

# Menu Labeling: Low-cost opportunity to address nutrition and obesity



CENTER FOR  
Science IN THE  
Public Interest

The nonprofit publisher of  
Nutrition Action Healthletter

[www.menulabeling.org](http://www.menulabeling.org)

## HOT & *fresh* TOASTED

Subs From The Oven!

Cal 6" sub/wrap		6" Sub or Wrap
560	Meatball Marinara	<b>2.99</b>
450	Italian B.M.T.®	<b>3.69</b>
480	Spicy Italian	<b>3.29</b>
400	Steak & Cheese	<b>4.29</b>
380	Subway Melt®	<b>3.69</b>
580	Chicken & Bacon Ranch	<b>3.69</b>

Hungrier? Make it a FOOTLONG!

Italian B.M.T.®

Margo G. Wootan, D.Sc.  
Director, Nutrition Policy

# Which item at Pizza Hut has the fewest calories?

- a. 3 cheese breadsticks
- b. 2 slices of apple dessert pizza
- c. A Personal Pan Pizza with pepperoni
- d. 2 slices of large Pepperoni Pan Pizza

2 slices of apple dessert pizza  
have the fewest calories

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# Which item at Dunkin' Donuts has the fewest calories?

- a. Sesame bagel with cream cheese
- b. 2 jelly filled donuts
- c. Banana walnut muffin
- d. A medium (24 oz.) strawberry banana smoothie

## 2 Jelly filled Dunkin' Donuts have the fewest calories

- a. Sesame bagel with cream cheese - 570 cal
- b. 2 jelly filled donuts - 420 cal
- c. Banana walnut muffin - 540 cal
- d. A medium (24 oz.) strawberry banana smoothie - 550 cal

# Dietitians' estimates of the calorie content of popular restaurant foods

<u>food item</u>	<u>average calorie estimate</u>	<u>actual calorie content</u>	<u>percent difference</u>
Whole milk (1 c)	155	150	3% over
Lasagna (2 c)	695	960	28% under
Grilled chicken Caesar salad with dressing (4)	440	660	33% under
Porterhouse steak dinner*	1,240	1,860	33% under
Hamburger ( 10 oz.) and onion rings (11 rings)	865	1,550	44% under
Tuna salad sandwich (11 oz.)	375	720	48% under

\*The dinner included a Porterhouse steak (untrimmed, 20 oz. before cooking) with a Caesar salad (2 cups), vegetable of the day (1 cup) and a baked potato with butter (1 tablespoon).

# Restaurant foods

## Appetizers

Buffalo Wings (12) w/ Dressing  
Stuffed Potato Skins (8)  
Cheese Fries (4 c) w/ Dressing

## Calories

1,010  
1,120  
3,010

## Sat + Trans Fat (g)

22  
40  
91

## Entrees

French Toast w/ Syrup & Margarine  
Caesar Salad w/Chicken  
Spaghetti with Meatballs  
Fresh Chicken and Broccoli Pasta

910  
1,010  
1,160  
2,060

13  
13  
10  
128 (total fat)

## Meals

Chicken Ranch Sandwich & Fries  
BK Double Whopper w/ Cheese  
King Size Value Meal  
Fried Seafood Platter

1,580  
1,980  
2,170

16  
42  
39

## Sweets

Cinnabon (1)  
Fudge Brownie Sundae  
Cheesecake Factory Carrot Cake (1 s)

730  
1,130  
1,560

14  
30  
23

# Nutritional Quality of Restaurant Foods Vary Widely

<u>Starbucks, grande</u>	<u>Calories</u>	<u>Sat Fat (g)</u>
Cappuccino, nonfat	80	0
White Chocolate Mocha, whole & whip	500	14
Skinny Caramel Latte	130	0
Vanilla Latte, whole	280	6
Light Caramel Frappuccino	160	0
Caramel Frappuccino, whip	380	9





tangy cocktail sauce. \$22.99

### **Shrimp Key West** cal. 370

Two skewers of plump shrimp are dusted with Cajun spices, then fire-grilled and seasoned with a zesty lime splash. We serve the shrimp with steaming broccoli florets for a main course that's big on flavor! \$22.99

### **Fish & Chips** cal. 1010

Served with fries and tartar sauce. \$19.99

### **Grilled Cedar Salmon** cal. 690

Our own cedar smoke seasoning brings memorable flavor to a fire-grilled 7-oz. salmon fillet, colorfully complemented by savory rice and vegetables. \$22.99

### **Honey Pecan Salmon** cal. 830

We top a fire-grilled, cedar smoke-seasoned 7-oz. salmon fillet with pecan honey butter, then add a spoonful of glazed pecans and serve it with savory rice and vegetables. A savory and sweet medley of mouthwatering flavors and textures. \$22.99

### **Al's Fish Tacos** cal. 840

Three flour tortillas filled with crispy nacho-crusted fish, lettuce, corn salsa and creamy lemon dill ranch dressing. Served with a side of tortilla chips and salsa. \$19.59

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. IF YOU HAVE CERTAIN MEDICAL CONDITIONS, THIS RISK MAY BE GREATER.



# Portion sizes



## 7-Eleven Double Gulp

8 cups (64 oz.)

600 calories

## Can

1 1/2 c. (12 oz.)

140 calories

## Official serving

1 cup (8 oz.)

100 calories



## Steak House serving (Porterhouse)

About 1.25 lb.,  
cooked (20 oz.)

1,100 calories

## Dinner House serving (Sirloin)

About 1/2 lb.,  
cooked (7 oz.)

410 calories

## Official serving (Sirloin)

About 1/5 lb.,  
cooked (3 oz.)

220 calories



Muffins

## Restaurant serving

1/4 lb. (4 oz.)

