marinated Portobello Mushrooms and a Sprite had 534 mg.

At Panera, a kid's Peanut Butter and Jelly sandwich with a yogurt and small orange juice had 450 mg of sodium. KFC's kids' combo meal consisting of a Grilled Drumstick, corn on the cob, apple Juice, and Teddy Grahams had 305 mg of sodium.

The average consumer, however, cannot determine the sodium content of foods or meals, because the sodium levels are typically not listed on menu boards or menus.

### Some Good News

Several restaurants have made commitments to lower sodium in their foods. For example, Burger King has said it would reduce sodium in its kids' meals. Also, YUM! Brands Inc., the parent company of KFC, Pizza Hut,

and Taco Bell, said it would try to reduce sodium. 11

Several restaurants deserve praise for offering real fruits and vegetables: Wendy's Mandarin Orange slices, Subway's Apple Slices, Sonic's Banana, Panera's Apple, KFC's Corn on the Cob, Jack in the Box's and Chick-fil-A's Fruit Cups, and Denny's Grapes.

# The United Kingdom Is Doing It – Why Can't We?

In contrast to the U.S. Government, the United Kingdom's Food Standards Agency has made salt reduction a top priority and is both making consumers more aware of the health threat posed by excessive salt intake and pressuring the food and restaurant industries to gradually lower sodium levels to specified targets. An interim survey

found a 9 percent reduction in sodium intake. The government's goal is a one-third reduction in five years.

Consider McDonald's Chicken McNuggets, French Fries, Big Mac, and Sausage and Egg McMuffin. On average, those products in the U.S. contain 57 percent more sodium (per 100 grams) than in the U.K.

Salt reduction should be a top health priority of our government also.

### **Recommendations**

 Restaurants, as rapidly as possible, should decrease sodium levels in their foods and offer a variety of adult meals that contain under 800 mg of sodium and kids meals that contain under 500 mg.

<sup>&</sup>lt;sup>11</sup> Elan, Elissa. No grain of salt: fast feeders say sodium reduction a top priority. Nation's Restaurant News.

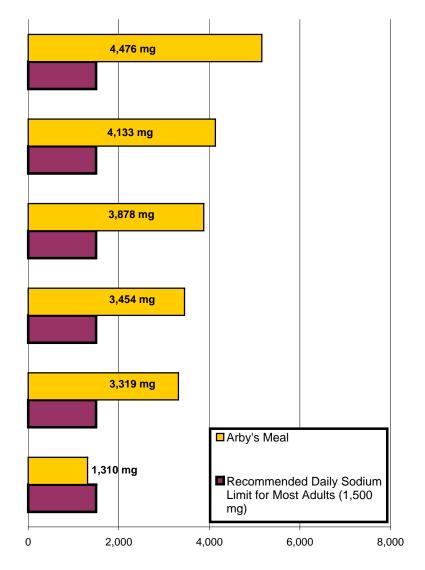
www.nrn.com/article.aspx?coll\_id=&keyword

<sup>=%20</sup>sodium%20reduction&id=361836 (accessed April 2008).

- Governments should require chain restaurants to disclose on menus (and in other point-ofpurchase formats) the sodium content of all their foods and meals.
- Health officials should pressure food manufacturers and restaurants to cut sodium levels to specified targets in the coming years.
- The Food and Drug
   Administration and the U.S.
   Department of
   Agricultures should set limits
   on the sodium content of at least
   those foods that provide the
   most sodium to the average diet.
- Consumers should read
   Nutrition Facts labels on
   packaged foods and information
   at restaurants or on restaurants'
   Internet sites, and then choose
   lower-sodium foods.

# Arby's

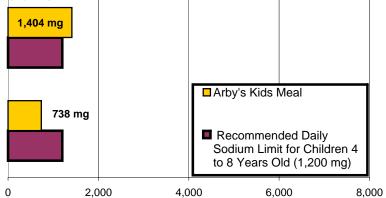
Meals	Grams	Calories	Sodium (mg)
Large Beef 'n Cheddar Sandwich	329	657	2,309
Mozzarella Sticks, large w/ Marinara Sauce	316	640	2,047
Dr Pepper, large	896	300	120
Total	1,541	1,597	4,476
French Dip & Swiss Sub	296	533	2,169
Cheddar Fries, medium w/ Cheese Sauce	241	597	1,889
Pepsi, large	896	300	75
Total	1,433	1,430	4,133
Large Roast Beef Sandwich	281	547	1,869
Cheddar Fries, medium w/ Cheese Sauce	241	597	1,889
Dr Pepper, large	896	360	120
Total	1,418	1,504	3,878
Cordon Bleu Sandwich, Crispy	250	577	1,936
Curly Fries, large	190	604	1,413
Mountain Dew, large	896	330	105
Total	1,336	1,511	3,454
Classic Italian Toasted Sub	290	596	1,831
Curly Fries, large	190	604	1,413
Diet Pepsi, large	896	0	75
Total	1,376	1,200	3,319
Swiss Melt	146	202	010
Potato Cakes, 2	146 100	303 246	919 391
Peach Iced Fruit Tea	551	90	0
Total (Low Sodium Option)	797	639	1,310



**Arby's Kids Meals** 

Meals	Grams	Calories	Sodium mg
Jr. Roast Beef Sandwich	125	272	740
Curly Fries, small	74	234	548
White Milk, 2%	224	130	116
Total	423	636	1,404

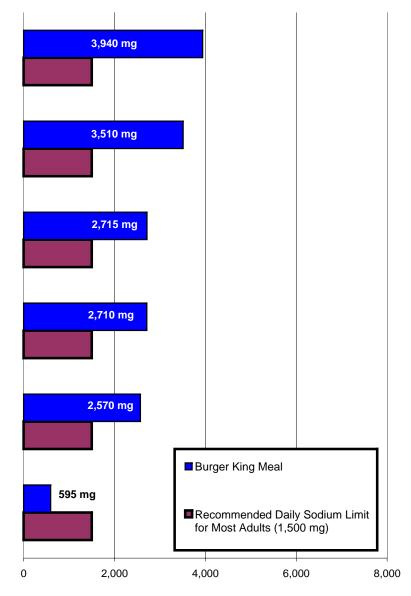
Popcorn Chicken	95	272	698
Apple Sauce	113	90	10
Capri Sun Fruit Juice	196	100	30
<b>Total (Low Sodium Option)</b>	404	462	738



<sup>\*</sup>Arby's only has 2 Kids Meals options.

