



Heart Attack Entrées and Side Orders of Stroke

The Salt in Restaurant Meals is Sabotaging Your Health



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*** 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

Eating 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 than 1,500 mg of sodium daily.¹ Those groups account for about 70 percent of

¹ 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

the population, according to the Centers for Disease Control and Prevention (CDC).² 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.³

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.⁴ Actual daily consumption is

² Centers for Disease Control and Prevention, MMWR, March 27, 2009, Vol. 58, No. 11

³ Institute of Medicine. “Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate.” Washington DC: National Academy Press, p 307, 2004.

⁴ NHANES, 2005-06. “What We Eat in America.” <http://www.ars.usda.gov/foodsurvey>

probably closer to 4,000 mg,⁵ 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.⁶ Consuming less sodium

⁵ 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 Hum Hypertens*. 2005;19:33–45.

⁶ 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.⁷

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.

⁷ 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.

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 sixth-largest 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,

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

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

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 4-8.⁹

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

⁹ "Adequate Intake" for Children. Institute of Medicine, 2004.

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 highest-sodium 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.¹⁰

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.

Better Choices

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

¹⁰ 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

¹¹ 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=%20sodium%20reduction&id=361836 (accessed April 2008).

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.

- Governments should require chain restaurants to disclose on menus (and in other point-of-purchase 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 Agriculture 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

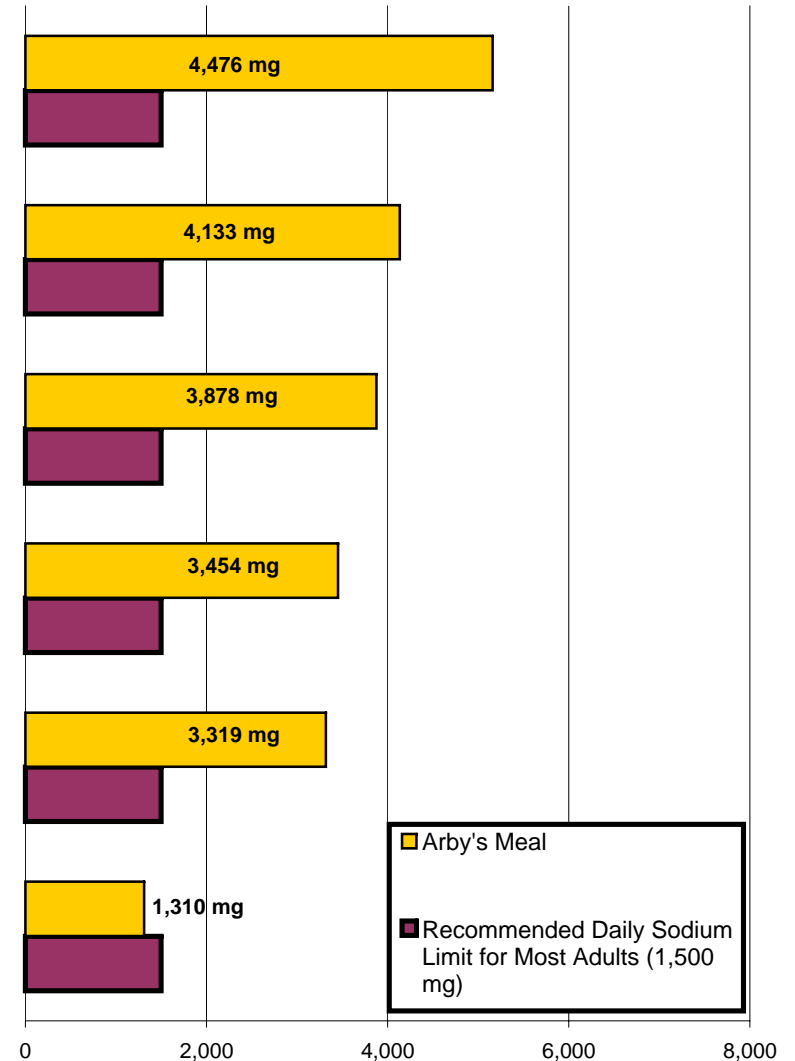
French Dip & Swiss Sub	296	533	2,169
Cheddar Fries, medium w/ Cheese Sauce	241	597	1,889
Pepsi, large	896	300	75
Total	1,433	1,430	4,133

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

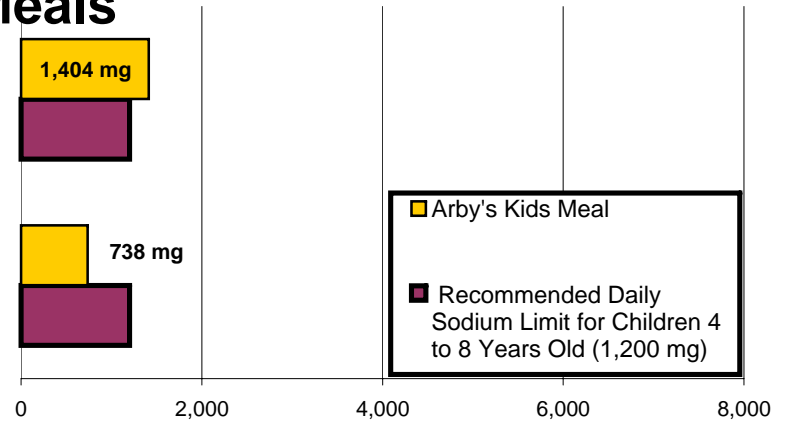
Swiss Melt	146	303	919
Potato Cakes, 2	100	246	391
Peach Iced Fruit Tea	551	90	0
Total (Low Sodium Option)	797	639	1,310



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
Total (Low Sodium Option)	404	462	738



*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

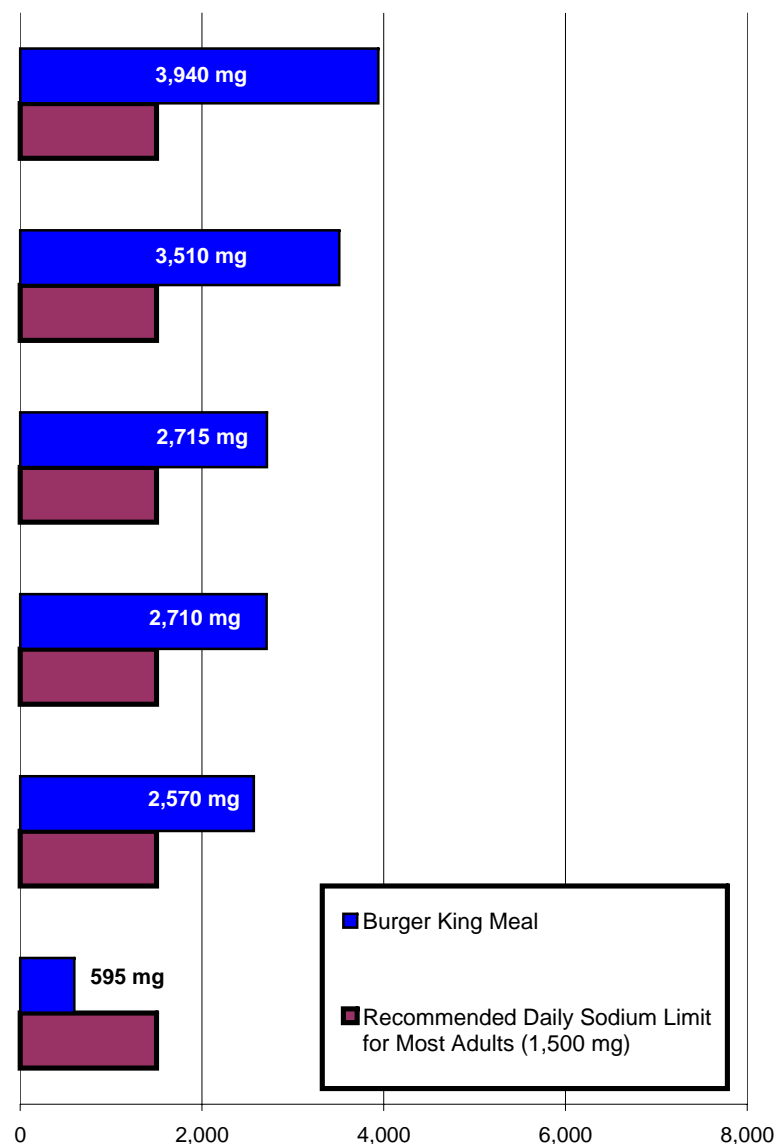
Steakhouse Burger	329	950	1,950
Onion Rings, large	510	510	810
Chocolate Milkshake, large	896	990	750
Total	1,735	2,450	3,510

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

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 Iced, medium	616	110	10
Total (Low Sodium Option)	808	470	595



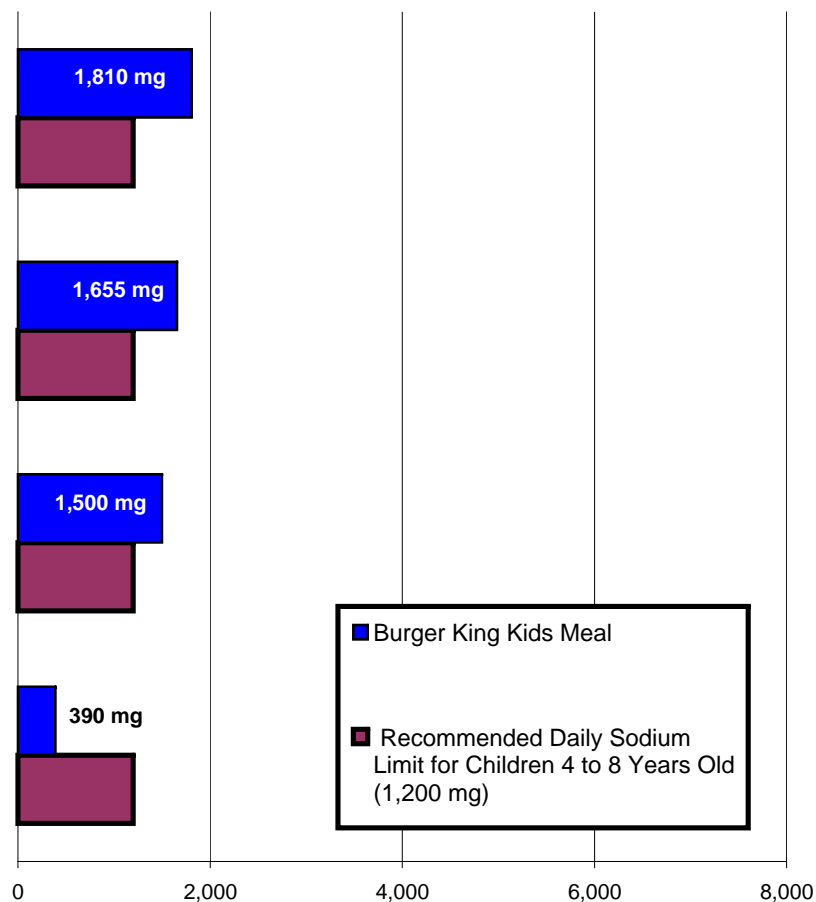
Burger King Kids Meals

Menut Items	Grams	Calories	Sodium mg
Chicken Tenders (6 pc)	92	270	730
Buffalo Dipping Sauce	28	40	360
Fries, Salted, small	116	340	590
Hershey's 1% Milk	250	110	130
Total	486	760	1,810

Double Cheeseburger	189	510	1,020
Fries, Salted, small	116	340	590
Sprite, small	616	210	45
Total	921	1,060	1,655

Cheeseburger	133	340	770
Fries, Salted, small	116	340	590
Hershey's Chocolate Milk	250	180	140
Total	499	860	1,500

Macaroni and Cheese	113	160	340
Apple Fries w/ Caramel Sauce	71	70	35
Minute Maid Apple Juice	83	100	15
Total (Low Sodium Option)	267	330	390