430 calories

## Official serving

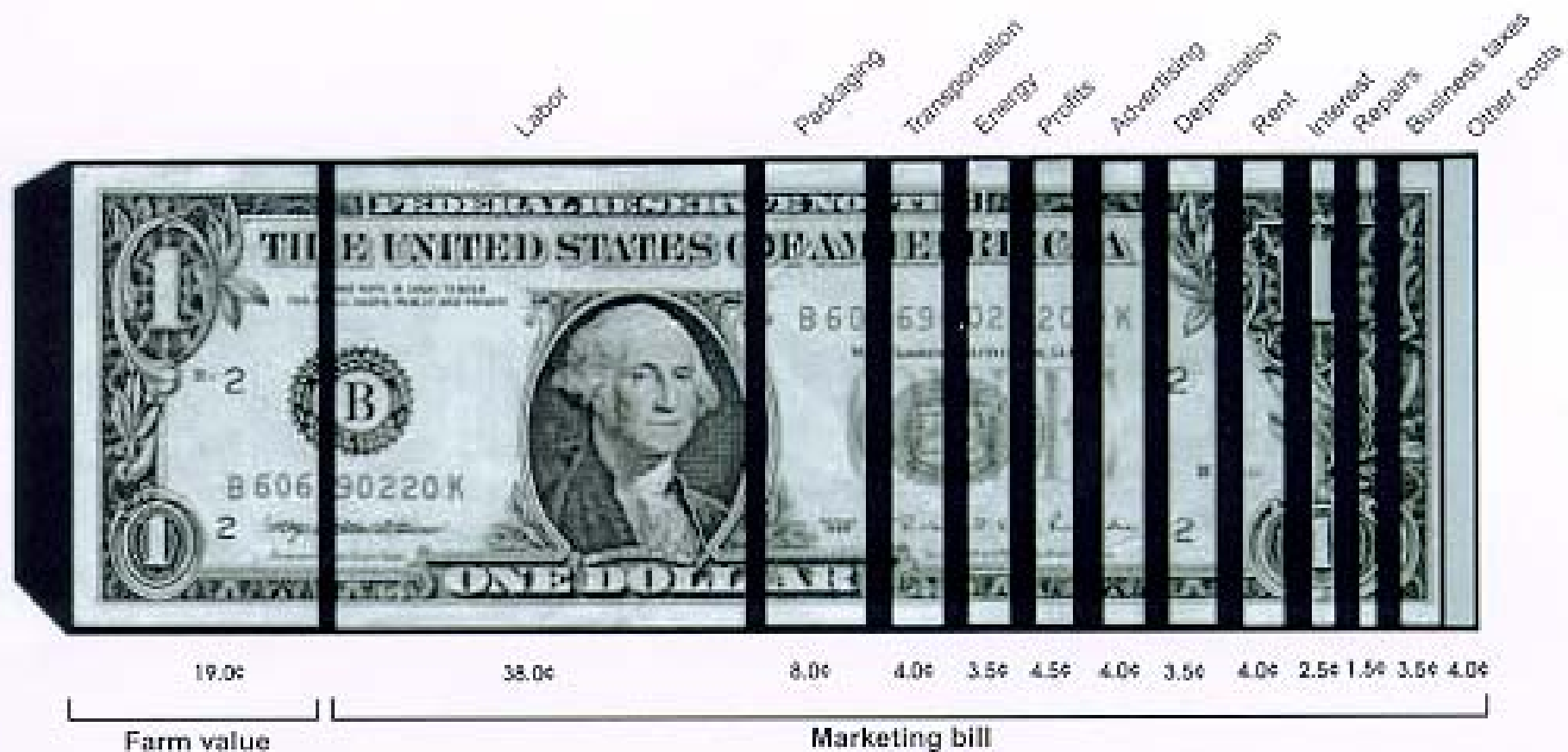
1/8 lb. (2 oz.)

190 calories

	<u>price</u>	<u>calories</u>
<u>Cinnabon</u>		
Minibon	\$2.01	300
Classic Cinnabon	\$2.49	670
<u>7 Eleven</u>		
Gulp	\$.89	150
Double gulp	\$1.26	600
<u>Theater Popcorn</u>		
Small	\$3.13	400
Medium	\$3.84	900
<u>Wendy's</u>		
Classic Double w/ Cheese	\$3.32	760
Combo Meal	\$5.28	1,540

*From Wallet to Waistline, June 2002*

Figure 2  
 Labor Took Biggest Chunk of Food Dollar in 2000



Source: USDA's Economic Research Service.

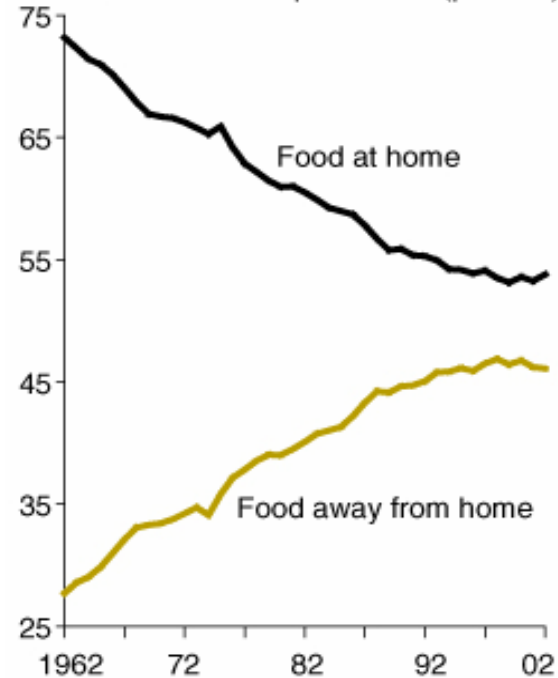
# Eating out linked to obesity



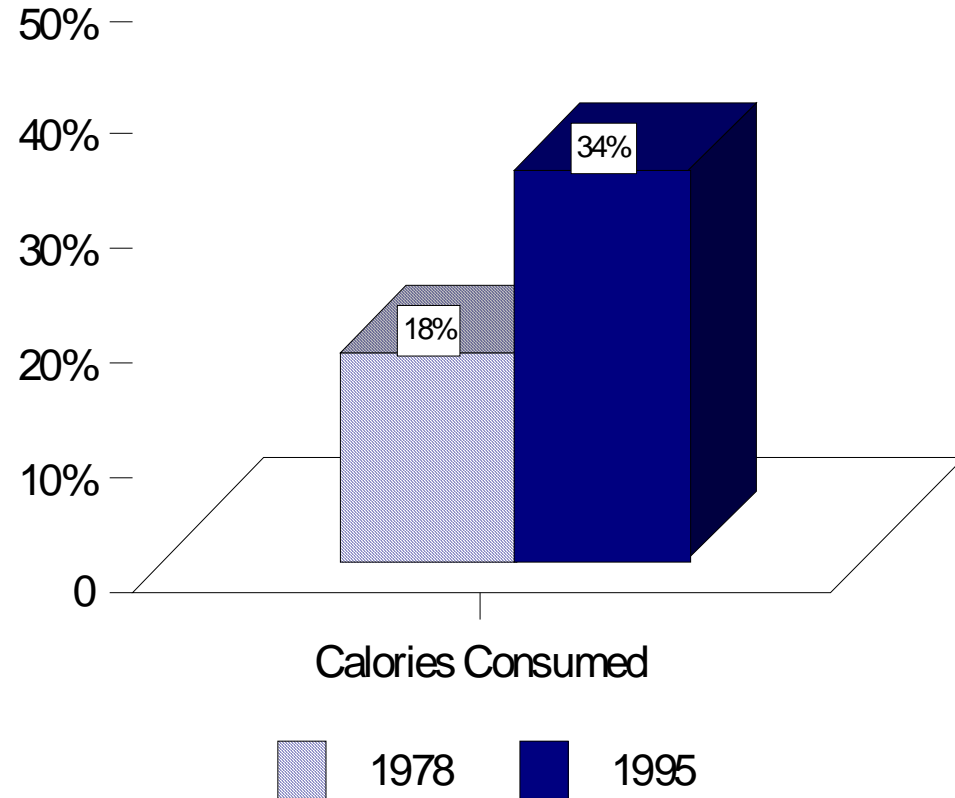
# Away-from-Home Food Consumption Has Doubled

## Americans are eating out more

Share of total food expenditures (percent)



Source: Food Consumption (Per Capita) Data System, USDA, Economic Research Service.