**Burger King** 

Meals	Grams	Calories	Sodium mg
Loaded Steakhouse Burger	339	970	2,190
Cheesy Tots Potatoes, medium	115	330	950
Oreo Sundae Shake, medium	616	1,010	800
Total	1,070	2,310	3,940
Steakhouse Burger	329	950	1,950
Onion Rings, large	510	510	810
Chocolate Milkshake, large	896	990	750
Total	1,735	2,450	3,510
Tendercrisp Chicken Sandwich	284	800	1,640
French Fries, Salted, large	580	580	990
Sprite, large	896	390	85
Total	1,760	1,770	2,715
F=			
Triple Whopper w/ Cheese	480	1,250	1,600
French Fries Salted, medium	160	480	820
Mocha BK Joe Iced Coffee	n/a	360	290
Total	n/a	2,090	2,710
BK Quad Stacker	311	1,010	1,800
Cheesy Tots Potatoes, small	77	220	630
Hershey's Chocolate Milk	224	180	140
Total	612	1,410	2,570
Hamburger	121	290	550
Apple Fries w/ Caramel Sauce	71	70	35
Cherry Icee, medium	616	110	10
Total (Low Sodium Option)	808	470	595



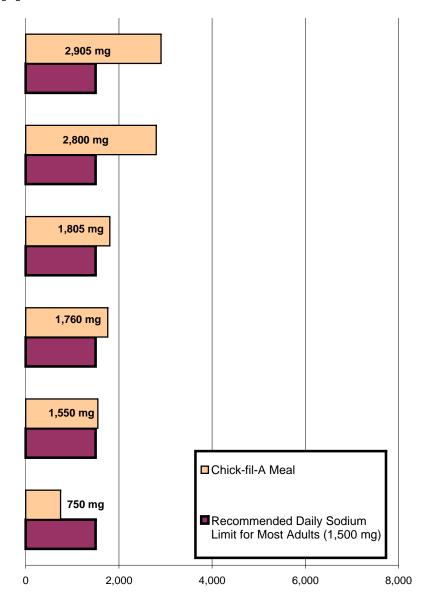
# **Burger King Kids Meals**

Menut Items	Grams	Calories	Sodium mg			1	
hicken Tenders (6 pc)	92	270	730				
uffalo Dipping Sauce	28	40	360	1,810 mg			
ries, Salted, small	116	340	590				
Hershey's 1% Milk	250	110	130				
<b>Fotal</b>	486	760	1,810				
Double Cheeseburger	189	510	1,020	1,655 mg			
ries, Salted, small	116	340	590				
Sprite, small	616	210	45				
<b>Total</b>	921	1,060	1,655				
Cheeseburger	133	340	770	1,500 mg			
ries, Salted, small	116	340	590	1,500 mg			
Hershey's Chocolate Milk	250	180	140				
<b>Total</b>	499	860	1,500				
					■В	urger King	Kids Meal
Macaroni and Cheese	113	160	340	200 mg			
Apple Fries w/ Caramel Sauce	71	70	35	390 mg	<b>  ■</b> F	Recommen	ded Daily Sodium
Minute Maid Apple Juice	83	100	15		Li	mit for Chil	dren 4 to 8 Years Old
Total (Low Sodium Option)	267	330	390		(1	,200 mg)	
-	-				<u> </u>		
				0 2,000	4.	000	6,000

Note: Burger King is developing 2 Kids Meals options with 600mg of Sodium or less to be made available by September 2009.

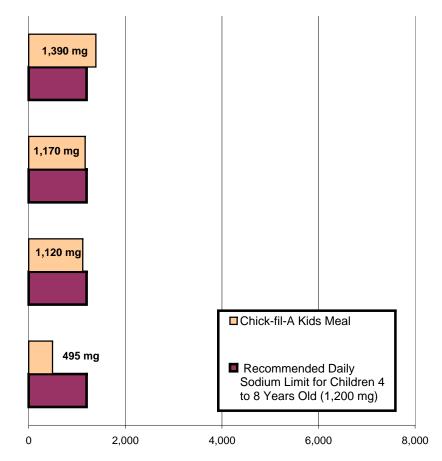
# Chick-fil-A

Meals	Grams	Calories	Sodium mg
Chicken Caesar Cool Wrap	277	480	1,810
Hearty Breast of Chicken Soup, small	278	150	1,060
Coca Cola, large	638	250	35
Total	1,193	880	2,905
Chargrilled Chicken Club Sandwich	250	380	1,650
Hearty Breast of Chicken Soup, small	278	150	1,060
Dr Pepper, large	638	260	90
Total	1,166	790	2,800
Chargrilled Chicken Cool Wrap	291	410	1,510
Cole Slaw, large	184	370	280
Iced Tea, Sweetened, large	595	220	15
Total	1,070	1,000	1,805
		· · · · · · · · · · · · · · · · · · ·	
Chicken Strips, 4	215	470	1,390
Cole Slaw, small	184	370	280
Milk	198	100	90
Total	597	940	1,760
Chicken Sandwich	179	430	1,370
Waffle Potato Fries, large	128	420	120
Dr Pepper, medium	434	180	60
Total	741	1,030	1,550
Southwest Chargrilled Salad w/ tortilla strips	340	240	750
Fruit Cup, large	194	100	0
Orange Juice	283	140	0
Total (Low Sodium Option)	817	480	750
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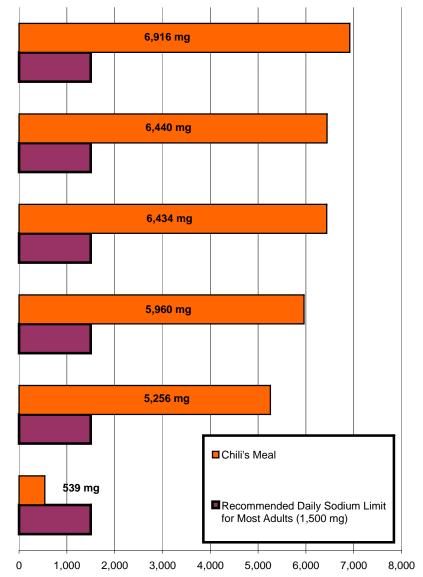
### **Chick-fil-A Kids Meals**

Meals	Grams	Calories	Sodium mg
Chicken Strips (2)	106	230	690
Buffalo Dipping Sauce	21	10	420
Waffle Fries	128	280	80
Chocolate Milk	198	140	200
Total	453	660	1,390
Chicken Nuggets (6)	85	200	630
Buffalo Dipping Sauce	21	10	420
Waffle Fries	128	280	80
Dr Pepper	272	110	40
Total	506	600	1,170
Chicken Nuggets (6)	85	200	630
Polynesian Dipping Sauce	28	110	210
Waffle Fries	128	280	80
Chocolate Milk	198	140	200
Total	439	730	1,120
Chicken Nuggets (4)	57	130	420
Honey Roasted BBQ Dipping Sauce	12	60	70
Fruit Cup, small	93	50	0
Lemonade, small	272	350	5
Total (Low Sodium Option)	434	590	495



### Chili's

Meals	Grams	Calories	Sodium mg
Buffalo Chicken Fajitas	n/a	1,782	6,846
Dr Pepper	448	200	70
Total	n/a	1,982	6,916
Honey-Chipotle Ribs*	n/a	1,320	5,150
Mashed Potatoes w/ Gravy	n/a	270	1,050
Seasonal Vegetables	n/a	70	170
Dr Pepper	448	200	70
Total	n/a	1,860	6,440
Fajita Quesadillas Beef w/Rice & Beans	n/a	2,240	6,390
Sprite	448	194	44
Total	n/a	2,434	6,434
Crispy Honey Chipotle Chicken Crispers*	n/a	1,990	4,780
Seasonal Vegetables	n/a	70	170
Loaded Mashed Potatoes	n/a	390	940
Dr Pepper	448	200	70
Total	n/a	2,650	5,960
DD0 D2 +	,	4.400	4.700
Honey BBQ Ribs*	n/a	1,120	4,780
Homestyle Fries	n/a	439	240
Seasonal Vegetables	n/a	70	170
Coke	448	198	66
Total	n/a	1,827	5,256
Guiltless Grilled Salmon	n/a	395	420
Marinated Portobello Mushroom	n/a	90	75
Sprite	448	194	44
Total (Low Sodium Option)	n/a	679	539