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

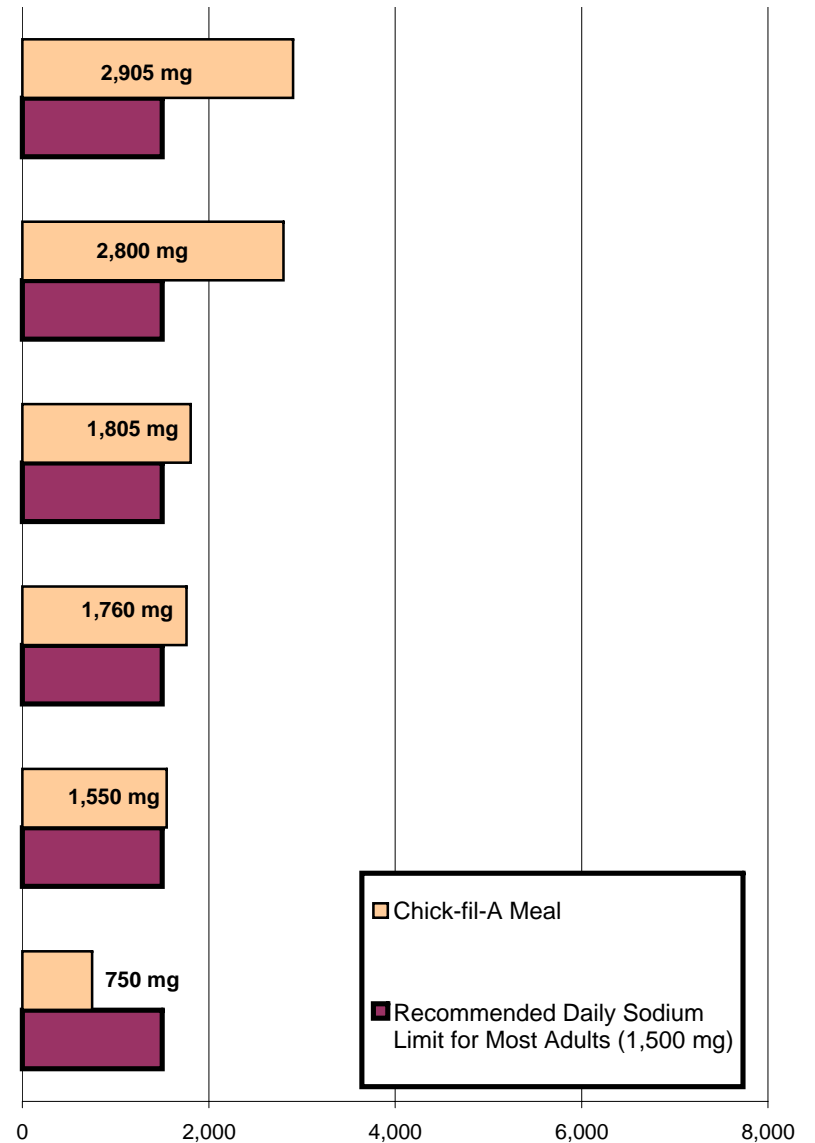
Chargrilled Chicken Club Sandwich	250	380	1,650
Hearty Breast of Chicken Soup, small	278	150	1,060
Dr Pepper, large	638	260	90
Total	1,166	790	2,800

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



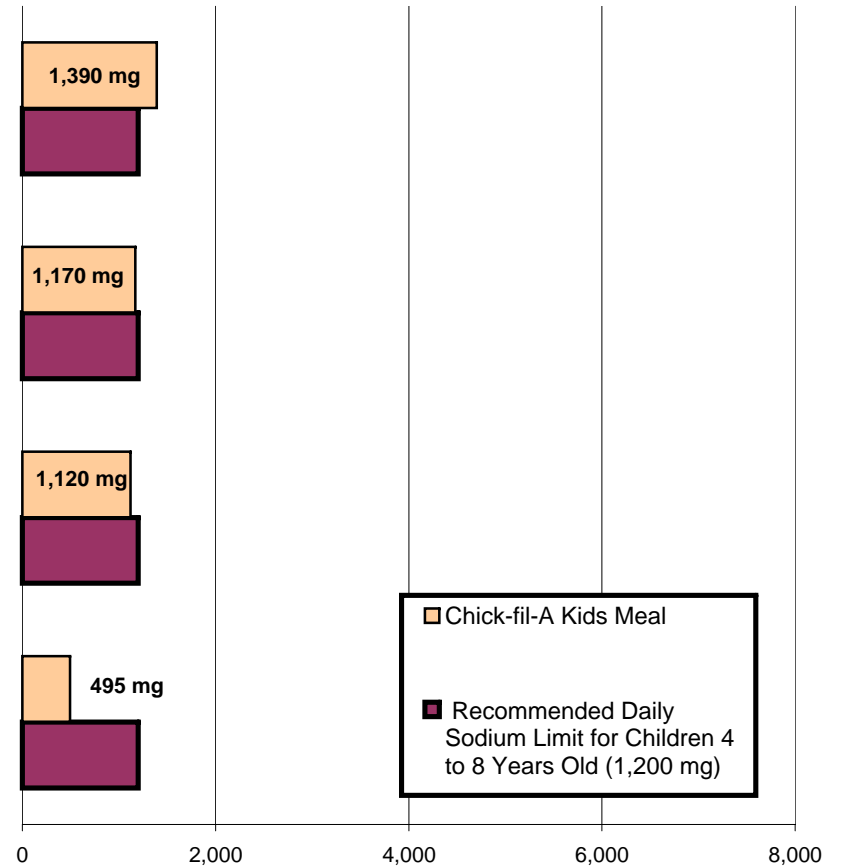
Chick-fil-A Kids Meals

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

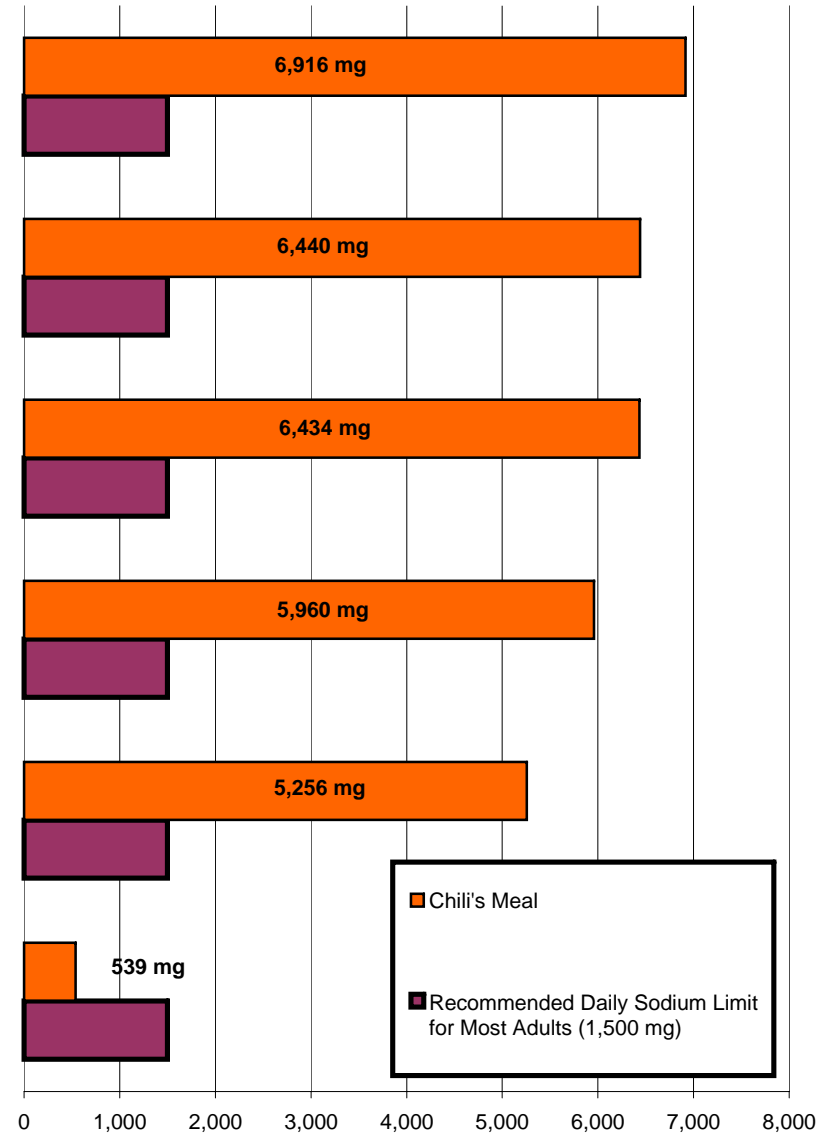
Honey-Chipotle Ribs*	n/a	1,320	5,150
Mashed Potatoes w/ Gravy	n/a	270	1,050
Seasonal Vegetables	n/a	70	170
Dr Pepper	448	200	70
Total	n/a	1,860	6,440

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

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)		679	539



*This entree comes with 2 sides.

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

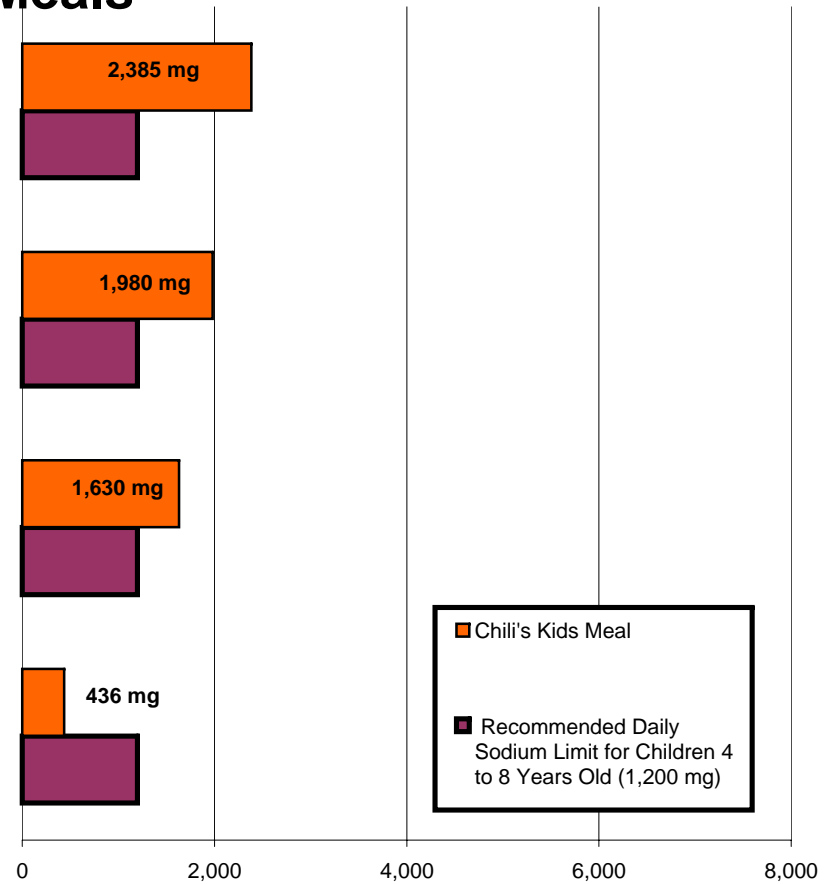
Chili's Kids Meals

Meals	Grams	Calories	Sodium mg
Country Fried Chicken Crispers	n/a	560	1,600
Rice	n/a	240	660
Milk, 1%	224	130	125
Total	n/a	930	2,385

Cheese Pizza	n/a	550	1,130
Rice	n/a	240	660
Chocolate Milk, 1%	224	160	190
Total	n/a	950	1,980

Little Chicken Crispers	n/a	600	1,300
Homestyle Fries	n/a	260	140
Chocolate Milk, 1%	224	160	190
Total	n/a	1,020	1,630

Little Mouth Burger	n/a	440	420
Mandarin Oranges	n/a	60	10
Apple Juice Box	224	110	6
Total (Low Sodium Option)	n/a	610	436



Dairy Queen

Meals	Grams	Calories	Sodium mg
Spicy Chili Bowl	336	710	3,900
Side Salad w/ Fat Free Ranch Dressing	224	80	450
Mountain Dew, large	941	360	150
Total	1,501	1,150	4,500