Life is full of routines and Chili's is the perfect place to come and break out of the ordinary. Along with the many favorite indulgences on the Chili's menu, our great tasting, quality food can also be part of a well-balanced diet. This comprehensive nutrition guide will provide you with the "411" on what you crave while satisfying your need for healthful meal options. Try one of Chili's long-standing "Cutless" favorites for a meal that is low in fat and calories, but high in fiber and flavor. We also offer a variety of health conscious side items, including steamed broccoli, seas onal veggies, corn on the cob and black beans. Finding healthier meals for the kids on family night out is as easy as "A-B-C" with the Chili's Pepper Pals kids menu that offers our younger diners griled entrée selections with veggies and milk or juice to accompany their meal. Chili's always serves up a good time with exciting and flavorful menu items, including endless way to spice things up to meet your dietary life style needs every time...it's what makes Chili's "spiceatious."

**QUILTLESS GRILL®** Listed as served

	Serving Size	Calo	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Mouth Bun, un buttered	1 Each	350	8	1	55	12	2	510
Whole Wheat Bun, un buttered	1 Each	90	2	0	16	3	1	150
Black Bean Burger Patty only (without bun or toppings)	1 Patty	200	2	0	25	21	20	900
Quiltless Black Bean Burger	1 Serving	650	42	2	96	99	26	1940
Quiltless Chicken Platter	1 Serving	580	9	3	95	99	5	2790
Quiltless Chicken Sandwich	1 Serving	480	9	2	69	99	11	2720
Quiltless Salmon	1 Serving	480	14	3	31	64	10	1090
Side - Black Beans w/ Pico de Gallo	1 Serving	115	0	0	19	6	5	640
Side - Rice	1 Serving	210	2	0	45	4	1	1020
Side - Steamed Seasonal Veggies w/ Parmesan Cheese	1 Serving	80	1	1	8	4	3	110
Side - Sweet Corn on the Cob, un buttered	1 Serving	180	2	0	55	6	3	100

The Quiltless Grill® has been created to give you more choice for your healthy lifestyle with nutritional information listed on the menus.

**STARTERS** Listed as served sides indicated

	Serving Size	Calo	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Awesome Blossom® w/ Seasonal Sauce	1 Serving	2110	203	99	134	25	15	6550
Blazin' Boneless Buffalo Wings w/ Mango Dip/simn Sauce	3 Each	1050	57	11	60	52	4	4700
Boneless Buffalo Wings w/ Bleu Cheese Dressing	3 Each	1170	95	15	50	51	4	4130
Boneless Shanghai Wings w/ Wasabi-Ranch Dressing	3 Each	1140	62	10	91	53	4	2650
Bottomless Tostada Chips	1 Basket	400	36	6	18	3	3	1540
Bottomless Tostada Chips w/ Hot Sauce	1 Basket	480	36	6	26	6	4	2690
Classic Nachos w/ Pico de Gallo and Sour Cream	1 Serving	1450	109	57	53	85	10	2730
Classic Nachos w/ Fajita Beef	1 Serving	1740	127	65	55	89	10	3700
Classic Nachos w/ Fajita Chicken	1 Serving	1690	112	59	55	99	12	3290
Fried Cheese w/ Marinara Sauce	3 Each	1210	99	29	92	42	3	2470
Hot Spinach & Artichoke Dip	1 Skillet	510	17	3	39	24	16	1560
Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Skillet	905	36	5	74	50	21	3100
Skillet Queso	1 Skillet	870	53	90	42	55	3	2290
Skillet Queso w/ Tostada Chips	1 Skillet	1070	99	37	36	99	5	3920
Southeastern Eggrolls w/ Avocado-Ranch Dressing	3 Each	910	51	10	59	29	10	1250
Texas Cheese Fries w/ Jalapeno-Ranch Dressing	1 Skillet	2070	160	73	73	65	9	3730
Triple Dipper® - Celery & Carrot Sticks Garnish	1 Garnish	20	0	0	3	0	1	90
Triple Dipper - Blazin' BBQ Wings w/ Mango Sauce	5 Each	820	41	7	35	29	2	2060
Triple Dipper - Boneless Buffalo Wings w/ Tortilla Strips & Bleu Cheese Dressing	5 Each	780	57	10	31	29	3	2290
Triple Dipper - Chicken Crisps w/ Honey Mustard Dressing	3 Each	780	69	11	21	34	0	1680
Triple Dipper - Country Fried Chicken Crisps	3 Each	810	41	8	26	35	1	1390
Triple Dipper - Fried Cheese Option w/ Marinara Sauce	5 Each	980	50	16	34	22	1	1410
Triple Dipper - Honey Fried Chicken Crisps w/ Honey-Chipotle Sauce	3 Each	960	41	8	115	37	1.5	2430
Triple Dipper - Shanghai Wings w/ Wasabi-Ranch Dressing	5 Each	780	45	7	69	30	3	1610
Triple Dipper - Southeastern Eggrolls w/ Avocado-Ranch Dressing	2 Each	550	35	7	39	20	6	910
Triple Dipper - Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Portion	830	53	17	27	11	4	2250
Wings Over Buffalo® w/ Bleu Cheese Dressing	10 Each	1340	117	26	4	69	0	2690

\* Pick three of your favorite Triple Dipper. Nutrition information is calculated with Dressing Sauce/Dressing.

**SOUPS** Without crackers

	Serving Size	Calo	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Baked Potato Soup	1 Cup	220	16	10	12	8	1	630
Baked Potato Soup	1 Bowl	440	33	20	25	16	1	1250
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760

**SOUPS** Without crackers (cont.)

	Serving Size	Calo	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760
Broccoli Cheese Soup	1 Bowl	320	19	9	23	13	4	1510
Chicken Enchilada Soup	1 Cup	220	14	5	11	13	2	650
Chicken Enchilada Soup	1 Bowl	440	27	10	23	26	3	1300
Chicken Noodle Soup	1 Cup	90	1	0	7	2	1	540
Chicken Noodle Soup	1 Bowl	90	2	1	14	3	2	1090
Chicken Tortilla Soup	1 Cup	140	7	3	10	9	2	940
Chicken Tortilla Soup	1 Bowl	270	14	5	19	15	4	1690
Chi® - Terinaque w/ Toppings	1 Cup	190	8	4	15	12	3	720
Chi® - Terinaque w/ Toppings	1 Bowl	420	18	7	36	29	6	1790
New England Clam Chowder Soup	1 Cup	470	33	17	27	17	3	970
New England Clam Chowder Soup	1 Bowl	940	65	34	54	34	6	1930
Southeastern Vegetable Soup	1 Cup	110	5	2	13	5	2	620
Southeastern Vegetable Soup	1 Bowl	220	9	3	26	9	3	1240