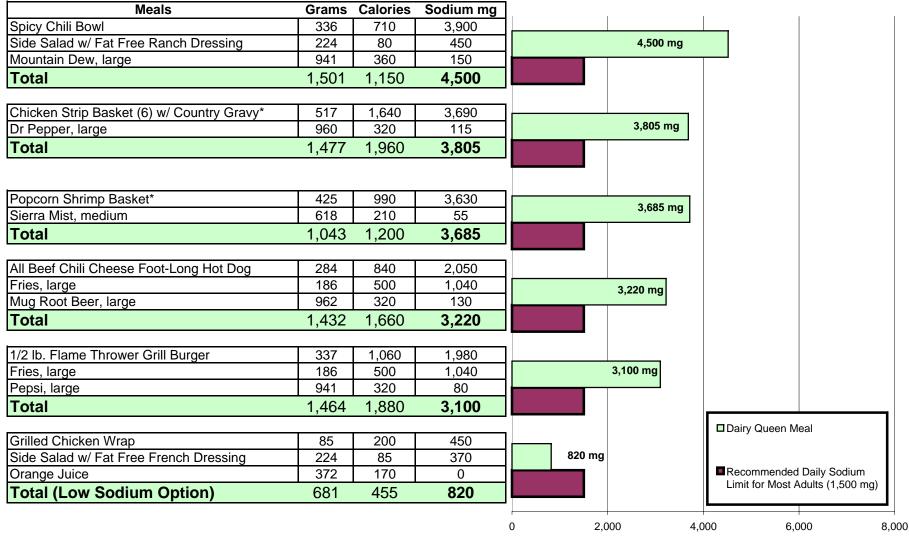


<sup>\*</sup>This entree comes with 2 sides.

 $<sup>\</sup>hbox{$^{**}$All nutrition information for Chilli's beverages is taken from www.cococolacompany.com.}\\$ 

Meals	Grams	Calories	Sodium mg	
Country Fried Chicken Crispers	n/a	560	1,600	2,385 mg
Rice	n/a	240	660	
Milk, 1%	224	130	125	
Total	n/a	930	2,385	
Oh D:	1 . /-	550	1.400	1
Cheese Pizza Rice	n/a	550	1,130	1,980 mg
Chocolate Milk, 1%	n/a	240	660	
Total	224 n/a	160 <b>950</b>	190 <b>1,980</b>	
- Otal	TI/ U	300	1,000	
Little Chicken Crispers	n/a	600	1,300	1,630 mg
Little Chicken Crispers Homestyle Fries	n/a n/a	600 260	1,300 140	1,630 mg
·				1,630 mg
Homestyle Fries	n/a	260	140	1,630 mg
Homestyle Fries Chocolate Milk, 1%	n/a 224	260 160	140 190	1,630 mg
Homestyle Fries Chocolate Milk, 1%	n/a 224	260 160	140 190	1,630 mg
Homestyle Fries Chocolate Milk, 1%  Total  Little Mouth Burger	n/a 224 n/a	260 160 1,020	140 190 <b>1,630</b>	
Homestyle Fries Chocolate Milk, 1%  Total	n/a 224 n/a n/a	260 160 1,020	140 190 <b>1,630</b>	

**Dairy Queen** 



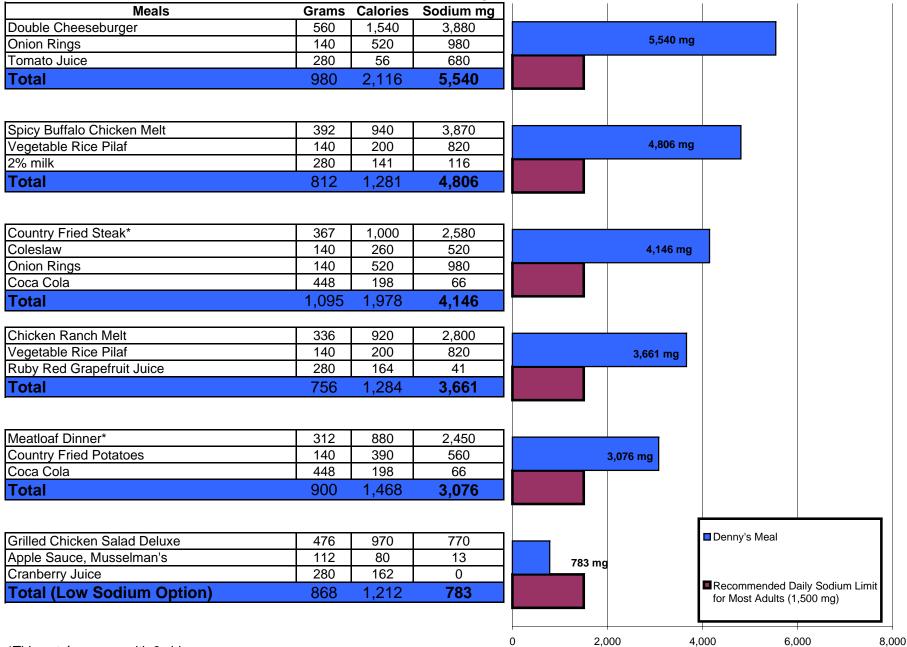
<sup>\*</sup>Nutrition Total for Adult Basket Meals Includes Entrée and Side Item.

**Dairy Queen Kids Meals** 

				_	
Meals	Grams	Calories	Sodium mg		
Iron Grilled Cheese w/ French Fries*	174	510	1,410		
Whole Milk	244	150	100	1,510 mg	
Total	418	660	1,510		
Cheeseburger w/ French Fries*	227	590	1,290	1,355 mg	
Mug Root Beer, small	481	160	65	1,000 mg	
Total	708	750	1,355		
All Beef Hot Dog w/ French Fries* Pepsi, small	177 470	470 160	1,270 40	1,310 mg	
Total	647	630	1,310		□Dairy Queen Kids Meal
Hamburger w/ Apple Sauce*	270	450	690	690 mg	■ Recommended Daily
Orange Juice	372	170	0		Sodium Limit for Childre
Total (Low Sodium Option)	642	620	690		to 8 Years Old (1,200 m
				0 2,000	4,000 6,000

<sup>\*</sup>Nutrition Total for Kid's Meals Includes Entrée and Side Item.

