

CALORIES ON THE MENU



Information for Consumers



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Eating Out and Eating Healthy - Just Got Easier



- In today's busy world, Americans eat and drink about **one-third** of their calories from foods prepared away from home.
- Calorie labeling on menus can help you make informed and healthful decisions about meals and snacks.
- Beginning May 7, 2018, calories have been listed on many menus and menu boards of restaurants and other food establishments that are part of a chain of 20 or more locations.



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3 Steps for Making Dining Out Choices that are Healthy and Delicious

Here are steps for making dining out choices that are healthy and delicious:

1. Find out your calorie needs
2. Look for calorie and nutrition information
3. Make the best choice for you



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1. Find Out Your Calorie Needs

- Knowing your calorie needs is important to managing your daily food and beverage choices.
- You can use 2,000 calories a day as a guide, but your calorie needs may vary based on your age, sex, and physical activity level.
- Visit www.fda.gov/caloriesonthemenu to view the **Estimated Daily Calorie Needs table** to find out your calorie needs.



2. Look for Calorie and Nutrition Information

Where will I see the Calories?

Calories are listed next to the name or price of the food or beverage on menus and menu boards, including drive-thru windows, and may be at the following types of chains:

- Chain restaurants
- Chain coffee shops
- Bakeries
- Ice cream shops
- Self-service food locations, such as buffets and salad bars
- Movie theaters
- Amusement parks
- Grocery/convenience stores

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2. Look for Calorie and Nutrition Information

Where will I NOT see calorie information?

- Foods sold at deli counters and typically intended for further preparation
- Foods purchased in bulk in grocery stores, such as loaves of bread from the bakery section
- Bottles of liquor displayed behind a bar
- Food in transportation vehicles, such as food trucks, airplanes, and trains
- Food on menus in elementary, middle, and high schools that are part of U.S. Department of Agriculture's National School Lunch Program
- Restaurants and other food establishments that are not part of a chain of 20 or more locations

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2. Look for Calorie and Nutrition Information

When a menu item is available in different flavors or varieties (for example, vanilla and chocolate ice cream), or includes an entrée with your choice of side items, such as a sandwich that comes with either chips, side salad, or fruit, the calorie amounts will be shown as follows:

Two Choices

Calories are separated by a slash
(for example 250/350 calories)

Three or More Choices

Calories are shown in a range
(for example 150-300 calories)

Compos include Medium Fries and Medium Soft Drink

Item	Price	Calories
1 BURGER		
Burger Combo	\$5.49	Cal. 850 - 1150
Burger Only	\$3.19	Cal. 650
2 CHEESEBURGER		
Cheeseburger Combo	\$5.99	Cal. 920 - 1220
Cheeseburger Only	\$3.69	Cal. 720
3 CHICKEN SANDWICH		
Sandwich Combo (Grilled or Crispy)	\$7.09	Cal. 600 - 1050
Sandwich Only (Grilled or Crispy)	\$4.19	Cal. 400 / 550
+ Large Fries and Large Soft Drink \$1.10 adds 120 - 220 Cal.		
2,000 calories a day is used for general nutrition advice, but calorie needs vary.		
Additional nutrition information is available upon request.		

SIDES

SOFT DRINK

MILK SHAK

KIDS MEAL



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2. Look for Calorie and Nutrition Information

Will information about other nutrients also be available?

- In addition to calorie information, covered establishments are also required to provide written nutrition information such as **saturated fat, sodium, and dietary fiber** to consumers upon request.
- So, when eating out, don't hesitate to ask for more nutrition information if you need it.

ENTRÉES

Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
1560	92	16	1	150	2850	136	19	11	45
950	39	11	0	150	2210	89	9	8	66
1900	116	20	1	70	4060	175	18	10	38
1290	81	47	3	195	2770	89	5	9	52
1350	82	15	0	95	2200	102	17	4	47
1620	114	28	1	115	4060	103	18	3	48
990	59	10	0	150	2750	72	5	18	37
480	17	5	0	210	2260	26	5	8	54
290	11	3	0	110	1300	19	4	6	29
1200	61	36	2	165	1490	125	7	7	36
740	29	13	0	120	2890	68	9	15	52
660	30	6	0	45	680	79	10	9	19
450	36	6	0	0	760	7	1	3	34
1110	67	11	0	180	2650	90	6	20	36
690	30	5	0	195	2430	75	6	21	30
1360	67	34	2	185	2930	137	19	8	59



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3. Make the Best Choice for You

