

Restaurant Meals: How Many Calories (Twinkies®) Are You Eating?

Would you eat an entire plate full of Twinkies? What you may not realize is that many restaurant meals have as many calories as a plate piled high with these golden treats. You might find it shocking that you would have to run more than half a marathon just to burn off some of these meals.

It is important to know how many calories are in restaurant meals when eating out, so you do not end up consuming an entire days worth of calories in just one sitting.

The following information may surprise you. It will show you:

- The number of Twinkies you would need to eat to match the calories in the restaurant item*
- The number of miles you would need to run to burn the calories off†

Baskin Robbins®

Chocolate chip cookie dough shake, large (32 ounces)

1690 calories, 72 grams (g) of fat, 46 g of saturated fat=11 Twinkies, 14.7 miles



Burger King®

Triple Whopper® With Cheese, large fries, and large Coca-Cola®

2220 calories, 110 g total fat, 38 g saturated fat=14.8 Twinkies, 19.3 miles

I hope you have good running shoes!



P.F. Chang's

Lo mein with pork

1419 calories, 72 g total fat, 12 g saturated fat=9.5 Twinkies, 12.3 miles



Starbucks®

Caffè Vanilla Venti Frappuccino® Blended Beverage (24 fluid ounces)

535 calories, 16 g total fat, 10 g saturated fat=3.5 Twinkies, 4.9 miles



Ruby Tuesday

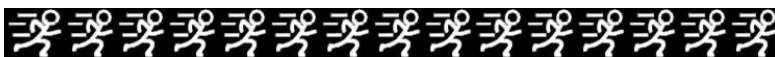
Chicken and broccoli pasta

1167 calories, 55 g total fat (saturated fat data not available)=7.7 Twinkies, 10.1 miles



Triple Prime Havarti Burger and side of fries

1665 calories, 107 g total fat (saturated fat data not available)=11.1 Twinkies, 14.5 miles



Culver's

Turtle Concrete Mixer, tall

1464 calories, 85 g total fat, 42 g saturated fat=9.8 Twinkies / 12.7 miles



Chipotle®

Chicken burrito with black beans, rice, cheese, corn salsa, cheese, and sour cream

1030 calories, 39 g total fat, 17.5 g saturated fat=6.9 Twinkies, 9.0 miles



Pizza Hut

9" Personal PANormous Pizza™, Meat Lovers®

1500 calories, 82 g total fat, 31 g saturated fat=10 Twinkies, 13.0 miles



Dairy Queen®

Hot fudge shake, large

1220 calories, 43 g total fat, 31 g saturated fat, 1.5 g *trans* fat=8.1 Twinkies, 10.6 miles



On The Border® Mexican Grill & Cantina

Dos XX Fish Tacos with creamy red chili sauce

350 calories, 152 g total fat, 31 g saturated fat=15.7 Twinkies, 20.4 miles

Throw in a margarita or two with chips and salsa before the meal, and you are running a marathon to burn off last night's dinner!



How to keep your calories under control

It is possible to enjoy a meal out and keep your calories under control. Read the following suggestions.

McDonald's

Hamburger, side salad, Newman's Own® Low Fat Balsamic Vinaigrette, apple dippers (without caramel), fruit and yogurt parfait (without granola)

530 calories, 12 g total fat, 4 g saturated fat=3.2 Twinkies, 4.1 miles

Now that is a full plate of food, for a fraction of the Twinkies!



KFC

Tender Roast® Sandwich without sauce, green beans, mashed potatoes, and gravy

445 calories, 16 g total fat, 3.5 g saturated fat= 3.1 Twinkies, 4.0 miles



More healthful choices

For more than 450 low-calorie restaurant meals, including low-sodium, heart healthy, and diabetic friendly meals, visit <http://www.500calorierestaurantmeals.com/>.

*Nutrition facts current as of June 2010.

†Number of miles run to burn off food will vary depending on body weight.

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