**SALADS** No dressing. Indulgences indicated

	Serving Size	Calo	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	1 Serving	910	58	13	51	44	6	820
Caesar Salad w/ Chicken & Caesar Dressing	1 Serving	1010	76	13	39	99	7	1910
Caesar Salad w/ Lime Grilled Shrimp & Caesar Dressing	1 Serving	990	77	13	39	90	6	1900
Dinner Salad - House	1 Serving	140	7	3	12	6	2	190
Dinner Salad - Caesar w/ Caesar Dressing	1 Serving	520	43	8	27	6	5	1090
Grilled Caribbean Salad	1 Serving	440	10	2	51	33	6	1410
Lettuce Wraps w/ Dipping Sauces	1 Serving	590	35	5	55	14	8	2330
Meatless Chicken Salad	1 Serving	900	43	16	53	63	10	2610
Quesadilla Explosion Salad w/ Ranch Dressing	1 Serving	960	48	22	91	59	11	2410
Southeastern Cobb Salad	1 Serving	370	60	16	58	63	7	2590

**DRESSINGS & SAUCES** Listed as served

	Serving Size	Calo	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Asian Sesame Ginger Dressing	2 T oz	250	26	4	6	0	0	460
Avocado Ranch Dressing	2 T oz	150	15	2	3	3	1	240
Awesome Blossom Sauce	2 T oz	350	36	5	5	0	0	410
Balsamic Ranch Dressing	2 T oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing	2 T oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing, low fat	2 T oz	90	0	0	9	0	0	530
BBQ Sauce	2 T oz	90	0	0	16	0	1	730
Caesar Dressing	2 T oz	350	37	6	5	2	0	530
Carolina BBQ Sauce	2 T oz	130	0	0	31	0	5	300
Chimichurri Sauce	2 T oz	250	29	3	5	1	1	470
Chipotle Ranch Dressing	2 T oz	170	18	3	2	3	0	280
Citrus Balsamic Vinaigrette Dressing	2 T oz	240	33	5	7	0	0	300
Creamy Cilantro Dressing	2 T oz	300	32	5	2	1	0	450
Dijon BBQ Sauce	2 T oz	145	0	0	35	0	0	700
Habano BBQ Sauce	2 T oz	170	0	0	39	1	1	1090
Honey Chipotle Sauce	2 T oz	200	0	0	49	0	0	560
Honey Lime Dressing	2 T oz	270	22	3	17	1	0	340
Honey Mustard Dressing	2 T oz	350	28	4	2	1	0	510
Honey Mustard Dressing, no fat	2 T oz	90	1	0	14	0	1	650
Jalapeno Ranch Sauce	2 T oz	200	20	3	3	0	0	520
Mango Sauce	2 T oz	170	15	24	9	2	0	160
Peanut Dipping Sauce (Lettuce Wraps)	2 T oz	190	13	2	15	4	1	490
Ranch Dressing	2 T oz	240	25	4	3	4	0	370
Ranch Dressing, low fat	2 T oz	110	6	1	12	1	0	480
Salsa Picante Sauce	2 T oz	40	0	0	4	2	1	530
Sesame-Ginger Dipping Sauce (Lettuce Wraps)	2 T oz	70	0	0	11	2	1	1030
Thousand Island Dressing	2 T oz	270	26	4	9	1	0	600
Wasabi-Ranch Dressing	2 T oz	180	18	3	3	3	0	360

**SIDES & EXTRAS**

	Serving Size	Calo	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cinnamon Apples	1 Side	210	9	2	35	0	5	90
Garlic Toast	1 Piece	300	12	3	16	3	1	210
Homestyle Fries	1 Basket	520	31	4	53	5	5	260
Homestyle Fries w/ Entrée	1 Side	430	26	5	43	4	4	250
Mashed Potatoes w/ Black Pepper Gravy	1 Side	450	28	7	44	7	3	1090
Mashed Potatoes - Loaded	1 Side	500	32	11	37	15	6	970
Sautéed Mushrooms, Onions & Bell Peppers	1 Side	120	10	2	6	3	2	360

**McDonald's Nutrition Facts**

Item	Calories	Total Fat	Sodium	Total Sugar
French fries	380	7.5g	10g	0g
Big Mac	560	25g	10g	45g
Quarter Pounder	510	20g	10g	45g
McDonald's Chicken McNuggets (10 pieces)	390	7.5g	10g	0g
Apple Pie	260	5g	1g	35g
Hot Apple Pie	310	5g	1g	35g
Hot Chicken McNuggets (10 pieces)	360	7.5g	10g	0g
Hot Chicken Sandwich	440	15g	10g	45g
Hot Chicken Sandwich with Cheese	500	15g	10g	45g
Hot Chicken Sandwich with Bacon	520	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese	510	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese and Bacon	560	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon and Pickles	580	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles and Ketchup	600	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup and Mustard	620	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard and Mayo	640	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo and Cheese	660	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese and Pickles	680	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles and Ketchup	700	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup and Mayo	720	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo and Cheese	740	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese and Pickles	760	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles and Ketchup	780	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup and Mayo	800	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo and Cheese	820	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese and Pickles	840	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles and Ketchup	860	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup and Mayo	880	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo and Cheese	900	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese and Pickles	920	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles and Ketchup	940	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup and Mayo	960	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo and Cheese	980	15g	10g	45g
Hot Chicken Sandwich with Cheddar Cheese, Bacon, Pickles, Ketchup, Mustard, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese, Pickles, Ketchup, Mayo, Cheese and Pickles	1000	15g	10g	45g







Life is full of routines and Chili's is the perfect place to come and break out of the ordinary. Along with the many favorite indulgences on the Chili's menu, our great tasting, quality food can also be part of a well-balanced diet. This comprehensive nutrition guide will provide you with the "411" on what you crave while satisfying your need for healthful meal options. Try one of Chili's long-standing "Cutless" favorites for a meal that is low in fat and calories, but high in fiber and flavor. We also offer a variety of health conscious side items, including steamed broccoli, seas onal veggies, corn on the cob and black beans. Finding healthier meals for the kids on family night out is as easy as "A-B-C" with the Chili's Pepper Pals kids menu that offers our younger diners grilled entrée selections with veggies and milk or juice to accompany their meal. Chili's always serves up a good time with exciting and flavorful menu items, including endless way to spice things up to meet your dietary life's eye needs every time...it's what makes Chili's "spiceatious."