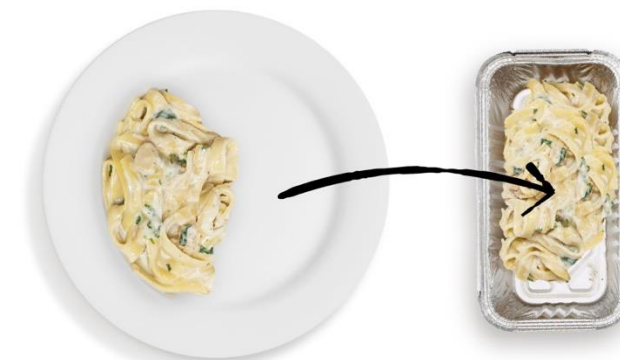
Eating healthy comes down to personal choices. Try these tips to help you make the best choices for you and your family.



Comparing calorie and nutrition information can help you make better decisions before you order.



Side dishes can add many calories to a meal. Steamed, grilled, or broiled vegetables and fruit are often lower-calorie options. With calorie information, you can make the best choice for you.



Calorie information can help you decide **how much to enjoy now** and how much to save for later.



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3. Make the Best Choice for You



Asking for sauces or salad dressings **on the side** lets you choose how much to use.



Foods described with words like creamy, fried, breaded, battered, or buttered are typically **higher in calories** than foods described as baked, roasted, steamed, grilled, or broiled. Use calorie information to help you make the choice that is right for you.



Calories from beverages can add up quickly. With calorie information, you can find lower-calorie options.



3. Make the Best Choice for You

Remember: Compare nutrition information before you order, and make the choice that's right for YOU!



160 CALORIES
Caffè Mocha
8 fl oz

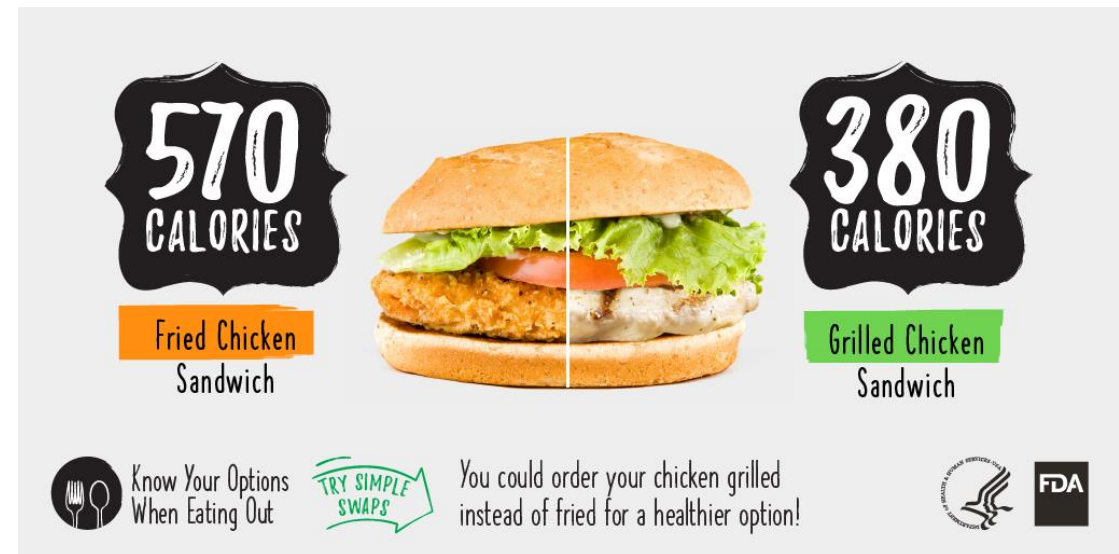


20 CALORIES
Coffee
(with 2 Tbsp 1% Milk)
8 fl oz


Know Your Options When Eating Out

TRY SIMPLE SWAPS

Compare nutrition information before you order, then make the choice that's right for you.

570 CALORIES
Fried Chicken Sandwich



380 CALORIES
Grilled Chicken Sandwich

Know Your Options When Eating Out

TRY SIMPLE SWAPS

You could order your chicken grilled instead of fried for a healthier option!




Make the best choice for YOU

570
CALORIES

Fried Chicken
Sandwich



380
CALORIES

Grilled Chicken
Sandwich



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FOR MORE INFORMATION

On healthy eating away from home, visit:

www.fda.gov/caloriesonthemenu

On other FDA nutrition education topics, visit:

www.fda.gov/nutritioneducation



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QUESTIONS?