**Denny's** 

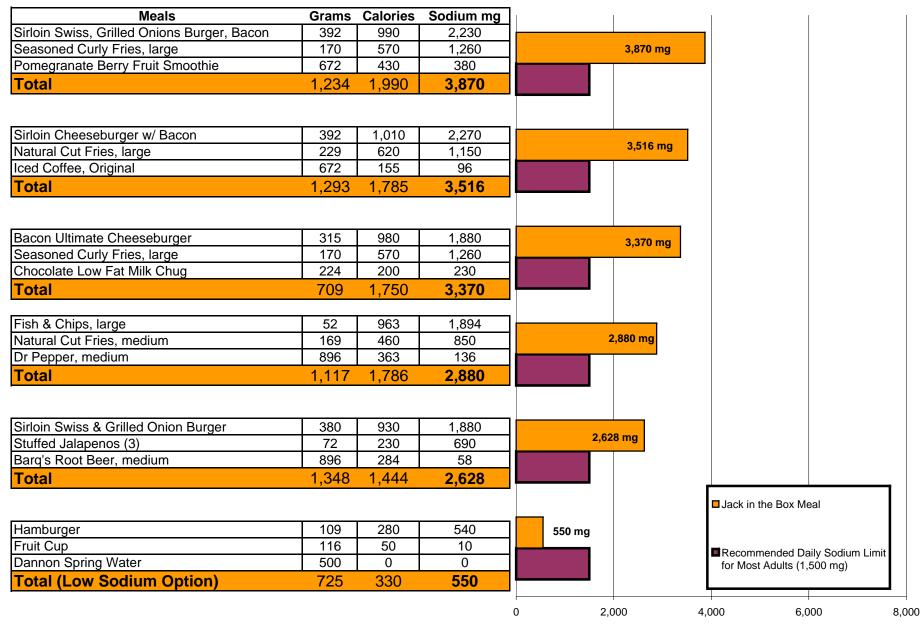


<sup>\*</sup>This entrée comes with 2 sides.

# **Denny's Kids Meals**

Meals	Grams	Calories	Sodium mg					
Little Dipper Sampler (w/o Marinara Sauce)	168	420	1,200	1				
Ranch Dressing	28	129	189	1				
Goldfish Galaxy Side	28	140	260	1,687 mg				
Lemonade	448	150	38	1,007 mg				
Total	672	839	1,687					
Chicken Nuggets w/ BBQ sauce	32	290	830	]				
Mashed Potato w/ Gravy	140	140	650	4 F06 mg				
2% Milk	280	141	116	1,596 mg				
Total	452	571	1,596					
Macaroni & Cheese	196	340	830	1				
Deep Space French Fries	140	450	250	1,109 mg				
Apple Juice	280	141	29	1,109 mg				
Total	616	931	1,109					
								٦ <sup> </sup>
Flying Saucer Pizza	112	320	470	1			Denny's Kids Meal	
Anti-Gravity Grapes	84	55	0	470 mg				
Cranberry Juice	280	162	0	7701119		I_		
Total (Low Sodium Option)	476	537	470			5	Recommended Daily Sodium Limit for Children 4	
						t	to 8 Years Old (1,200 mg)	
				0 2,00	00 4,0	000	6,000	8,0

### Jack in the Box



# **Jack in the Box Kids Meals**

Meals	Grams	Calories	Sodium mg	1	
Chicken Strips Grilled (2)	100	250	630	1	
Franks Hot Buffalo Sauce	28	10	840	1,980 mg	
Fries	77	210	380		
Chocolate Milk, 1%	224	200	130		
Total	429	670	1,980		
	-			,	
Chicken Strips Crispy (2)	100	250	630	1,590 mg	
Teriyaki Dipping Sauce	28	60	530	1,330 mg	
Fries	77	210	380		
Dr Pepper, small	560	150	50		
Total	765	670	1,590		
Hamburger w/ Cheese	118	320	730	1,340 mg	
Fries	77	210	380		
Chocolate Milk, 1%	224	200	230		
Total	419	730	1,340		□ Jack in the Box Kids Meal
Cheeseburger	106	280	540	700 mg	
Sweet & Sour Sauce	28	45	160	700 mg	■ Recommended Daily Sodium
Applesauce	113	100	0		Limit for Children 4 to 8 Years
Dannon Spring Water	500	0	0		Old (1,200 mg)
Total (Low Sodium Option)	747	425	700		
				0 2,000	4,000 6,000 8,00

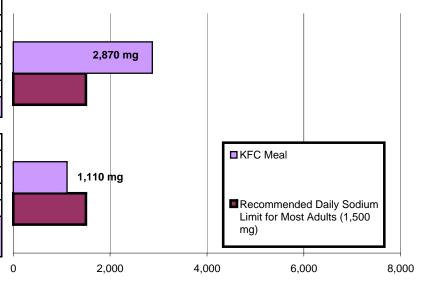
# **KFC**

Meals	Grams	Calories	Sodium mg
2 Extra Crispy Thighs	226	740	1,680
2 Extra Crispy Drumsticks	116	300	720
Biscuit	54	180	530
Macaroni and Cheese	137	180	880
KFC Mean Greens	128	30	400
Lipton Brisk Green Peach Tea	1,792	0	560
Total (1/2 Chicken Meal*)	2,453	1,430	4,770
2 Firm Duffelo Minns	I 000	0.40	4.040
8 Fiery Buffalo Wings	208	640	1,840
BBQ Baked Beans	130	200	680
Biscuit	54	180	530
Seasoned Rice	99	140	560
Miranda Strawberry large	1,792	880	400
Total (8 Wings Meal*)	2,283	2,040	4,010
Extra Crispy Chicken Breast	181	490	1,080
Extra Crispy Whole Wing	48	150	320
Biscuit	54	180	530
BBQ Baked Beans	130	200	680
Macaroni Salad	107	180	400
Pepsi, medium	896	400	100
Total (Breast & Wing Meal*)	1,416	1,600	3,110
Original Strips (3 pc)	146	310	990
Biscuit	54		530
	153	180 130	550
Mashed Potatoes w/ Gravy			
Macaroni and Cheese	137	180	880
A & W Root Beer, large	1,792	0	240
Total (Colonel's Strips Meal*)	2,282	800	3,190

<sup>\*</sup>This entree comes with 2 sides.

# **KFC Continued**

Meals	Grams	Calories	Sodium mg
Extra Crispy Thigh	113	370	840
Extra Crispy Drumstick	58	150	360
Biscuit	54	180	530
Potato Salad	128	200	540
KFC Mean Greens	128	30	400
Diet Pepsi, large	1,792	0	200
Total (2 pc. Meal*)	2,273	930	2,870
2 Grilled Drumsticks	78	140	400
Biscuit	54	180	530
Corn on the Cob 3"	71	70	0
Three Bean Salad	87	70	170
Mott's Apple Juice	182	100	10
Total (2 pc. Meal*) (Low Sodium Option)	472	560	1,110

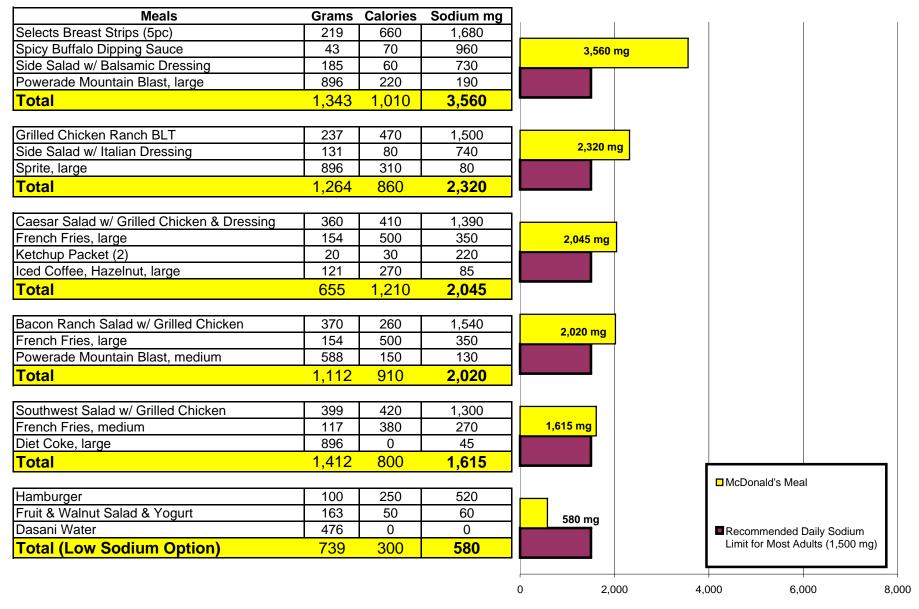


<sup>\*</sup>This entree comes with 2 sides.