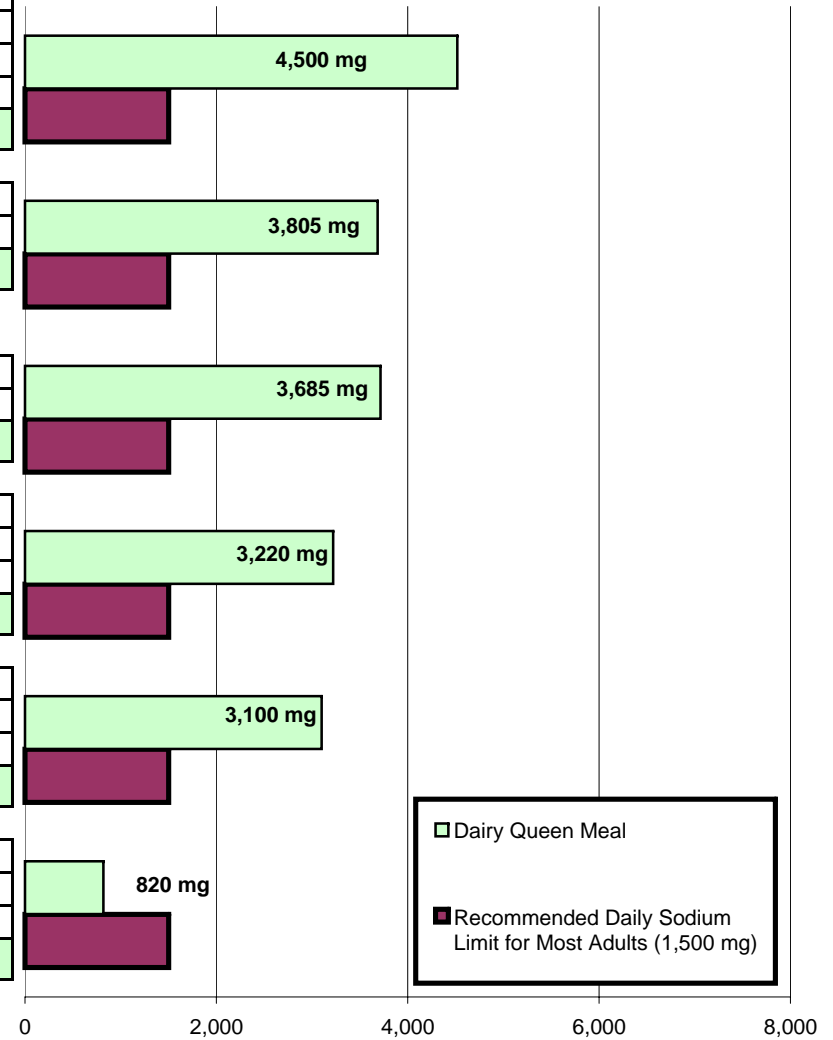
Chicken Strip Basket (6) w/ Country Gravy*	517	1,640	3,690
Dr Pepper, large	960	320	115
Total	1,477	1,960	3,805

Popcorn Shrimp Basket*	425	990	3,630
Sierra Mist, medium	618	210	55
Total	1,043	1,200	3,685

All Beef Chili Cheese Foot-Long Hot Dog	284	840	2,050
Fries, large	186	500	1,040
Mug Root Beer, large	962	320	130
Total	1,432	1,660	3,220

1/2 lb. Flame Thrower Grill Burger	337	1,060	1,980
Fries, large	186	500	1,040
Pepsi, large	941	320	80
Total	1,464	1,880	3,100

Grilled Chicken Wrap	85	200	450
Side Salad w/ Fat Free French Dressing	224	85	370
Orange Juice	372	170	0
Total (Low Sodium Option)	681	455	820



*Nutrition Total for Adult Basket Meals Includes Entrée and Side Item.

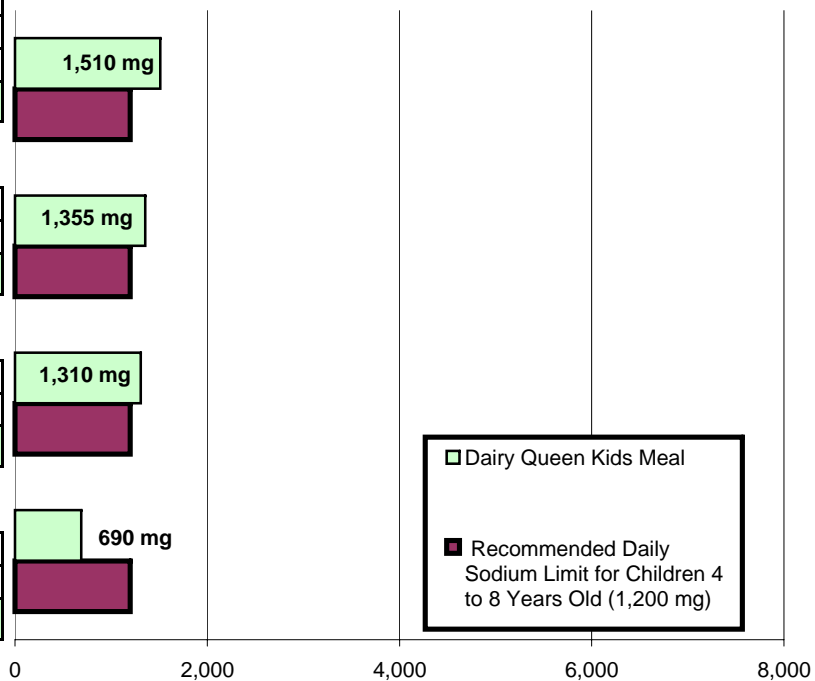
Dairy Queen Kids Meals

Meals	Grams	Calories	Sodium mg
Iron Grilled Cheese w/ French Fries*	174	510	1,410
Whole Milk	244	150	100
Total	418	660	1,510

Cheeseburger w/ French Fries*	227	590	1,290
Mug Root Beer, small	481	160	65
Total	708	750	1,355

All Beef Hot Dog w/ French Fries*	177	470	1,270
Pepsi, small	470	160	40
Total	647	630	1,310

Hamburger w/ Apple Sauce*	270	450	690
Orange Juice	372	170	0
Total (Low Sodium Option)	642	620	690



*Nutrition Total for Kid's Meals Includes Entrée and Side Item.

Denny's

Meals	Grams	Calories	Sodium mg
Double Cheeseburger	560	1,540	3,880
Onion Rings	140	520	980
Tomato Juice	280	56	680
Total	980	2,116	5,540

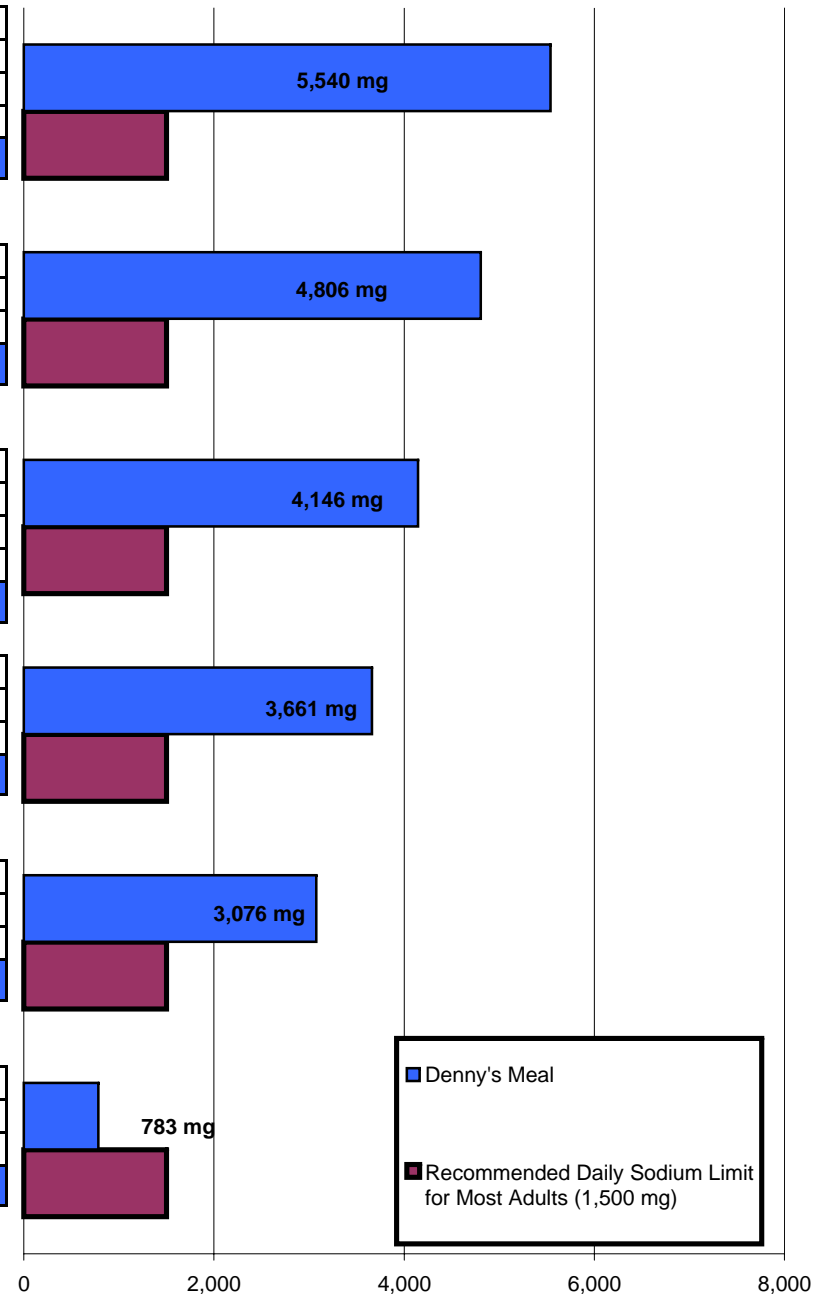
Spicy Buffalo Chicken Melt	392	940	3,870
Vegetable Rice Pilaf	140	200	820
2% milk	280	141	116
Total	812	1,281	4,806

Country Fried Steak*	367	1,000	2,580
Coleslaw	140	260	520
Onion Rings	140	520	980
Coca Cola	448	198	66
Total	1,095	1,978	4,146

Chicken Ranch Melt	336	920	2,800
Vegetable Rice Pilaf	140	200	820
Ruby Red Grapefruit Juice	280	164	41
Total	756	1,284	3,661

Meatloaf Dinner*	312	880	2,450
Country Fried Potatoes	140	390	560
Coca Cola	448	198	66
Total	900	1,468	3,076

Grilled Chicken Salad Deluxe	476	970	770
Apple Sauce, Musselman's	112	80	13
Cranberry Juice	280	162	0
Total (Low Sodium Option)	868	1,212	783



*This entrée comes with 2 sides.

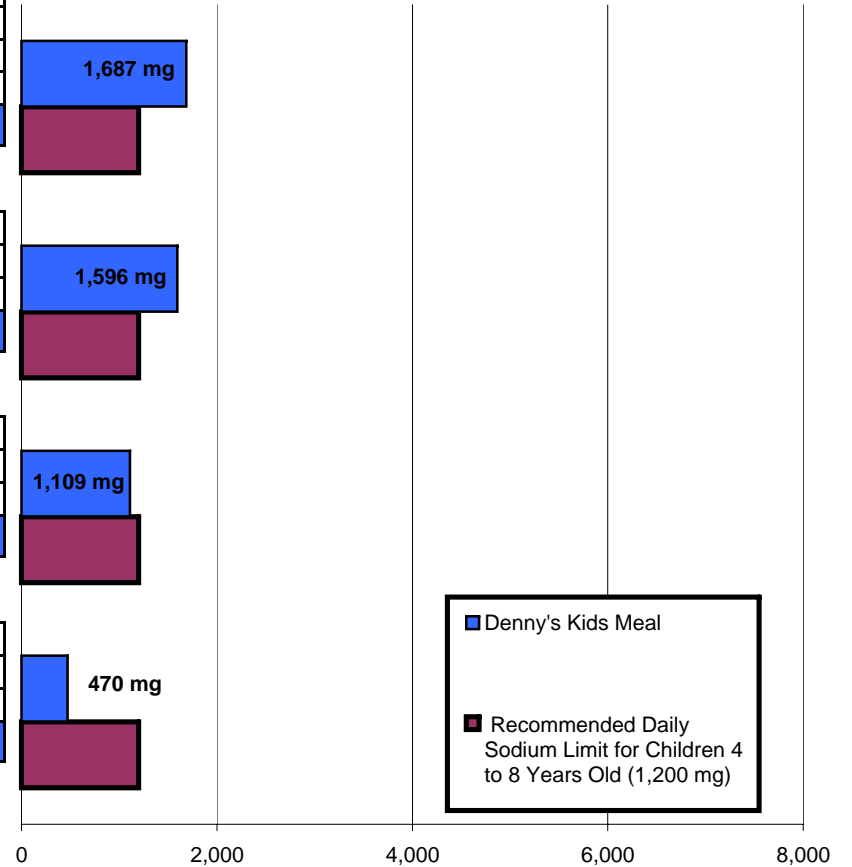
Denny's Kids Meals

Meals	Grams	Calories	Sodium mg
Little Dipper Sampler (w/o Marinara Sauce)	168	420	1,200
Ranch Dressing	28	129	189
Goldfish Galaxy Side	28	140	260
Lemonade	448	150	38
Total	672	839	1,687

Chicken Nuggets w/ BBQ sauce	32	290	830
Mashed Potato w/ Gravy	140	140	650
2% Milk	280	141	116
Total	452	571	1,596