<b>QUILTLESS GRILL®</b> Listed as served	Serving Size	Cal	Fat(g)	Fat-B(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Mouth Bun, unbuttered	1 Each	350	8	1	55	12	2	510
Whole Wheat Bun, unbuttered	1 Each	90	2	0	16	3	1	130
Black Bean Burger Patty only (without bun or toppings)	1 Patty	200	2	0	25	21	20	900
Guiltless Black Bean Burger	1 Serving	650	12	2	96	99	26	1940
Guiltless Chicken Platter	1 Serving	580	9	3	95	99	5	2790
Guiltless Chicken Sandwich	1 Serving	490	8	2	69	99	11	2720
Guiltless Salmon	1 Serving	480	14	3	31	64	10	1090
Side - Black Beans w/ Pico de Gallo	1 Serving	115	0	0	19	6	5	640
Side - Rice	1 Serving	210	2	0	45	4	1	1020
Side - Steamed Seasonal Veggies w/ Parmesan Cheese	1 Serving	80	1	1	8	4	3	110
Side - Sweet Corn on the Cob, unbuttered	1 Serving	180	2	0	55	6	3	100

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Awesome Blossom® w/ Seasoned Sauce	1 Serving	2110	203	99	194	25	15	8550
Blazin' Boneless Buffalo Wings w/ Mango Dipping Sauce	9 Each	1050	67	11	60	62	4	4700
Boneless Buffalo Wings w/ Bleu Cheese Dressing	9 Each	1170	85	15	50	51	4	4130
Boneless Shanghai Wings w/ Wasabi-Ranch Dressing	9 Each	1140	62	10	91	63	4	2650
Bottomless Tostada Chips	1 Basket	400	36	6	18	3	3	1540
Bottomless Tostada Chips w/ Hot Sauce	1 Basket	480	36	6	26	6	4	2690
Classic Nachos w/ Pico de Gallo and Sour Cream	1 Serving	1450	109	57	53	66	10	2730
Classic Nachos w/ Fajita Beef	1 Serving	1740	127	65	55	69	10	3700
Classic Nachos w/ Fajita Chicken	1 Serving	1690	112	59	55	69	12	3290
Fried Cheese w/ Marinara Sauce	9 Each	1210	89	29	92	42	3	2470
Hot Spinach & Artichoke Dip	1 Skillet	510	17	3	39	24	16	1560
Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Skillet	905	36	5	74	30	21	3100
Skillet Queso	1 Skillet	870	53	30	12	56	3	2990
Skillet Queso w/ Tostada Chips	1 Skillet	1070	89	37	36	59	5	3920
Southeastern Eggrolls w/ Avocado-Ranch Dressing	3 Each	910	51	10	59	29	10	1250
Texas Cheese Fries w/ Jalapeno-Ranch Dressing	1 Skillet	2070	160	73	73	66	9	3730
Triple Dipper® - Celery & Carrot Sticks Garnish	1 Garnish	20	0	0	3	0	1	90
Triple Dipper - Blazin' BBQ Wings w/ Mango Sauce	5 Each	820	41	7	35	29	2	2060
Triple Dipper - Boneless Buffalo Wings w/ Tortilla Strips & Bleu Cheese Dressing	5 Each	780	57	10	31	29	3	2290
Triple Dipper - Chicken Crisps w/ Honey Mustard Dressing	3 Each	780	69	11	21	34	0	1890
Triple Dipper - Country Fried Chicken Crisps	3 Each	810	41	8	26	36	1	1390
Triple Dipper - Fried Cheese Option w/ Marinara Sauce	5 Each	680	50	16	34	22	1	1410
Triple Dipper - Honey Fried Chicken Crisps w/ Honey-Chipotle Sauce	3 Each	960	41	8	115	37	1.5	2430
Triple Dipper - Shanghai Wings w/ Wasabi-Ranch Dressing	5 Each	780	45	7	69	30	3	1610
Triple Dipper - Southeastern Eggrolls w/ Avocado-Ranch Dressing	2 Each	550	35	7	39	20	6	910
Triple Dipper - Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Portion	830	53	17	27	11	4	2250
Wings Over Buffalo® w/ Bleu Cheese Dressing	10 Each	1340	117	26	4	69	0	2690

\*Pick three of your favorite Triple Dipper. Nutrition information is calculated with Dipping Sauce/Dressing.

<b>SOUPS</b> Without crackers	Serving Size	Cal	Fat(g)	Fat-B(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Baked Potato Soup	1 Cup	220	16	10	12	8	1	630
Baked Potato Soup	1 Bowl	440	33	20	25	16	1	1250
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760

<b>SOUPS</b> Without crackers (cont.)	Serving Size	Cal	Fat(g)	Fat-B(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760
Broccoli Cheese Soup	1 Bowl	320	19	9	25	13	4	1510
Chicken Enchilada Soup	1 Cup	220	14	5	11	13	2	850
Chicken Enchilada Soup	1 Bowl	440	27	10	22	26	3	1700
Chicken Noodle Soup	1 Cup	90	1	0	7	2	1	540
Chicken Noodle Soup	1 Bowl	90	2	1	14	3	2	1090
Chicken Tortilla Soup	1 Cup	140	7	3	10	9	2	940
Chicken Tortilla Soup	1 Bowl	270	14	5	19	16	4	1890
Chili - Teriyaki w/ Toppings	1 Cup	190	8	4	15	12	3	720
Chili - Teriyaki w/ Toppings	1 Bowl	420	18	7	36	29	6	1790
New England Clam Chowder Soup	1 Cup	470	33	17	27	17	3	970
New England Clam Chowder Soup	1 Bowl	940	65	34	54	34	6	1930
Southeastern Vegetable Soup	1 Cup	110	5	2	13	5	2	620
Southeastern Vegetable Soup	1 Bowl	220	9	3	26	9	3	1240

<b>SALADS</b> No dressing indicated unless indicated	Serving Size	Cal	Fat(g)	Fat-B(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	1 Serving	910	58	13	51	44	6	820
Cesear Salad w/ Chicken & Caesar Dressing	1 Serving	1010	76	13	39	39	7	1910
Cesear Salad w/ Lime Grilled Shrimp & Caesar Dressing	1 Serving	990	77	13	39	30	6	1990
Dinner Salad - House	1 Serving	140	7	3	12	6	2	190
Dinner Salad - Cesear w/ Caesar Dressing	1 Serving	520	43	8	27	6	5	1090
Grilled Caribbean Salad	1 Serving	440	10	2	51	33	6	1410
Lettuce Wraps w/ Dipping Sauces	1 Serving	590	35	5	55	14	6	2330
Mesa Chile Chicken Salad	1 Serving	900	43	16	53	63	10	2610
Quesadilla Explosion Salad w/ Ranch Dressing	1 Serving	960	48	22	81	59	11	2410
Southeastern Cobb Salad	1 Serving	370	60	16	56	53	7	2590