# **KFC Kids Meals**

Meals	Grams	Calories	Sodium mg	]		
Popcorn Chicken	85	290	850	1	1	
Mac and Cheese	136	180	880			
Milk 2%	280	170	180	2,005 mg		
Teddy Grahams	21	90	95			
Total	522	730	2,005			
Crispy Strips (3)	146	380	720	1		
Potato Wedges	102	260	740	-		
Mott's Apple Juice	182	100	10	- 1,565 mg		
Teddy Grahams	21	90	95			
Total	451	830	1,565			
Extra Crispy Drumstick	60	150	360	1		
Mac and Cheese	136	180	880	1,515 mg		
Milk 2%	280	170	180			
Teddy Grahams	21	90	95			
Total	497	590	1,515		□KFC Kids Meal	
Grilled Drumstick	39	70	200	1		
Corn on the Cob 3"	71	70	0	305 mg	■ Recommended Daily	
Mott's Apple Juice	182	100	10		Sodium Limit for Childre	
Teddy Grahams	21	90	95		to 8 Years Old (1,200 m	ıg)
Total (Low Sodium Option)	313	330	305			
				0 2,000	4,000 6,000	

### McDonald's



# **McDonald's Kids Meals**

Meals	Grams	Calories	Sodium mg			
McDouble	151	390	920			
French Fries, small	71	230	160	1,205 mg		
Milk, 1%	236	100	125	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
Total	458	720	1,205			
Chicken McNuggets 6	95	160	600			
BBQ Dipping Sauce	43	50	260			
French Fries, small	71	230	160	1,170 mg		
Chocolate Milk, 1%	236	170	150			
Total	445	610	1,170			
			•			
Cheeseburger	114	300	750			
French Fries, small	71	230	160	1,060 mg		
Chocolate Milk, 1%	236	170	150			
Total	421	700	1,060			
						☐ McDonald's Kids Meal
Hamburger	100	250	520	<u> </u>		_ wobstraid o rado wodi
Apple Dippers	68	35	0	F70		
Caramel Sauce	21	70	35	570 mg		■ Recommended Daily
Apple Juice Box	84	90	15			Sodium Limit for Children
Total (Low Sodium Option)	273	445	570			to 8 Years Old (1,200 mg)
				0 2,000	4,000	6,000

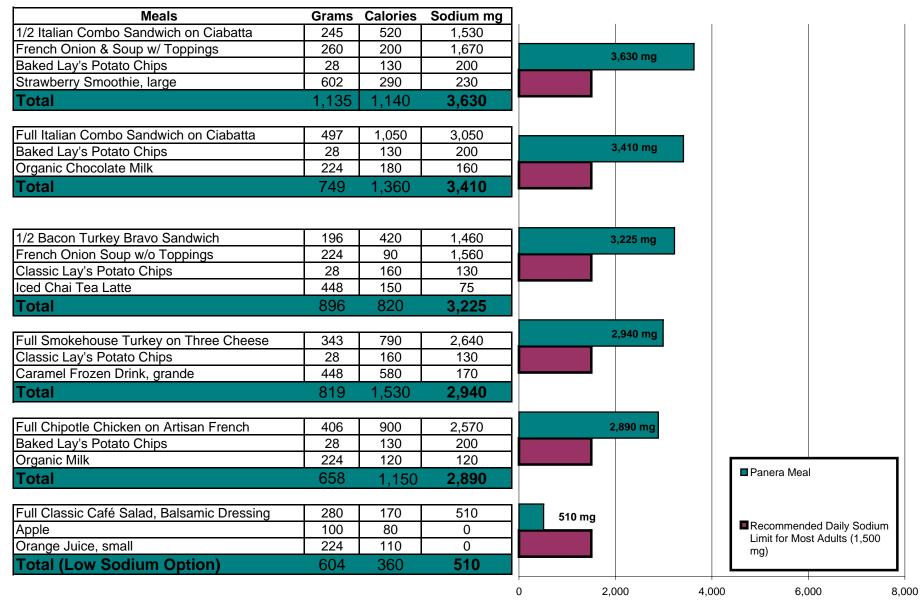
# **Olive Garden**

Meals	<u>Grams</u>	Calories	Sodium mg			
1 Breadstick*	n/a	150	350			
Tour of Italy (Lasagna)	n/a	1,450	3,830			
Garden Fresh Salad w/ House Dressing	n/a	350	1,990		6,176 mg	
Coca Cola	n/a	99	6			
Total	n/a	2,049	6,176			
Breadstick*	n/a	150	350			
Chicken Parmigiana	n/a	1,090	3,380		5,735 mg	
Garden Fresh Salad w/ House Dressing	n/a	350	1,990		5,: 55 mg	
Raspberry Lemonade	n/a	110	15			
Total	n/a	1,700	5,735			
Spaghetti & Italian Sausage	n/a	1,270	3,100			
Garden Fresh Salad w/ House Dressing	n/a	350	1,990		5,112 mg	
Sprite	n/a	97	22			
Total (w/o comp. breadstick)	n/a	1,717	5,112			
1 Breadstick*	n/a	150	350	1		
Grilled Shrimp Capreses	n/a	900	3,490			
Chicken & Gnocchi Soup	n/a	250	1,180		5,055 mg	
,			·			
Dr Pepper	n/a	100	35			
	n/a <mark>n/a</mark>	100 1,400	35 <b>5,055</b>			
Total						
Total  1 Breadstick*	n/a	1,400	5,055		4.225	
Total  1 Breadstick* Chicken & Shrimp Carbonara	n/a n/a	1,400 150	<b>5,055</b> 350		4,335 mg	
Total  1 Breadstick* Chicken & Shrimp Carbonara Zuppa Toscana	n/a n/a n/a	1,400 150 1,440	<b>5,055</b> 350 3,000		4,335 mg	
Total  1 Breadstick* Chicken & Shrimp Carbonara Zuppa Toscana Dr Pepper	n/a n/a n/a n/a	1,400 150 1,440 170	350 3,000 950		4,335 mg	Olive Garden Meal
Total  1 Breadstick* Chicken & Shrimp Carbonara Zuppa Toscana Dr Pepper Total	n/a n/a n/a n/a n/a	1,400 1,440 1,70 100	350 3,000 950 35		4,335 mg	□Olive Garden Meal
Total  1 Breadstick* Chicken & Shrimp Carbonara Zuppa Toscana Dr Pepper Total  1 Breadstick*	n/a n/a n/a n/a n/a n/a n/a	1,400 150 1,440 170 100 1,860	350 3,000 950 35 <b>4,335</b>			
Dr Pepper Total  1 Breadstick* Chicken & Shrimp Carbonara Zuppa Toscana Dr Pepper Total  1 Breadstick* Herb Grilled Salmon Pasta e Fagioli Soup	n/a n/a n/a n/a n/a n/a n/a n/a	1,400 150 1,440 170 100 1,860	350 3,000 950 35 <b>4,335</b>		4,335 mg 1,841 mg	■Recommended Daily
Total  1 Breadstick* Chicken & Shrimp Carbonara Zuppa Toscana Dr Pepper Total  1 Breadstick* Herb Grilled Salmon	n/a n/a n/a n/a n/a n/a n/a n/a n/a	1,400 150 1,440 170 100 1,860 150 510	350 3,000 950 35 <b>4,335</b> 350 760			