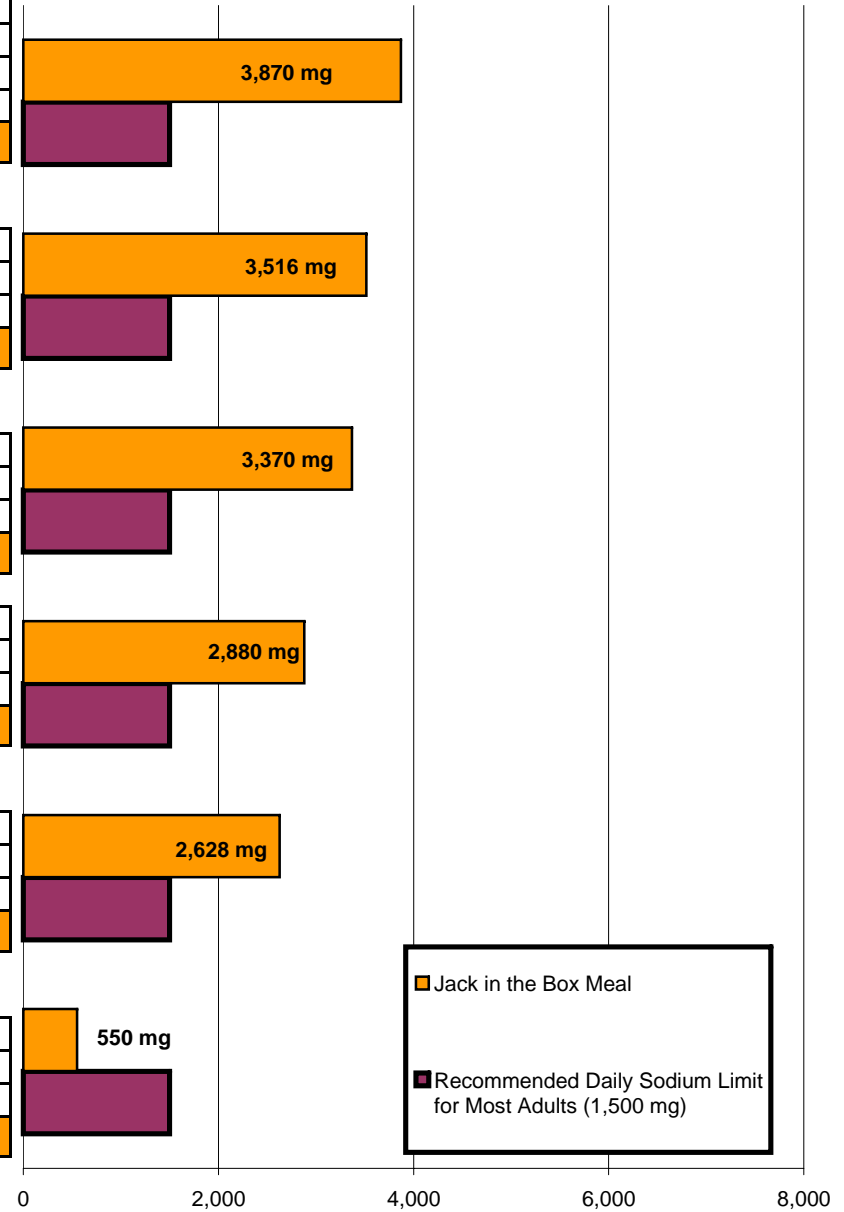
Macaroni & Cheese	196	340	830
Deep Space French Fries	140	450	250
Apple Juice	280	141	29
Total	616	931	1,109

Flying Saucer Pizza	112	320	470
Anti-Gravity Grapes	84	55	0
Cranberry Juice	280	162	0
Total (Low Sodium Option)	476	537	470



Jack in the Box

Meals	Grams	Calories	Sodium mg
Sirloin Swiss, Grilled Onions Burger, Bacon	392	990	2,230
Seasoned Curly Fries, large	170	570	1,260
Pomegranate Berry Fruit Smoothie	672	430	380
Total	1,234	1,990	3,870



Sirloin Cheeseburger w/ Bacon	392	1,010	2,270
Natural Cut Fries, large	229	620	1,150
Iced Coffee, Original	672	155	96
Total	1,293	1,785	3,516

Bacon Ultimate Cheeseburger	315	980	1,880
Seasoned Curly Fries, large	170	570	1,260
Chocolate Low Fat Milk Chug	224	200	230
Total	709	1,750	3,370

Fish & Chips, large	52	963	1,894
Natural Cut Fries, medium	169	460	850
Dr Pepper, medium	896	363	136
Total	1,117	1,786	2,880

Sirloin Swiss & Grilled Onion Burger	380	930	1,880
Stuffed Jalapenos (3)	72	230	690
Barq's Root Beer, medium	896	284	58
Total	1,348	1,444	2,628

Hamburger	109	280	540
Fruit Cup	116	50	10
Dannon Spring Water	500	0	0
Total (Low Sodium Option)	725	330	550

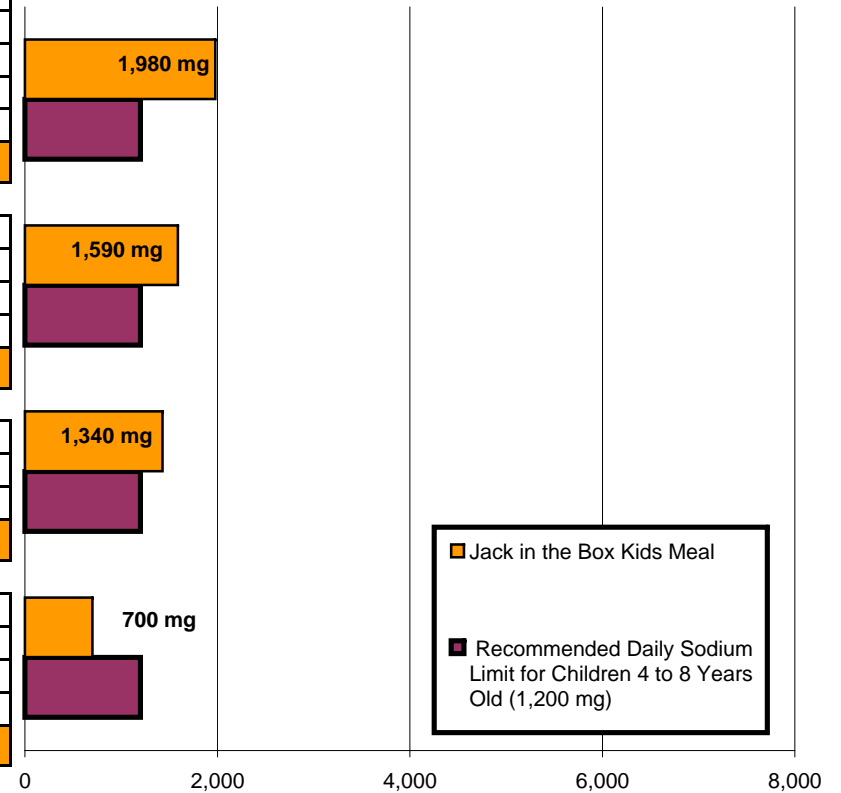
Jack in the Box Kids Meals

Meals	Grams	Calories	Sodium mg
Chicken Strips Grilled (2)	100	250	630
Franks Hot Buffalo Sauce	28	10	840
Fries	77	210	380
Chocolate Milk, 1%	224	200	130
Total	429	670	1,980

Chicken Strips Crispy (2)	100	250	630
Teriyaki Dipping Sauce	28	60	530
Fries	77	210	380
Dr Pepper, small	560	150	50
Total	765	670	1,590

Hamburger w/ Cheese	118	320	730
Fries	77	210	380
Chocolate Milk, 1%	224	200	230
Total	419	730	1,340

Cheeseburger	106	280	540
Sweet & Sour Sauce	28	45	160
Applesauce	113	100	0
Dannon Spring Water	500	0	0
Total (Low Sodium Option)	747	425	700



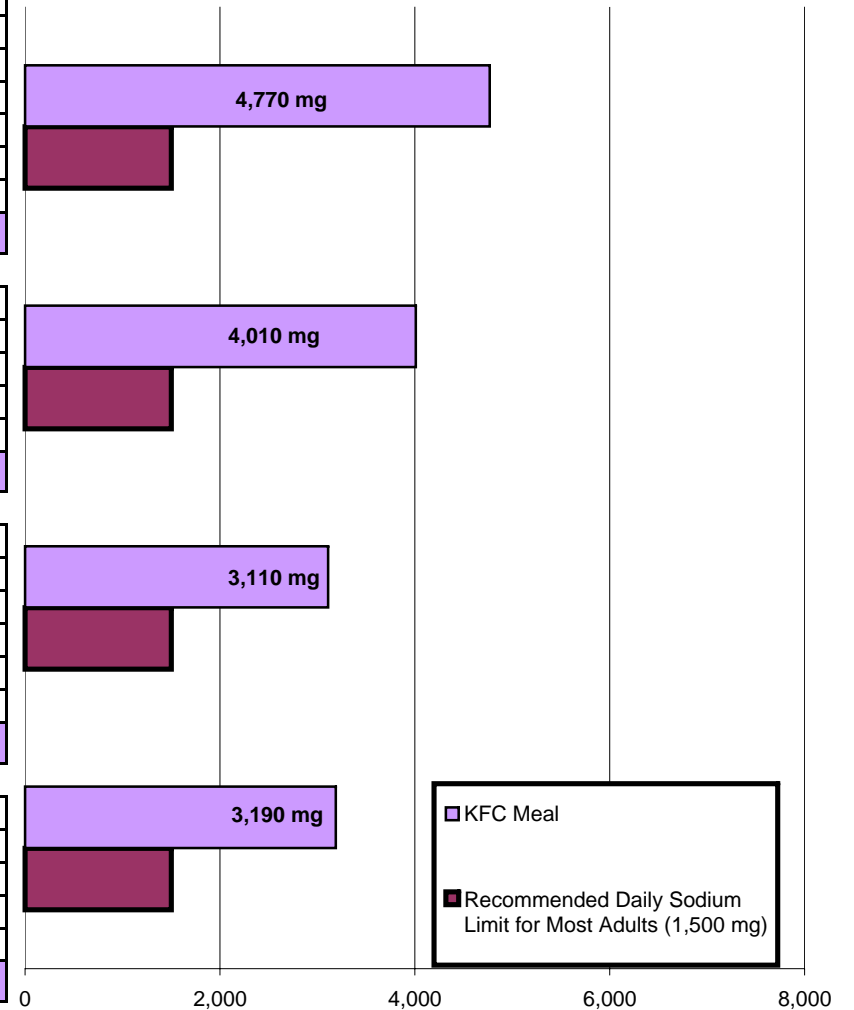
KFC

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

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	180	530
Mashed Potatoes w/ Gravy	153	130	550
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

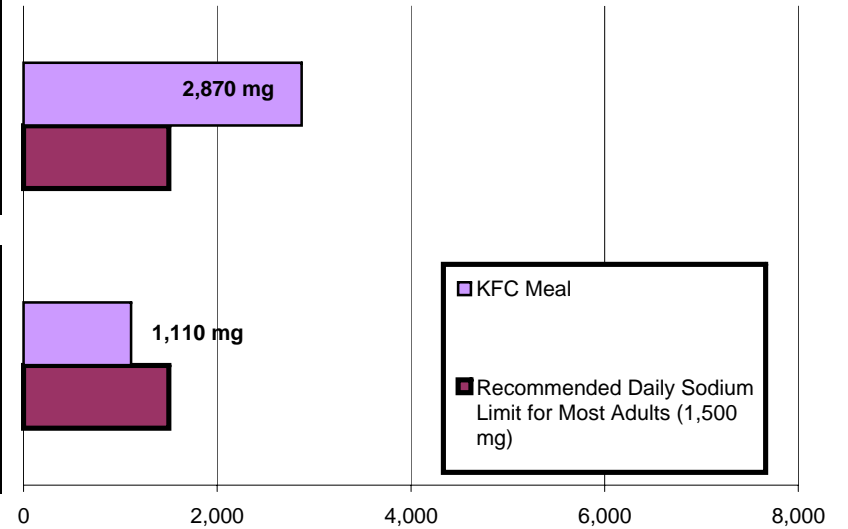


*This entree comes with 2 sides.

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



*This entree comes with 2 sides.