<b>DRESSINGS &amp; SAUCES</b> Listed as served	Serving Size	Cal	Fat(g)	Fat-B(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Asian Sesame Ginger Dressing	2 1/2 oz	250	26	4	6	0	0	480
Avocado Ranch Dressing	2 1/2 oz	150	15	2	3	1	1	240
Awesome Blossom Sauce	2 1/2 oz	350	36	5	5	0	0	410
Balsamic Ranch Dressing	2 1/2 oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing	2 1/2 oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing, low fat	2 1/2 oz	90	0	0	9	0	0	530
BBQ Sauce	2 1/2 oz	90	0	0	16	0	1	730
Cesear Dressing	2 1/2 oz	350	37	6	5	2	0	530
Carolina BBQ Sauce	2 1/2 oz	130	0	0	31	0	5	300
Chimichurri Sauce	2 1/2 oz	250	29	3	5	1	1	470
Chipotle Ranch Dressing	2 1/2 oz	170	18	3	2	3	0	280
Citrus Balsamic Vinaigrette Dressing	2 1/2 oz	240	33	5	7	0	0	300
Creamy Cilantro Dressing	2 1/2 oz	300	32	5	2	1	0	450
Dijon BBQ Sauce	2 1/2 oz	145	0	0	35	0	0	700
Habanero BBQ Sauce	2 1/2 oz	170	0	0	39	1	1	1090
Honey Chipotle Sauce	2 1/2 oz	200	0	0	49	0	0	560
Honey Lime Dressing	2 1/2 oz	270	22	3	17	1	0	340
Honey Mustard Dressing	2 1/2 oz	350	28	4	2	1	0	510
Honey Mustard Dressing, no fat	2 1/2 oz	90	1	0	14	0	1	850
Jalapeno Ranch Sauce	2 1/2 oz	200	20	3	3	0	0	520
Mango Sauce	2 1/2 oz	170	15	24	9	2	0	160
Peanut Dipping Sauce (Lettuce Wraps)	2 1/2 oz	190	13	2	15	4	1	450
Ranch Dressing	2 1/2 oz	240	25	4	3	4	0	370
Ranch Dressing, low fat	2 1/2 oz	110	6	1	12	1	0	480
Salsa Picante Sauce	2 1/2 oz	40	0	0	4	2	1	530
Sesame-Ginger Dipping Sauce (Lettuce Wraps)	2 1/2 oz	70	0	0	11	2	1	1030
Thousand Island Dressing	2 1/2 oz	270	26	4	9	1	0	600
Wasabi-Ranch Dressing	2 1/2 oz	190	18	3	3	3	0	360

<b>SIDES &amp; EXTRAS</b>	Serving Size	Cal	Fat(g)	Fat-B(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cinnamon Apples	1 Side	210	8	2	35	0	5	910
Garlic Toast	1 Piece	300	12	3	16	3	1	310
Homestyle Fries	1 Basket	520	31	4	53	5	5	260
Homestyle Fries w/ Entrée	1 Side	430	26	5	43	4	4	250
Mashed Potatoes w/ Black Pepper Gravy	1 Side	450	28	7	44	7	3	1090
Mashed Potatoes - Loaded	1 Side	500	32	11	37	15	6	970
Sautéed Mushrooms, Onions & Bell Peppers	1 Side	120	10	2	6	3	2	360

# HOT & *fresh* TOASTED

## Subs From The Oven!

Cal		6" Sub or Wrap
560	Meatball Marinara	<b>2.99</b>
450	Italian B.M.T. <sup>®</sup>	<b>3.69</b>
480	Spicy Italian	<b>3.29</b>
400	Steak & Cheese	<b>4.29</b>
380	Subway Melt <sup>®</sup>	<b>3.69</b>
580	Chicken & Bacon Ranch	<b>3.69</b>