# **Olive Garden Kids Meals**

Meals	Grams	Calories	Sodium mg			
Chicken Fingers	n/a	330	940			
French Fries	n/a	400	880	1,835 mg		
Raspberry Lemonade	n/a	110	15	.,cccg		
Total (w/o breadstick)	n/a	840	1,835			
1 Breadstick*	n/a	150	350			
Cheese Pizza	n/a	470	1,170			
2% Milk	n/a	100	130	1,650 mg		
Total	n/a	570	1,650			
Macaroni & Cheese	n/a	340	1,000			
Or Pepper	n/a	100	35	1,035 mg		
Total (w/o breadstick)	n/a	440	1,035			
					■Olive Garden	Kids Meal
Spaghetti & Tomato Sauce	n/a	250	370			
2% Milk	n/a	100	130	500 mg	<b>_</b>	
Total (w/o breadstick) (Low Sodium Option)	n/a	350	500		Limit for Child Old (1,200 mg	ed Daily Sodium dren 4 to 8 Years

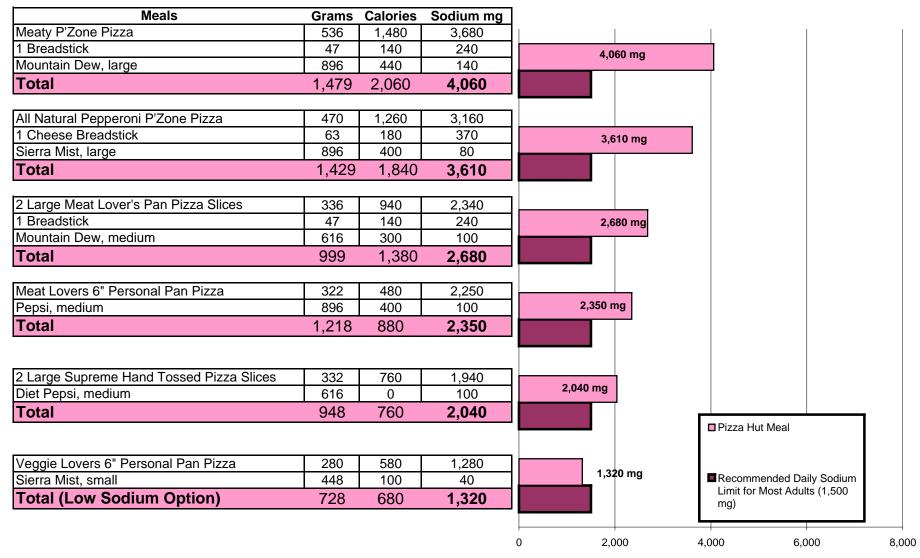
### **Panera**



# **Panera Kids Meals**

Meals	Grams	Calories	Sodium mg			
Smoked Ham Deli Sandwich	140	310	1,250			
Organic Yogurt	56	70	40			
Apple Juice	224	120	25	1,315 mg		
Total	420	500	1,315			
Smoked Turkey Sandwich	140	310	1,160			
Apple	100	80	0	1,280 mg		
Organic Milk	224	120	120			
Total	464	510	1,280			
Grilled Cheese Sandwich	105	310	900	1,060 mg		
Apple	100	80	0	, ,		
Organic Chocolate Milk	224	180	160			
Total	429	570	1,060			<b>—</b>
						■ Panera Kids Meal
Peanut Butter & Jelly Sandwich	126	410	410	450 mg		
Organic Yogurt	56	70	40			■ Recommended Daily Sodium Limit for Children 4 to 8 Years
Orange Juice, small	224	110	0			Old (1,200 mg)
Total (Low Sodium Option)	406	590	450			
				0 2,000	4,0	000 6,000 8,0

### Pizza Hut



<sup>\*</sup>Pizza Hut does not offer any special kids meals.

### **Red Lobster**

n/a	150					
	150	350				
n/a	1,506	4,662				
n/a	470	930				
n/a	360	1,110			7,106 mg	
n/a	3	54				
n/a	2,339	7,106				
	150	250	1   I			
			-			
-		•	1			
			-		5,080 mg	
		,	-			
n/a	1,680	5,080				
n/a	150	350	]			
n/a	390	3,570	]			
n/a	210	405				
n/a	310	990			5,000 mg	
n/a	105	35				
n/a	1,015	5,000				
/-	450	250	,			
			4			Red Lobster Meal
-		,	4			Red Lobster Mear
		,	4		4,507 mg	<b>I</b>
		,	-			Doors are an dead Defficient
-			_			■ Recommended Daily Sodium Limit for Most
n/a	98	47				
n/a	1,928	4,507	<b>1</b>	ı		Adults (1,500 mg)
	n/a	n/a 360 n/a 3 n/a 2,339  n/a 1,030 n/a 130 n/a 370 n/a 150 n/a 150 n/a 150 n/a 1,680  n/a 390 n/a 210 n/a 310 n/a 105 n/a 1,015  n/a 150 n/a 1,015  n/a 150 n/a 290	n/a         360         1,110           n/a         3         54           n/a         2,339         7,106           n/a         150         350           n/a         1,030         3,490           n/a         130         445           n/a         370         1,110           n/a         150         35           n/a         1,680         5,080           n/a         390         3,570           n/a         310         990           n/a         105         35           n/a         1,015         5,000           n/a         1,015         5,000           n/a         590         1,100           n/a         755         1,395           n/a         195         1,035           n/a         290         930	n/a     360     1,110       n/a     3     54       n/a     2,339     7,106       n/a     150     350       n/a     1,030     3,490       n/a     130     445       n/a     370     1,110       n/a     150     35       n/a     1,680     5,080       n/a     390     3,570       n/a     310     990       n/a     105     35       n/a     1,015     5,000       n/a     1,015     5,000       n/a     590     1,100       n/a     755     1,395       n/a     195     1,035       n/a     290     930	n/a     360     1,110       n/a     3     54       n/a     2,339     7,106       n/a     150     350       n/a     1,030     3,490       n/a     130     445       n/a     370     1,110       n/a     150     35       n/a     1,680     5,080       n/a     390     3,570       n/a     310     990       n/a     310     990       n/a     1,015     5,000       n/a     1,015     5,000       n/a     590     1,100       n/a     755     1,395       n/a     195     1,035       n/a     290     930	n/a     360     1,110       n/a     3     54       n/a     2,339     7,106       n/a     150     350       n/a     1,030     3,490       n/a     130     445       n/a     370     1,110       n/a     150     35       n/a     1,680     5,080       n/a     390     3,570       n/a     310     990       n/a     105     35       n/a     1,015     5,000       n/a     1,015     5,000       n/a     1,015     5,000       n/a     1,015     1,395       n/a     195     1,035       n/a     290     930

<sup>\*</sup>Complimentary basket of Cheddar Bay Biscuits is given to each table; Kids Meals come with a Cheddar Bay Biscuit. \*\*This entree comes with 2 sides.