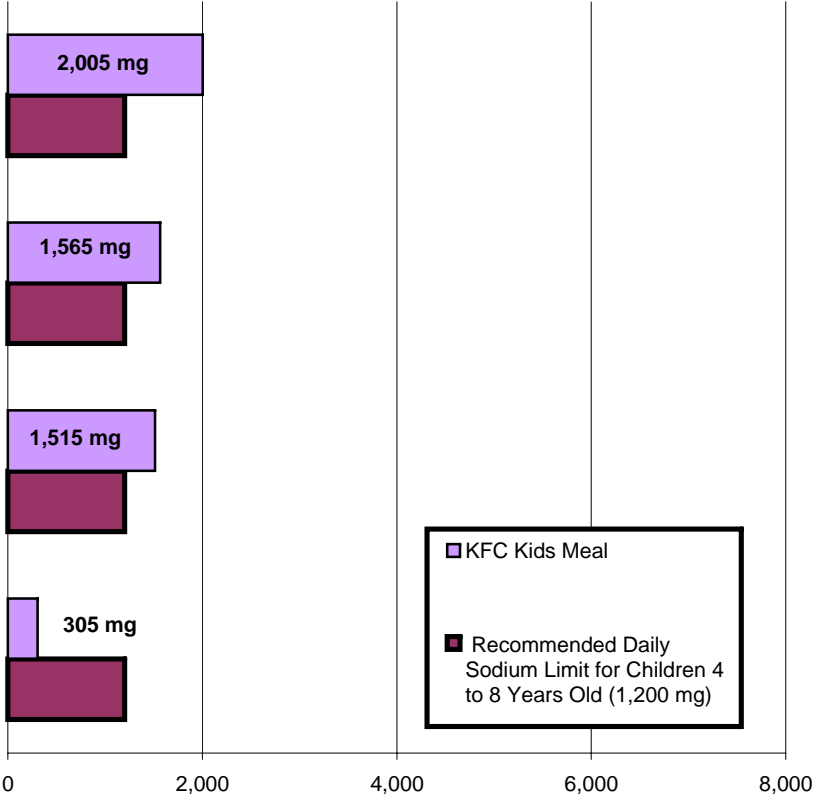
KFC Kids Meals

Meals	Grams	Calories	Sodium mg
Popcorn Chicken	85	290	850
Mac and Cheese	136	180	880
Milk 2%	280	170	180
Teddy Grahams	21	90	95
Total	522	730	2,005

Crispy Strips (3)	146	380	720
Potato Wedges	102	260	740
Mott's Apple Juice	182	100	10
Teddy Grahams	21	90	95
Total	451	830	1,565

Extra Crispy Drumstick	60	150	360
Mac and Cheese	136	180	880
Milk 2%	280	170	180
Teddy Grahams	21	90	95
Total	497	590	1,515

Grilled Drumstick	39	70	200
Corn on the Cob 3"	71	70	0
Mott's Apple Juice	182	100	10
Teddy Grahams	21	90	95
Total (Low Sodium Option)	313	330	305



McDonald's

Meals	Grams	Calories	Sodium mg
Selects Breast Strips (5pc)	219	660	1,680
Spicy Buffalo Dipping Sauce	43	70	960
Side Salad w/ Balsamic Dressing	185	60	730
Powerade Mountain Blast, large	896	220	190
Total	1,343	1,010	3,560

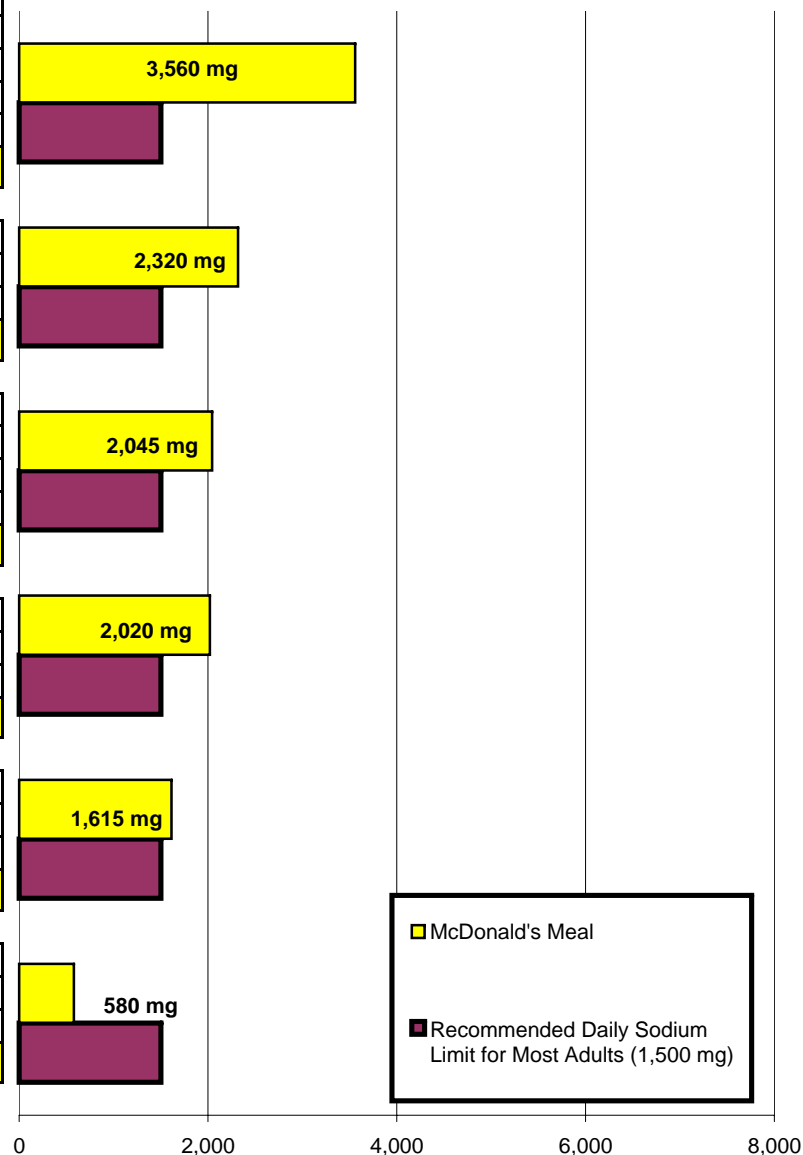
Grilled Chicken Ranch BLT	237	470	1,500
Side Salad w/ Italian Dressing	131	80	740
Sprite, large	896	310	80
Total	1,264	860	2,320

Caesar Salad w/ Grilled Chicken & Dressing	360	410	1,390
French Fries, large	154	500	350
Ketchup Packet (2)	20	30	220
Iced Coffee, Hazelnut, large	121	270	85
Total	655	1,210	2,045

Bacon Ranch Salad w/ Grilled Chicken	370	260	1,540
French Fries, large	154	500	350
Powerade Mountain Blast, medium	588	150	130
Total	1,112	910	2,020

Southwest Salad w/ Grilled Chicken	399	420	1,300
French Fries, medium	117	380	270
Diet Coke, large	896	0	45
Total	1,412	800	1,615

Hamburger	100	250	520
Fruit & Walnut Salad & Yogurt	163	50	60
Dasani Water	476	0	0
Total (Low Sodium Option)	739	300	580



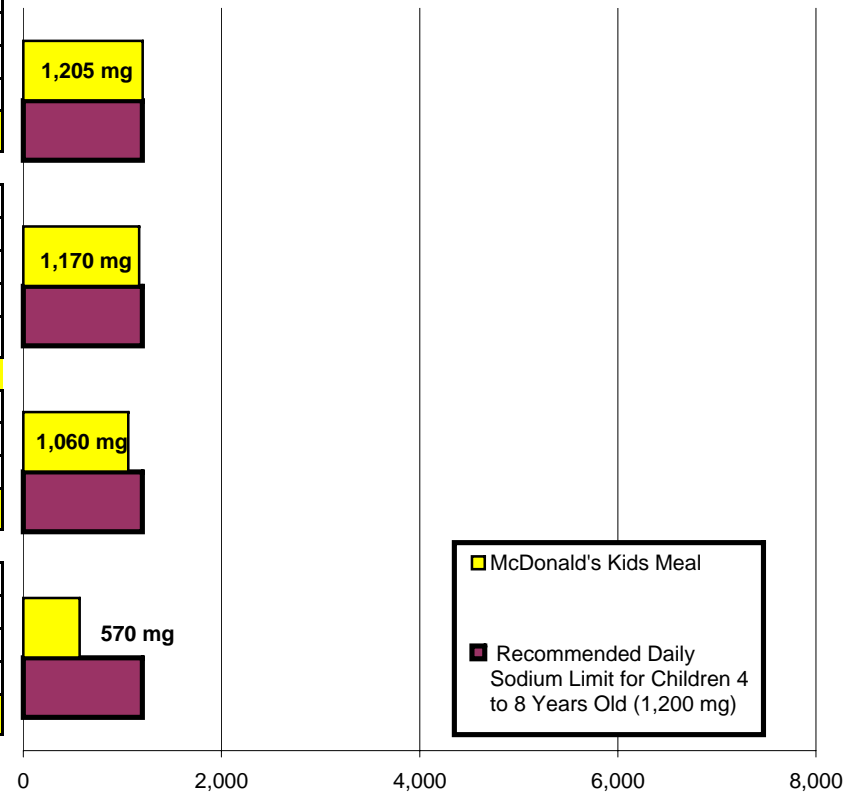
McDonald's Kids Meals

Meals	Grams	Calories	Sodium mg
McDouble	151	390	920
French Fries, small	71	230	160
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
Chocolate Milk, 1%	236	170	150
Total	445	610	1,170

Cheeseburger	114	300	750
French Fries, small	71	230	160
Chocolate Milk, 1%	236	170	150
Total	421	700	1,060

Hamburger	100	250	520
Apple Dippers	68	35	0
Caramel Sauce	21	70	35
Apple Juice Box	84	90	15
Total (Low Sodium Option)	273	445	570



Olive Garden

Meals	Grams	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
Coca Cola	n/a	99	6
Total	n/a	2,049	6,176

1 Breadstick*	n/a	150	350
Chicken Parmigiana	n/a	1,090	3,380
Garden Fresh Salad w/ House Dressing	n/a	350	1,990
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
Sprite	n/a	97	22
Total (w/o comp. breadstick)	n/a	1,717	5,112

1 Breadstick*	n/a	150	350
Grilled Shrimp Capreses	n/a	900	3,490
Chicken & Gnocchi Soup	n/a	250	1,180
Dr Pepper	n/a	100	35
Total	n/a	1,400	5,055

1 Breadstick*	n/a	150	350
Chicken & Shrimp Carbonara	n/a	1,440	3,000
Zuppa Toscana	n/a	170	950
Dr Pepper	n/a	100	35
Total	n/a	1,860	4,335

1 Breadstick*	n/a	150	350
Herb Grilled Salmon	n/a	510	760
Pasta e Fagioli Soup	n/a	130	730
Fresh Brewed Iced Tea	n/a	0	1
Total (Low Sodium Option)	n/a	790	1,841



*Complimentary basket of breadsticks is given to each table.

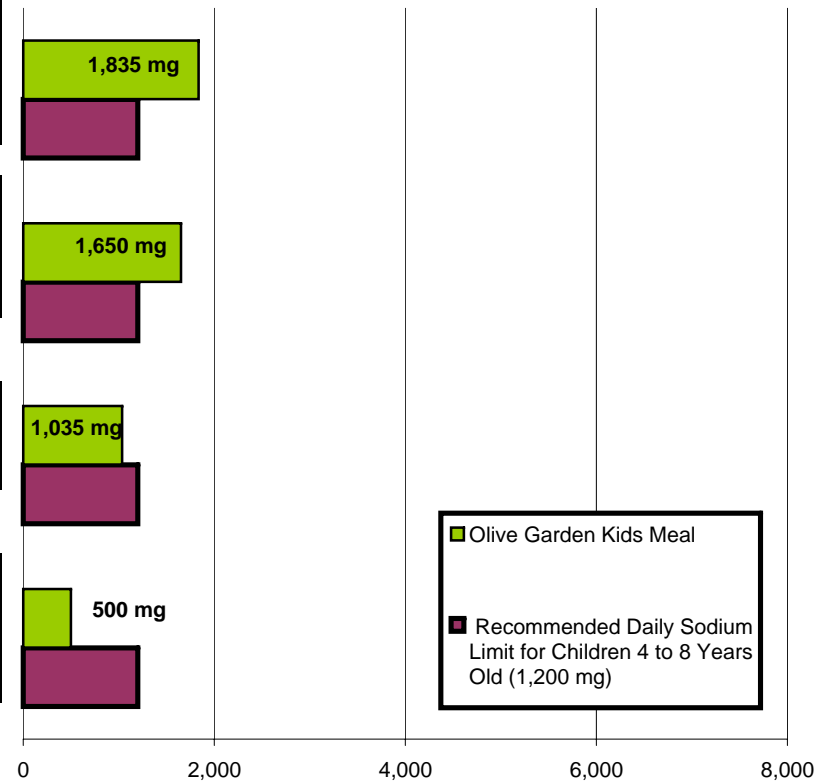
Olive Garden Kids Meals

Meals	Grams	Calories	Sodium mg
Chicken Fingers	n/a	330	940
French Fries	n/a	400	880
Raspberry Lemonade	n/a	110	15
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
Total	n/a	570	1,650

Macaroni & Cheese	n/a	340	1,000
Dr Pepper	n/a	100	35
Total (w/o breadstick)	n/a	440	1,035

Spaghetti & Tomato Sauce	n/a	250	370
2% Milk	n/a	100	130
Total (w/o breadstick) (Low Sodium Option)	n/a	350	500



*Complimentary basket of breadsticks is given to each table.