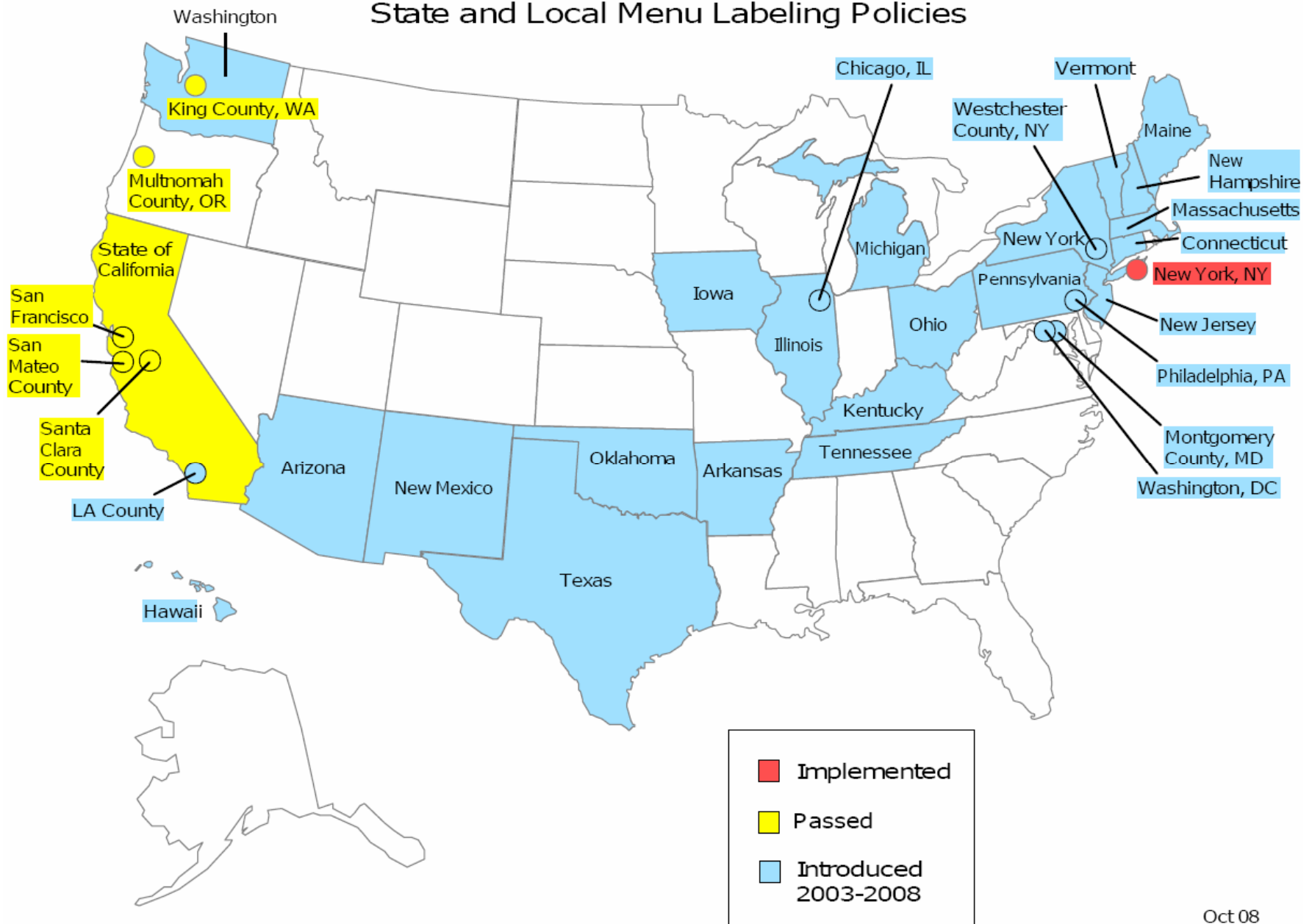
**Hungrier? Make it a FOOTLONG!**



Italian B.M.T.<sup>®</sup>

Menu Board in NYC

# State and Local Menu Labeling Policies



# State and local menu labeling policies

- Only chains; 10-20 outlets
- Standard menu items - not custom orders, specials
- Calories, sat + trans fat, sodium on menus
- Calories on menu boards & food tags
- Is feasible; allows for reasonable variation
- Cost is modest

Item	Calories	Price	Calories	Price	
Yogurt Parfait	426	2.99	Fruit Salad	216	2.69
Cosi Break Bar	463	2.19	Orange Juice	137	1.99
<b>Kids Menu</b>					
SANDWICHES SERVED WITH COSI CHIPS OR BABY CARROTS					
Turkey Sandwich	289	4.39	Shirley Temple	240	1.49
Tuna Sandwich	333	4.39	Milk	192	1.69
Cheese Pizza <small>serves two</small>	769	6.59	Chocolate Milk	260	1.99
Pepperoni Pizza <small>serves two</small>	911	7.19	Hot Chocolate	436	2.99
Goopy Grilled Cheese	357	3.69	S'mores <small>for two</small>	751	7.79
Peanut Butter & Jelly	560	3.79			



Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Sandwiches</b>																						
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	520	22	31	10	2	6	6	12	0	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	13	750	31	33	11	2	7	6	15	6	2	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	26	1150	48	34	11	2	8	7	25	10	2	25	20
Quarter Pounder®+	6 oz (169 g)	410	170	19	29	7	37	1	65	22	730	30	37	12	2	10	8	24	2	4	15	20
Quarter Pounder® with Cheese+	7 oz (198 g)	510	230	26	40	12	61	1.5	90	31	1190	50	40	13	3	11	9	29	10	4	30	25
Double Quarter Pounder® with Cheese++	9.8 oz (279 g)	740	380	42	65	19	96	2.5	155	52	1380	57	40	13	3	11	9	48	10	4	30	35
Big Mac®	7.5 oz (214 g)	540	260	29	45	10	51	1.5	75	25	1040	43	45	15	3	13	9	25	6	2	25	25
Big N' Tasty®	7.2 oz (206 g)	460	220	24	37	8	42	1.5	70	23	720	30	37	12	3	11	8	24	6	8	15	25
Big N' Tasty® with Cheese	7.7 oz (220 g)	510	250	28	43	11	54	1.5	85	28	960	40	38	13	3	12	8	27	10	8	20	25
Filet-O-Fish®	5.1 oz (143 g)	380	160	18	28	4	20	1	35	12	660	28	38	13	2	8	5	15	2	0	15	10

	<b>MEAL Act (Harkin/ DeLauro)</b>	<b>LEAN Act (Restaurant industry bill)</b>
<b>Customers will see nutrition information</b>	<b>YES</b> Information on menus and menu boards where everyone will see it	<b>NO</b> Information in multiple formats; harder to find and see
<b>Establishes meaningful obesity prevention policy</b>	<b>YES</b> Guarantees consumers will see information when placing order	<b>NO</b> People less likely to see information provided
<b>Retains state and local authority</b>	<b>YES</b> Sets a floor not a ceiling for state and local policies	<b>NO</b> Nullifies existing policies; preempts future state and local policies
<b>Affordable to chain restaurants and state and local government</b>	<b>YES</b> Cost of nutrition analysis software is affordable Restaurants regularly change menus and menu boards	
<b>Supported by major health organizations</b>	<b>YES</b> Am. College of Preventive Medicine American Public Health Association Association of State/Territorial PH Nutrition Directors Center for Science in Public Interest 65 other organizations	<b>NO</b>

# Information out the Window: Menu labeling at the drive-thru



- Drive-thrus = 65% of fast-food business
- Is increasing
- What is convenient for restaurants, might not be useful for customers

# NYC Drive-thru Menu

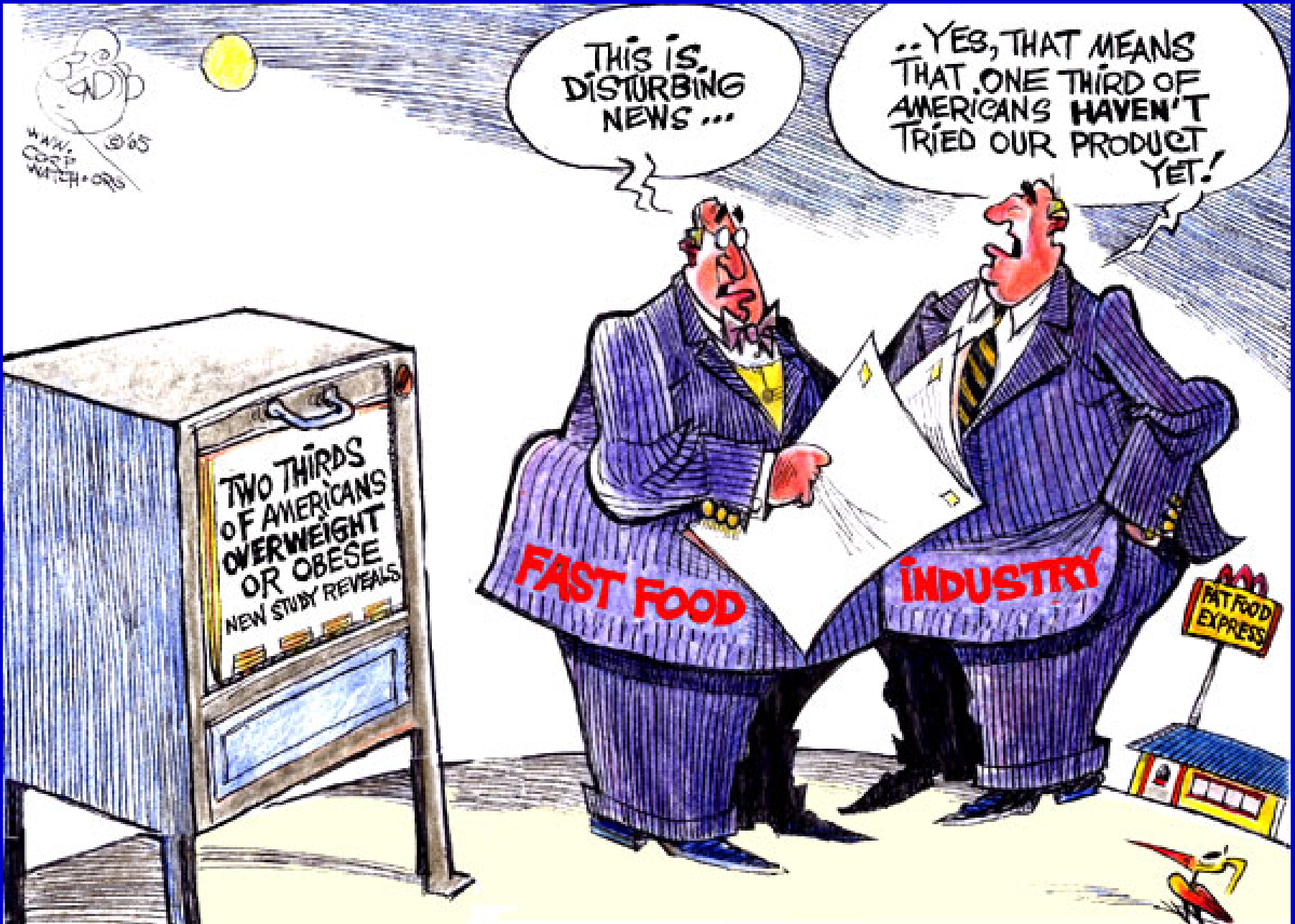
	Taco Supreme	1.65
	Soft Taco Supreme	1.39
170	Spicy Chicken Soft Taco	1.39
	cal	1.29
<b>BURRITOS</b>		
690	Grilled Stuft Burrito	2.99
640-650	Grilled Stuft Burrito <small>CHICKEN OR STEAK</small>	4.19
430	Burrito Supreme <small>400 cal</small>	2.49 <small>CHICKEN OR STEAK</small> 3.09
370	Enchirito	1.89
	Chicken Fiesta Burrito	2.79
350		2.19
510	7-Layer Burrito	1.59
400	Spicy Chicken Burrito	1.59
450	1/2 lb. Beef Combo Burrito	1.59
530	1/2 lb. Beef & Potato Burrito	1.59