### **Red Lobster Continued**

Meals	Grams	Calories	Sodium mg				
Fried Shrimp	n/a	190	1,010	]		i	
Coconut Shrimp Bites	n/a	290	830				
Shrimp Scampi	n/a	130	690				
Coleslaw	n/a	200	250		3,924 mg		
Fries	n/a	330	740				
1 Cheddar Bay Biscuit*	n/a	150	350				
Minute Maid Light Lemonade	n/a	178	54				
<b>Total</b> (shrimp your way: pick 3 options*)	n/a	1,468	3,924				
Dool, Lobotov Toil**	/-	1 00	200	1			Red Lobster Meal
Rock Lobster Tail**	n/a	90	300		1,110 mg		
Coleslaw	n/a	200	250		1,1101119		
Fresh Broccoli	n/a	45	200				Bossesses and ad Daily Cadi
1 Cheddar Bay Biscuit*	n/a	150	350				■ Recommended Daily Sod Limit for Most Adults (1,50
Boston Iced Tea	n/a	50	10				mg)
Total (Low Sodium Option)	n/a	535	1,110				
				0	2,000	4,000	6,000

8,000

<sup>\*</sup>Complimentary basket of Cheddar Bay Biscuits is given to each table; Kids Meals come with a Cheddar Bay Biscuit.

<sup>\*\*</sup>This entree comes with 2 sides.

### **Red Lobster Kids Meals**

Meals	Grams	Calories	Sodium mg		
Cheddar Bay Biscuit*	n/a	150	350		
Chicken Fingers	n/a	414	1,320		
Fries	n/a	330	740	2,430 mg	
Raspberry Lemonade	n/a	178	20		
Total	n/a	922	2,430		
1 Cheddar Bay Biscuit*	n/a	150	350	1	
Popcorn Shrimp	n/a	140	620	<u> </u>	
Baked Potato w/ Butter, Sour Cream	n/a	310	990	1,708 mg	
Milk	n/a	146	98		
Total	n/a	596	1,708		
1 Cheddar Bay Biscuit*	n/a	150	350	1	
Snow Crab Legs	n/a	80	950	1,685mg	
Wild Rice Pilaf	n/a	180	650		
Berry Strawberry Banana Smoothie	n/a	340	85		
Total	n/a	600	1,685		
1 Chaddar Day Disquit*	n/c	150	350	1	Red Lobster Kids Meal
1 Cheddar Bay Biscuit* Broiled Fish	n/a n/a	150	150	513 mg	
Salad w/ Honey Mustard Dressing	n/a	190	265	STSTING	■ Recommended Daily
Milk	n/a	146	98		Sodium Limit for Children 4
Total (Low Sodium Option)	n/a	486	513		to 8 Years Old (1,200 mg)
Total (Low Socialii Option)	II/a	400	313		
				0 2,000	4,000 6,000

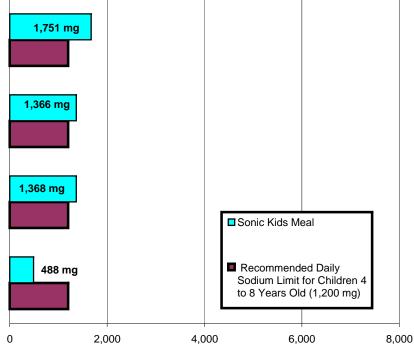
<sup>\*</sup>Complimentary basket of Cheddar Bay Biscuits is given to each table; Kids Meals come with a Cheddar Bay Biscuit.

# **Sonic**

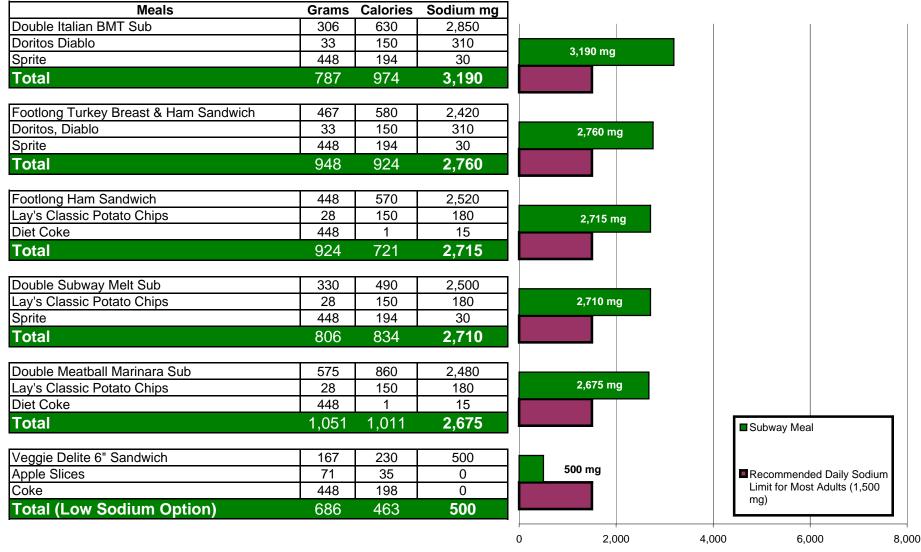
Meals	Grams	Calories	Sodium mg						
Jumbo Popcorn Chicken	170	560	1,890						
Tater Tots, large	126	365	790		2,830 mg				
Powerade Mountain Blast, large	668	180	150		zjece mg				
Total	964	1,105	2,830						
Extra Long Chili Cheese Coney	237	660	1,856	]					
Tater Tots, medium	84	243	527		2,505 mg				
Powerade Mtn. Blast Slush, large	898	454	122						
Total	1,219	1,357	2,505						
Grilled Chicken Wrap	253	382	1,444	1 L					
Tater Tots, large	126	365	790		2,354 mg				
Strawberry Banana Smoothie, large	597	870	120						
Total	976	1,617	2,354						
Chicken Club Toaster Sandwich	257	742	1,742	1					
French Fries, medium	92	265	355		2,142 mg				
Lime Fruit Slush, medium	577	286	45						
Total	926	1,293	2,142						
Bacon Cheeseburger Toaster Sandwich	243	671	1,444	]					
French Fries, large	98	379	508		2,047 mg				
Powerade Mountain Blast, medium	561	286	95						
Total	902	1,336	2,047				■ Sonic Meal		1
Corn Dog	74	215	528	1	_				
French Fries, medium	75	265	355		889 mg		Recommende	d Daily Sadium	
Minute Maid Light Lemonade, small	341	7	6				Limit for Most		
Total (Low Sodium Option)	490	487	889				mg)	<u> </u>	
				0	2000	4000	600	00	800