Panera

Meals	Grams	Calories	Sodium mg
1/2 Italian Combo Sandwich on Ciabatta	245	520	1,530
French Onion & Soup w/ Toppings	260	200	1,670
Baked Lay's Potato Chips	28	130	200
Strawberry Smoothie, large	602	290	230
Total	1,128	1,140	3,630

Full Italian Combo Sandwich on Ciabatta	497	1,050	3,050
Baked Lay's Potato Chips	28	130	200
Organic Chocolate Milk	224	180	160
Total	749		3,410

1/2 Bacon Turkey Bravo Sandwich	196	420	1,460
French Onion Soup w/o Toppings	224	90	1,560
Classic Lay's Potato Chips	28	160	130
Iced Chai Tea Latte	448	150	75
Total	896	820	3,225

Full Smokehouse Turkey on Three Cheese	343	790	2,640
Classic Lay's Potato Chips	28	160	130
Caramel Frozen Drink, grande	448	580	170
Total	819	1,530	2,940

Full Chipotle Chicken on Artisan French	406	900	2,570
Baked Lay's Potato Chips	28	130	200
Organic Milk	224	120	120
Total	658	1,150	2,890

Full Classic Café Salad, Balsamic Dressing	280	170	510
Apple	100	80	0
Orange Juice, small	224	110	0
Total (Low Sodium Option)	772	360	510



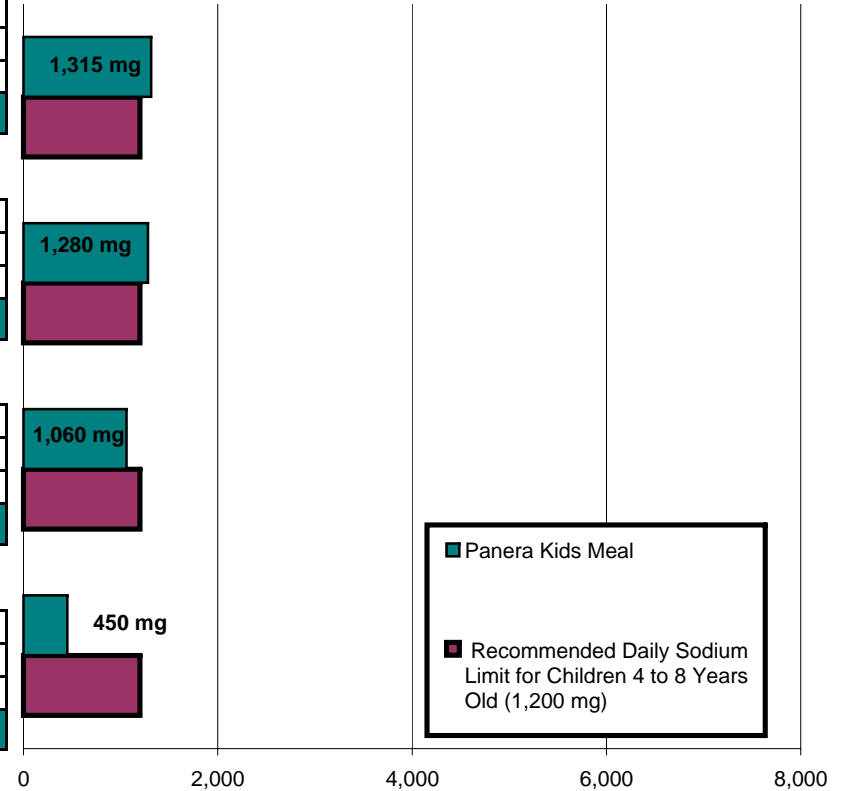
Panera Kids Meals

Meals	Grams	Calories	Sodium mg
Smoked Ham Deli Sandwich	140	310	1,250
Organic Yogurt	56	70	40
Apple Juice	224	120	25
Total	420	500	1,315

Smoked Turkey Sandwich	140	310	1,160
Apple	100	80	0
Organic Milk	224	120	120
Total	464	510	1,280

Grilled Cheese Sandwich	105	310	900
Apple	100	80	0
Organic Chocolate Milk	224	180	160
Total	429	570	1,060

Peanut Butter & Jelly Sandwich	126	410	410
Organic Yogurt	56	70	40
Orange Juice, small	224	110	0
Total (Low Sodium Option)	406	590	450



Pizza Hut

Meals	Grams	Calories	Sodium mg
Meaty P'Zone Pizza	536	1,480	3,680
1 Breadstick	47	140	240
Mountain Dew, large	896	440	140
Total	1,479	2,060	4,060

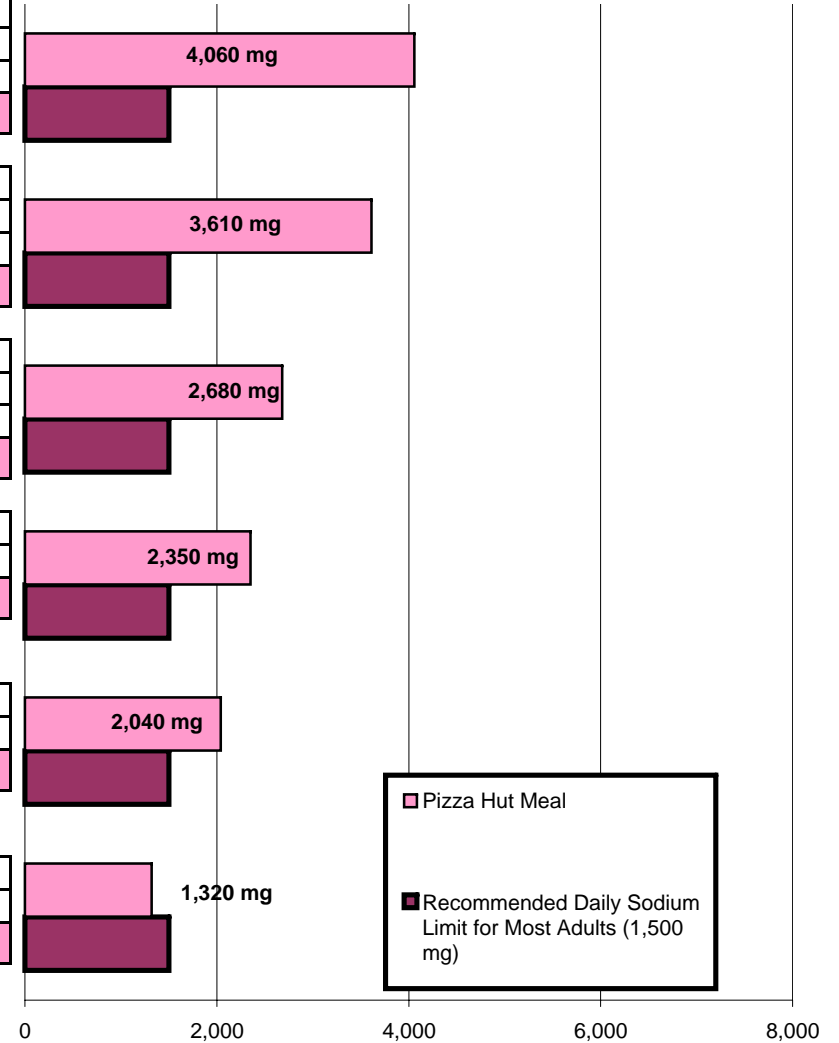
All Natural Pepperoni P'Zone Pizza	470	1,260	3,160
1 Cheese Breadstick	63	180	370
Sierra Mist, large	896	400	80
Total	1,429	1,840	3,610

2 Large Meat Lover's Pan Pizza Slices	336	940	2,340
1 Breadstick	47	140	240
Mountain Dew, medium	616	300	100
Total	999	1,380	2,680

Meat Lovers 6" Personal Pan Pizza	322	480	2,250
Pepsi, medium	896	400	100
Total	1,218	880	2,350

2 Large Supreme Hand Tossed Pizza Slices	332	760	1,940
Diet Pepsi, medium	616	0	100
Total	948	760	2,040

Veggie Lovers 6" Personal Pan Pizza	280	580	1,280
Sierra Mist, small	448	100	40
Total (Low Sodium Option)	728	680	1,320



*Pizza Hut does not offer any special kids meals.

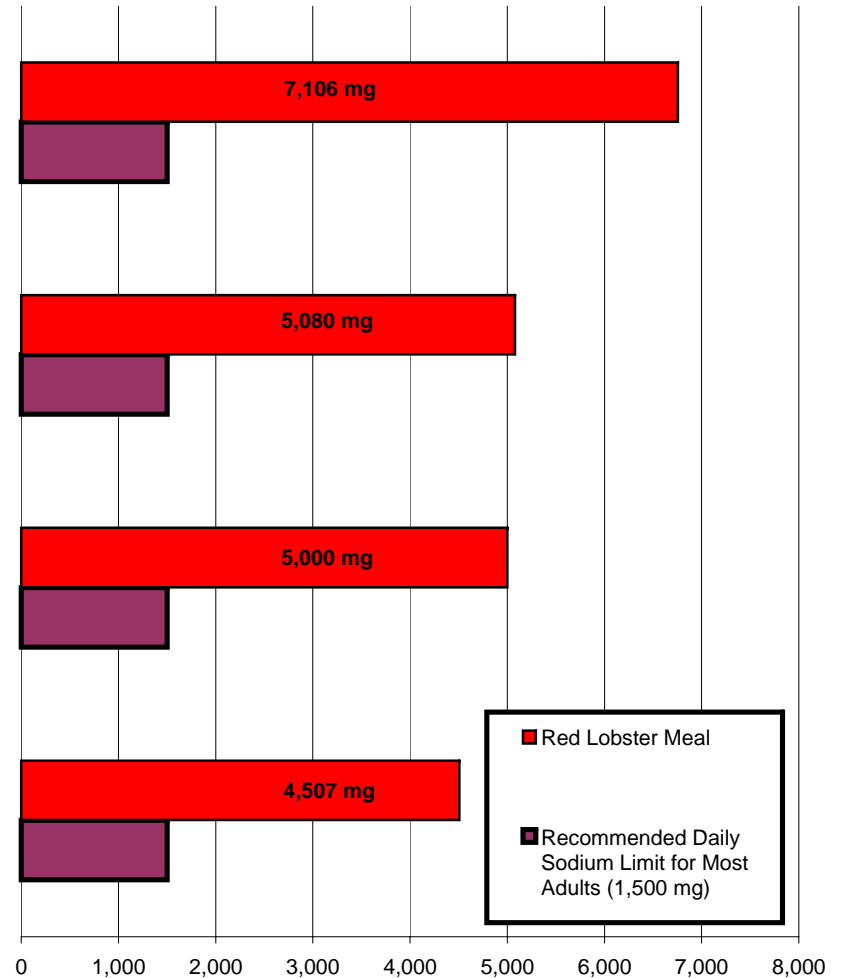
Red Lobster

Meals	Grams	Calories	Sodium mg
1 Cheddar Bay Biscuit*	n/a	150	350
Admiral's Feast**	n/a	1,506	4,662
Caesar Salad w/ Caesar Dressing	n/a	470	930
Creamy Lobster Topped Mashed Potato	n/a	360	1,110
Minute Maid Light Lemonade	n/a	3	54
Total	n/a	2,339	7,106

1 Cheddar Bay Biscuit*	n/a	150	350
Seaside Shrimp Trio Entrée**	n/a	1,030	3,490
Garden Salad w/ Fat Free Ranch dressing	n/a	130	445
Creamy Lobster Topped Baked Potato	n/a	370	1,110
Dr Pepper	n/a	150	35
Total	n/a	1,680	5,080

1 Cheddar Bay Biscuit*	n/a	150	350
North Pacific King Crab Legs**	n/a	390	3,570
Garden Salad w/ French Dressing	n/a	210	405
Baked Potato w/ Butter, Sour Cream	n/a	310	990
Coke	n/a	105	35
Total	n/a	1,015	5,000

1 Cheddar Bay Biscuit*	n/a	150	350
Fried Oysters	n/a	590	1,100
Fried Crawfish	n/a	755	1,395
Garlic Shrimp Scampi	n/a	195	1,035
Caesar Salad w/ Caesar Dressing	n/a	290	930
Sprite	n/a	98	47
Total (Create Your Own Feast: pick 3 options*)	n/a	1,928	4,507



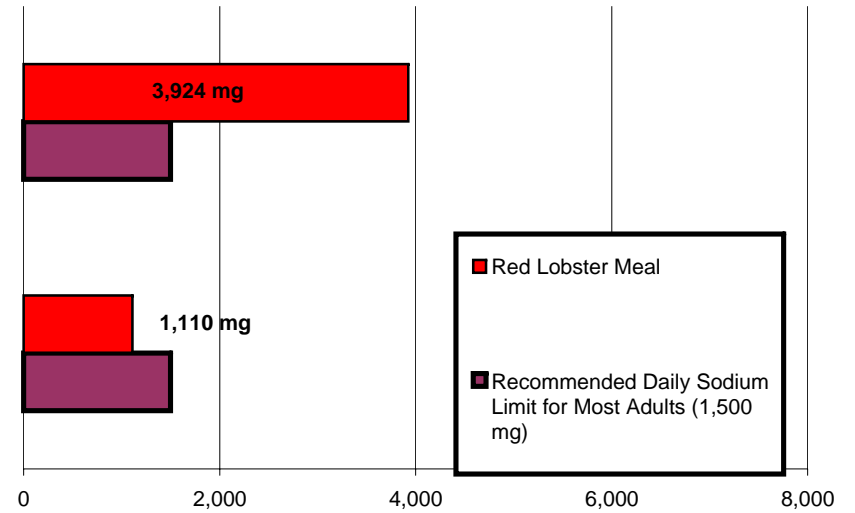
*Complimentary basket of Cheddar Bay Biscuits is given to each table; Kids Meals come with a Cheddar Bay Biscuit.