claim for Beef Combo, Beef and Potato and Cheesy Bean and Rice Burritos are based on individual product weights vary.



# A menu item is a serving





THIS IS DISTURBING NEWS ...

.. YES, THAT MEANS THAT ONE THIRD OF AMERICANS HAVEN'T TRIED OUR PRODUCT YET!

TWO THIRDS OF AMERICANS OVERWEIGHT OR OBESE NEW STUDY REVEALS

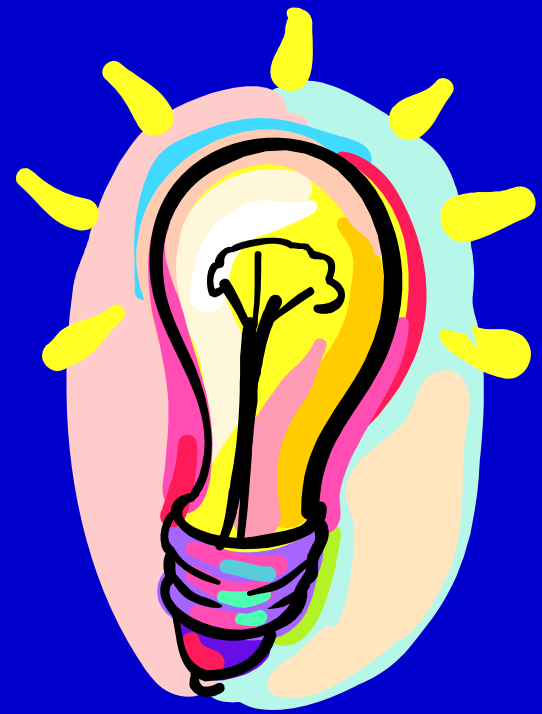
FAST FOOD

INDUSTRY

FAT FOOD EXPRESS

MARK COPPE WATCH 1985

80% support  
menu labeling in  
chain  
restaurants



# Nutrition Labeling and Education Act

## Nutrition Facts

Serving Size 1 Bar (60g)  
Servings Per Container 6

### Amount Per Serving

**Calories** 160      Calories from Fat 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 5g      **25%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 3g      **12%**

Sugars 15g

**Protein** 3g

Vitamin A 4%      •      Vitamin C 0%

Calcium 10%      •      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Nutrition Facts

Serving Size 2 cakes (61g)  
Servings Per Container 6

	Amount Per Serving	%DV*
<b>Calories</b>	260	
Calories from Fat	110	
<b>Total Fat</b>	12g	<b>18%</b>
Saturated Fat	3g	<b>14%</b>
Trans Fat	4g	
<b>Cholesterol</b>	15mg	<b>5%</b>
<b>Sodium</b>	180mg	<b>7%</b>
<b>Total Carbohydrate</b>	39g	<b>13%</b>
Dietary Fiber	1g	<b>2%</b>
Sugars	30g	
<b>Protein</b>	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



# Anyone's Guess

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



?



?



?



?



?

Report at: [www.cspinet.org](http://www.cspinet.org)

You  
Have  
the Right  
to Know

# Menu Labeling



CENTER FOR SCIENCE IN THE PUBLIC INTEREST

**Help Bring Menu Labeling to Your State**

**Resources/  
Background**

**Why Menu Labeling?**

**State & Local Bills**

2007

2005-2006

2003-2004

Model Legislation

Model Regulations

**Join Us**

**Circulate Petitions**



## HOT TOPICS

**Video:** Dr. Margo Wootan explains how menu labeling informs dining-out choices.



**New York Times Blog:** Readers comment on calorie labeling

## WHAT'S NEW

Menu Labeling Urged for Montgomery Co, Md., and DC

In Seattle, Menu Labeling Is "In," Trans Fat is "Out"

Subway First to List Calories on Menu Boards in Country

More than twenty states, cities and counties are considering legislation and regulations that would require fast food and other chain restaurants to provide calories and other nutrition information on menus and menu boards. Contact us for help implementing a policy in your area: [nutritionpolicy@cspinet.org](mailto:nutritionpolicy@cspinet.org).

**Subway added helpful calorie information to its menu boards.**

See [model menus](#) that could be used at Starbucks, McDonald's, Haagen Dazs, Dunkin' Donuts, Auntie Anne's, and Wendy's.



Photo of actual menu board inside a New York City Subway restaurant, 2007.

[www.menulabeling.org](http://www.menulabeling.org)

# OPINION





# Support Menu Labeling in ME

- Contact state legislators
  - Letters, emails
  - Phone calls
  - Meetings
- Get your organization to support menu labeling
- Assign lobbyist to work issue
- Activate organization members to contact policy makers
- Press releases, interviews, letters to the editor, op eds