### **Sonic Kids Meals**

Meals	Grams	Calories	Sodium mg
Grilled Cheese	118	379	1,014
Tater Tots, medium	84	243	527
Milk, 1%	244	110	210
Total	446	732	1,751
Jr. Cheeseburger	135	377	930
French Fries, medium	92	265	355
Barq's Root Beer	1,168	544	81
Total	1,395	1,186	1,366
Jr. Burger	117	313	611
Tater Tots, medium	84	243	527
Milk, 1%	244	110	210
Total	445	666	1,348
Chicken strips (2)	70	198	470
Fresh Banana	120	107	1
Minute Maid Apple Juice Box	275	124	17
Total (Low Sodium Option)	465	429	488

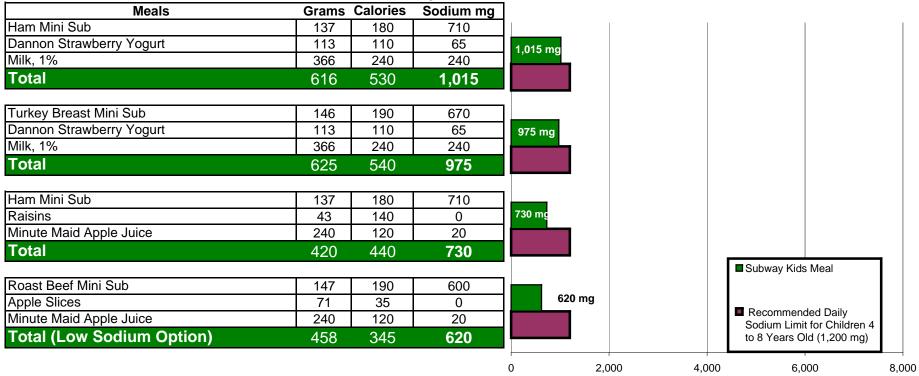


Subway



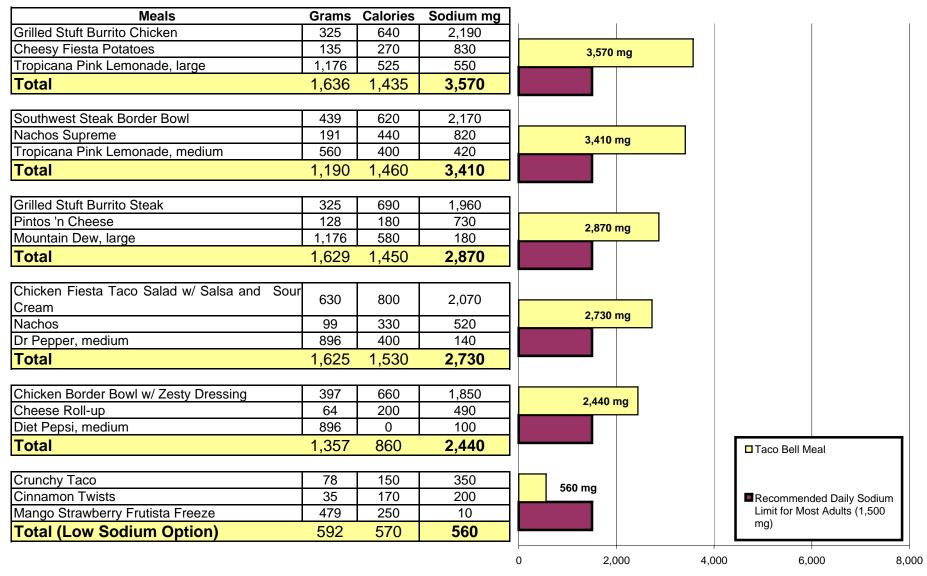
Note: All nutrition information for Chili's beverages is taken from www.cococolacompany.com.

**Subway Kids Meals** 

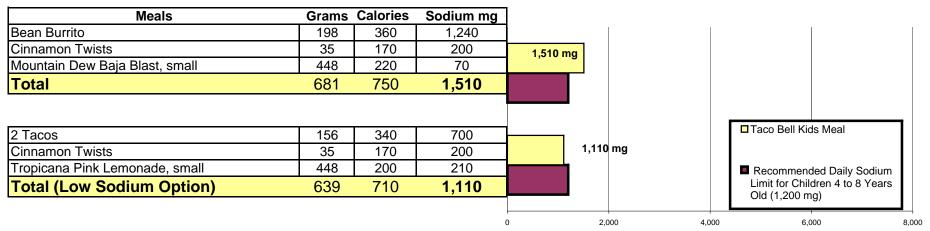


Note: All nutrition information for Chili's beverages is taken from www.cococolacompany.com.

### Taco Bell

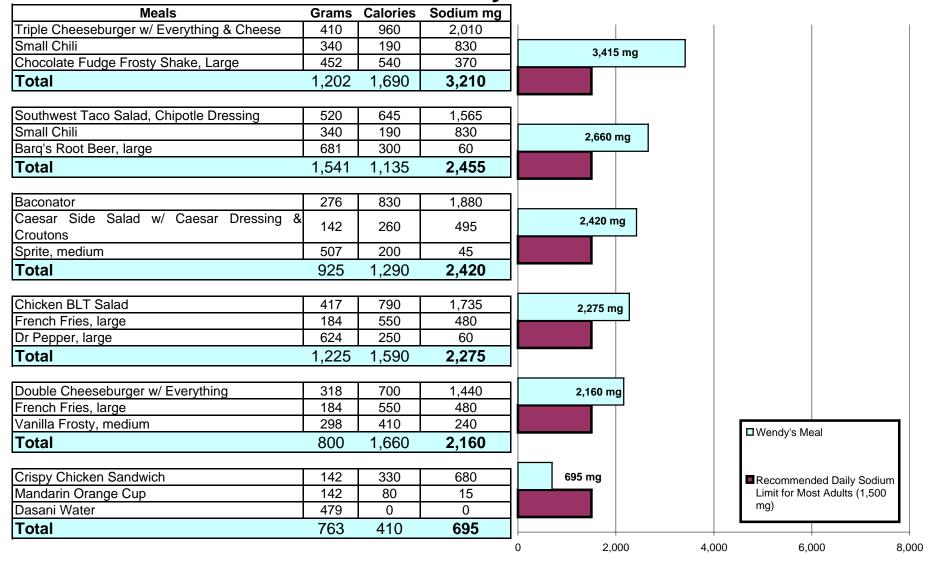


### **Taco Bell Kids Meals**



<sup>\*</sup>Taco Bell only has 2 Kids Meals options.

Wendy's



**Wendy's Kids Combos** 

Meals	Grams	Calories	Sodium mg	]	
Cheeseburger	103	260	690		
French Fries	71	210	180	4 020	
Low Fat Chocolate Milk	244	130	160	1,030 mg	
Total	418	600	1,030		
Cheeseburger	103	260	690	, <del></del>	
French Fries	71	210	180	1	
Jr. Chocolate Frosty	113	160	75	945 mg	
Total	287	630	945		
Chicken Nuggets, 4 pc	60	190	420		
Honey Mustard Dipping Sauce	29	130	220	940 mg	
French Fries	71	210	180		
Low Fat Milk	244	130	120		
Total	404	660	940	]	□Wendy's Kids Meal
Hamburger	98	220	490	505 mg	
Mandarin Orange Cup	142	80	15	1	■ Recommended Daily Sodium
Strawberry Fanta	204	150	0		Limit for Children 4 to 8 Years
Total	444	450	505		Old (1,200 mg)
				0 2,000	4,000 6,000