**This entree comes with 2 sides.

Red Lobster Continued

Meals	Grams	Calories	Sodium mg
Fried Shrimp	n/a	190	1,010
Coconut Shrimp Bites	n/a	290	830
Shrimp Scampi	n/a	130	690
Coleslaw	n/a	200	250
Fries	n/a	330	740
1 Cheddar Bay Biscuit*	n/a	150	350
Minute Maid Light Lemonade	n/a	178	54
Total (shrimp your way: pick 3 options*)	n/a	1,468	3,924

Rock Lobster Tail**	n/a	90	300
Coleslaw	n/a	200	250
Fresh Broccoli	n/a	45	200
1 Cheddar Bay Biscuit*	n/a	150	350
Boston Iced Tea	n/a	50	10
Total (Low Sodium Option)	n/a	535	1,110



*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.

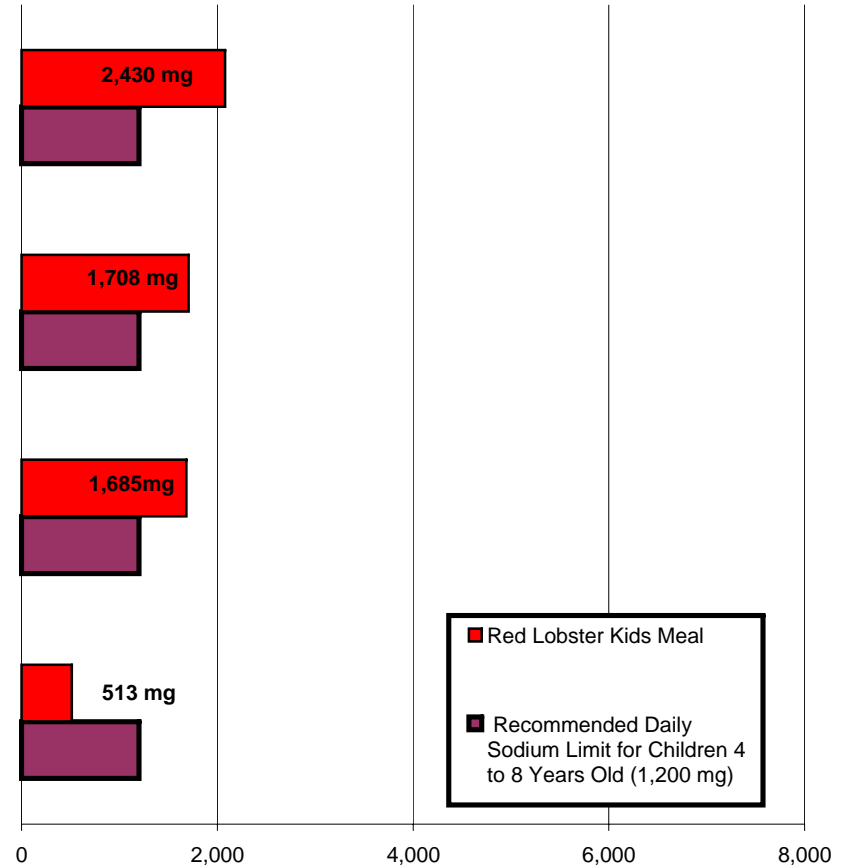
Red Lobster Kids Meals

Meals	Grams	Calories	Sodium mg
1 Cheddar Bay Biscuit*	n/a	150	350
Chicken Fingers	n/a	414	1,320
Fries	n/a	330	740
Raspberry Lemonade	n/a	178	20
Total	n/a	922	2,430

1 Cheddar Bay Biscuit*	n/a	150	350
Popcorn Shrimp	n/a	140	620
Baked Potato w/ Butter, Sour Cream	n/a	310	990
Milk	n/a	146	98
Total	n/a	596	1,708

1 Cheddar Bay Biscuit*	n/a	150	350
Snow Crab Legs	n/a	80	950
Wild Rice Pilaf	n/a	180	650
Berry Strawberry Banana Smoothie	n/a	340	85
Total	n/a	600	1,685

1 Cheddar Bay Biscuit*	n/a	150	350
Broiled Fish	n/a	150	150
Salad w/ Honey Mustard Dressing	n/a	190	265
Milk	n/a	146	98
Total (Low Sodium Option)	n/a	486	513



*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
Powerade Mountain Blast, large	668	180	150
Total	964	1,105	2,830

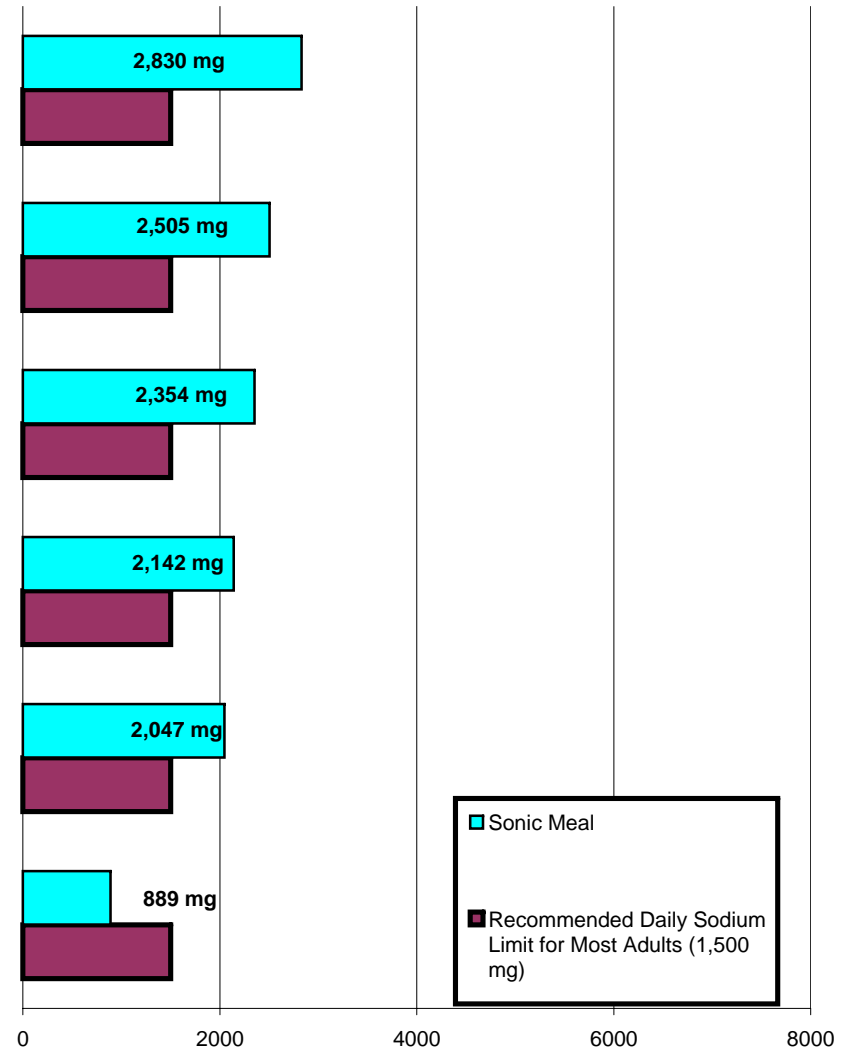
Extra Long Chili Cheese Coney	237	660	1,856
Tater Tots, medium	84	243	527
Powerade Mtn. Blast Slush, large	898	454	122
Total	1,219	1,357	2,505

Grilled Chicken Wrap	253	382	1,444
Tater Tots, large	126	365	790
Strawberry Banana Smoothie, large	597	870	120
Total	976	1,617	2,354

Chicken Club Toaster Sandwich	257	742	1,742
French Fries, medium	92	265	355
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
Powerade Mountain Blast, medium	561	286	95
Total	902	1,336	2,047

Corn Dog	74	215	528
French Fries, medium	75	265	355
Minute Maid Light Lemonade, small	341	7	6
Total (Low Sodium Option)	490	487	889



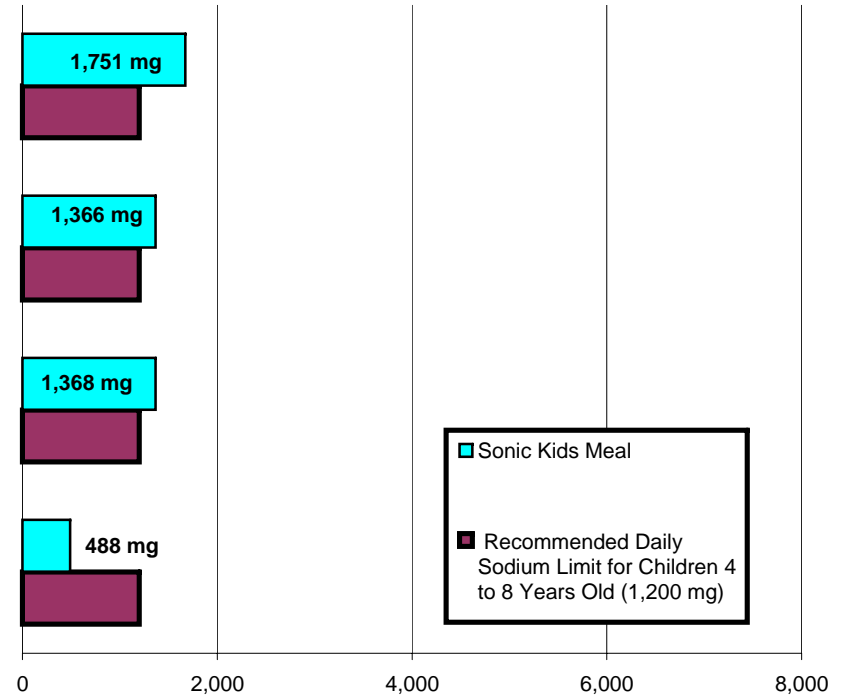
Sonic Kids Meals

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

Meals	Grams	Calories	Sodium mg
Double Italian BMT Sub	306	630	2,850
Doritos Diablo	33	150	310
Sprite	448	194	30
Total	787	974	3,190

Footlong Turkey Breast & Ham Sandwich	467	580	2,420
Doritos, Diablo	33	150	310
Sprite	448	194	30
Total	948	924	2,760

Footlong Ham Sandwich	448	570	2,520
Lay's Classic Potato Chips	28	150	180
Diet Coke	448	1	15
Total	929	721	2,715

Double Subway Melt Sub	330	490	2,500
Lay's Classic Potato Chips	28	150	180
Sprite	448	194	30
Total	811	834	2,710

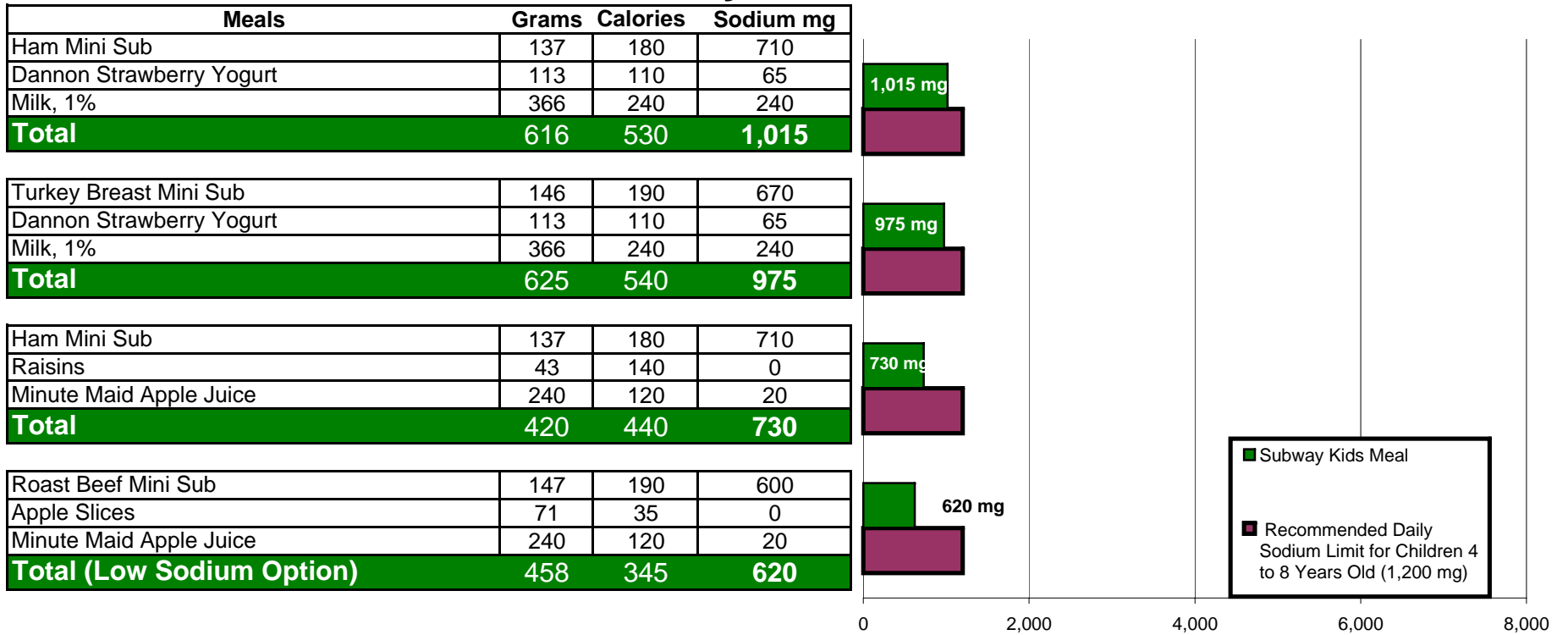
Double Meatball Marinara Sub	575	860	2,480
Lay's Classic Potato Chips	28	150	180
Diet Coke	448	1	15
Total	1,056	1,011	2,675

Veggie Delite 6" Sandwich	167	230	500
Apple Slices	71	35	0
Coke	448	198	0
Total (Low Sodium Option)	686	463	500



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

Meals	Grams	Calories	Sodium mg
Grilled Stuff Burrito Chicken	325	640	2,190
Cheesy Fiesta Potatoes	135	270	830
Tropicana Pink Lemonade, large	1,176	525	550
Total	1,636	1,435	3,570

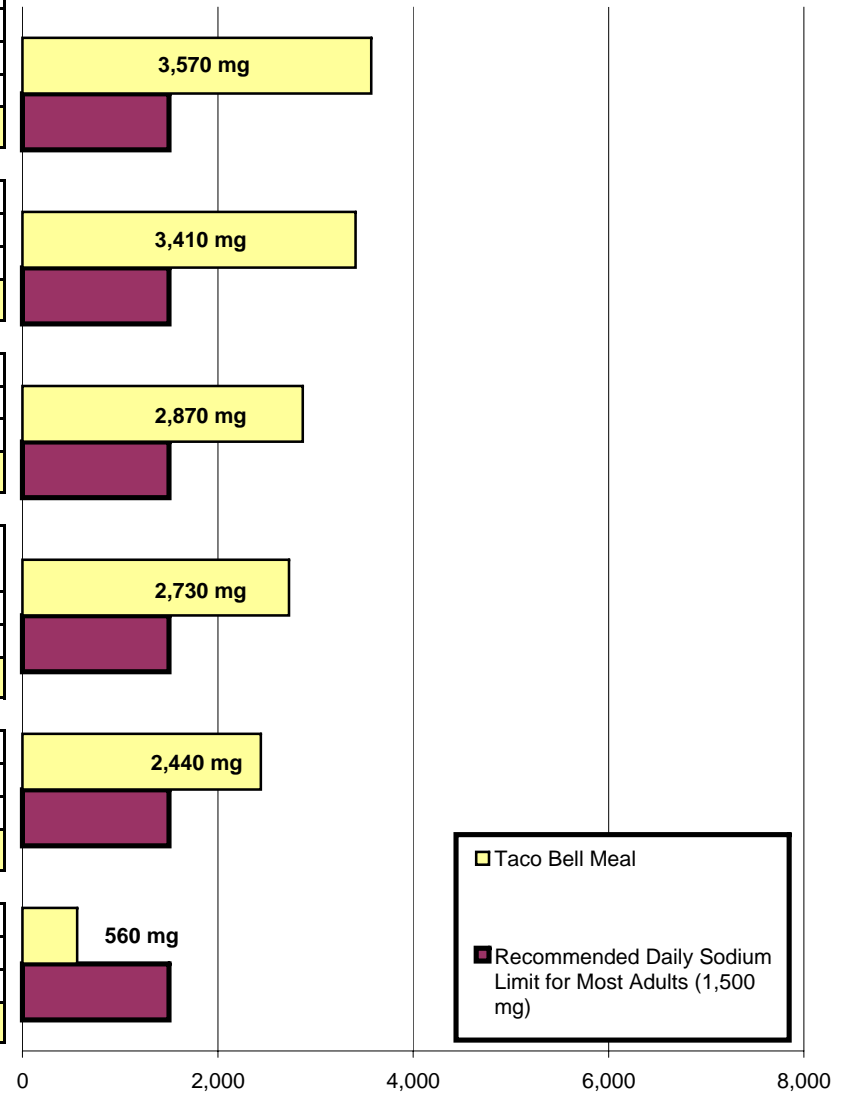
Southwest Steak Border Bowl	439	620	2,170
Nachos Supreme	191	440	820
Tropicana Pink Lemonade, medium	560	400	420
Total	1,190	1,460	3,410

Grilled Stuff Burrito Steak	325	690	1,960
Pintos 'n Cheese	128	180	730
Mountain Dew, large	1,176	580	180
Total	1,629	1,450	2,870

Chicken Fiesta Taco Salad w/ Salsa and Sour Cream	630	800	2,070
Nachos	99	330	520
Dr Pepper, medium	896	400	140
Total	1,625	1,530	2,730

Chicken Border Bowl w/ Zesty Dressing	397	660	1,850
Cheese Roll-up	64	200	490
Diet Pepsi, medium	896	0	100
Total	1,357	860	2,440

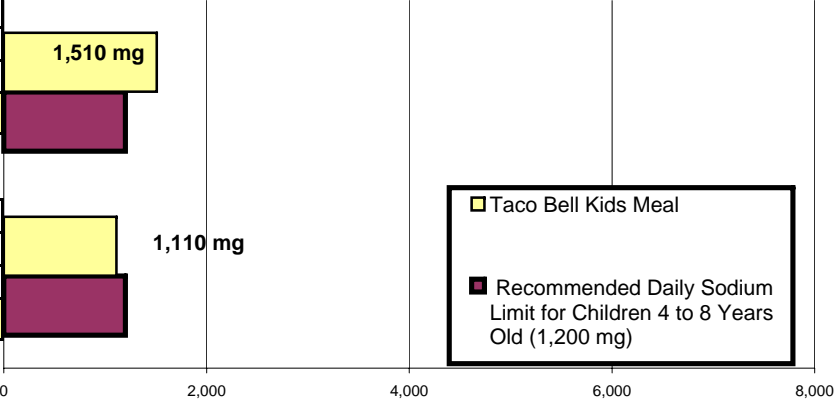
Crunchy Taco	78	150	350
Cinnamon Twists	35	170	200
Mango Strawberry Frutista Freeze	479	250	10
Total (Low Sodium Option)	592	570	560



Taco Bell Kids Meals

Meals	Grams	Calories	Sodium mg
Bean Burrito	198	360	1,240
Cinnamon Twists	35	170	200
Mountain Dew Baja Blast, small	448	220	70
Total	681	750	1,510

2 Tacos	156	340	700
Cinnamon Twists	35	170	200
Tropicana Pink Lemonade, small	448	200	210
Total (Low Sodium Option)	639	710	1,110



*Taco Bell only has 2 Kids Meals options.

Wendy's

Meals	Grams	Calories	Sodium mg
Triple Cheeseburger w/ Everything & Cheese	410	960	2,010
Small Chili	340	190	830
Chocolate Fudge Frosty Shake, Large	452	540	370
Total	1,202	1,690	3,210

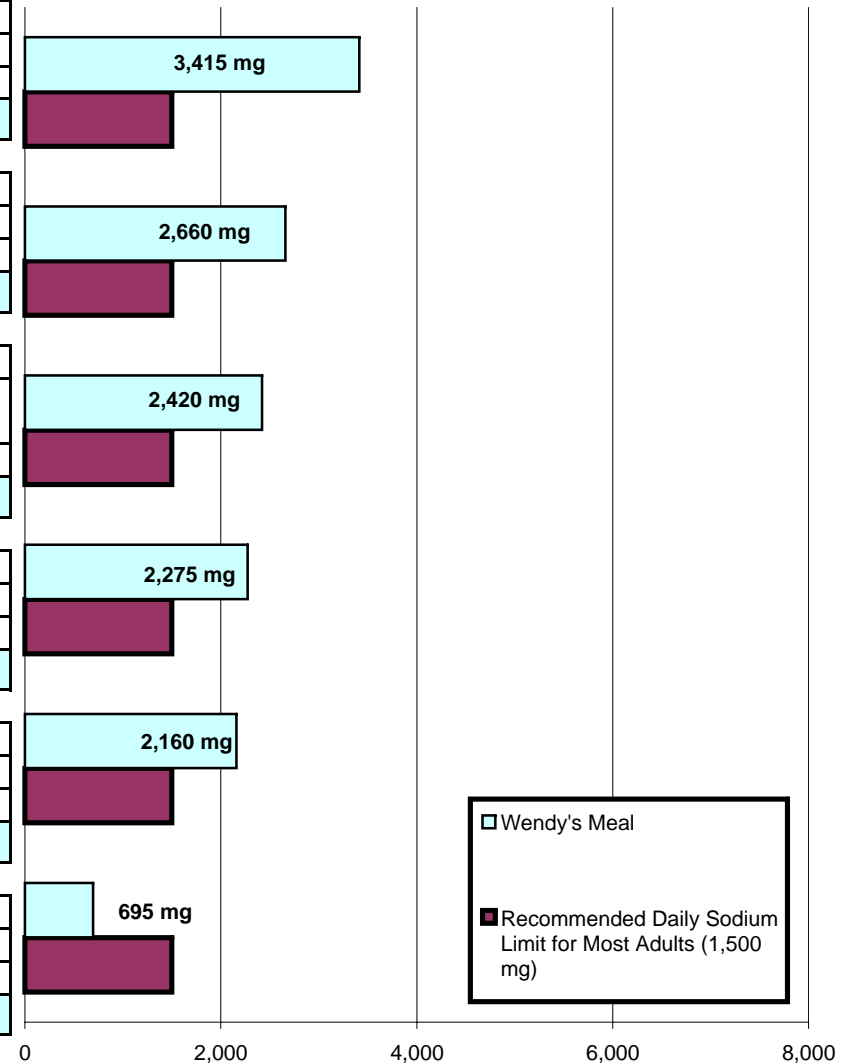
Southwest Taco Salad, Chipotle Dressing	520	645	1,565
Small Chili	340	190	830
Barq's Root Beer, large	681	300	60
Total	1,428	1,135	2,455

Baconator	276	830	1,880
Caesar Side Salad w/ Caesar Dressing & Croutons	142	260	495
Sprite, medium	507	200	45
Total	1,095	1,290	2,420

Chicken BLT Salad	417	790	1,735
French Fries, large	184	550	480
Dr Pepper, large	624	250	60
Total	1,266	1,590	2,275

Double Cheeseburger w/ Everything	318	700	1,440
French Fries, large	184	550	480
Vanilla Frosty, medium	298	410	240
Total	880	1,660	2,160

Crispy Chicken Sandwich	142g	330	680
Mandarin Orange Cup	142	80	15
Dasani Water	479	0	0
Total	763	410	695



Wendy's Kids Combos

Meals	Grams	Calories	Sodium mg
Cheeseburger	103	260	690
French Fries	71	210	180
Low Fat Chocolate Milk	244	130	160
Total	418	600	1,030

Cheeseburger	103	260	690
French Fries	71	210	180
Jr. Chocolate Frosty	113	160	75
Total	287	630	945

Chicken Nuggets, 4 pc	60	190	420
Honey Mustard Dipping Sauce	29	130	220
French Fries	71	210	180
Low Fat Milk	244	130	120
Total	404	660	940

Hamburger	98	220	490
Mandarin Orange Cup	142	80	15
Strawberry Fanta	204	150	0
Total	444	450	505

