

Nutrition in the Fast Lane

Fast Facts About Fast Food for People with Diabetes



Lilly



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Nutrition Data Sources

Nutrition information was taken directly from restaurant websites and publicly available nutrition menus, based on the most current data available at the time of compilation in September 2025. Menu items, ingredients, and portion sizes may vary by location.

Dietary Exchange Information

Dietary exchange values are approximate — and were calculated using restaurant nutrition data and the American Diabetes Association dietary exchange system. Variations in preparation, ingredients, or portion size may affect actual nutrient values.

This booklet is provided for educational purposes only and does not constitute medical advice. Individuals should always consult a health care provider or registered dietitian before making dietary changes.

This publication was prepared by Eli Lilly and Company. **Inclusion of restaurant names and menu items does not imply endorsement by Lilly.**

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How You Can Use This Booklet

Nutrition in the Fast Lane is a resource for people with diabetes. You can use this booklet to make choices about what to eat at fast food or fast casual restaurants to help you manage your diabetes.

Nutrition — or what you eat — is a key part of managing diabetes.¹ It's important to understand how certain foods affect people with diabetes so that you can aim to make healthy choices, whether you're eating at home or in a restaurant.

The first part of the booklet contains information about diabetes and nutrition. The second part of the booklet contains nutrition information about specific menu items at popular fast food and fast casual restaurants.

Keep in mind that your diabetes care team is in the best position to give you advice about what to eat when you have diabetes. You can work with your care team to come up with a healthy eating plan that works for you and fits into your diabetes management plan. Use this booklet as a tool to help you choose foods that fit into your plan when you're eating on the go.





Why Nutrition Matters When You Have Diabetes

Understanding nutrition and aiming to make healthy food choices when you have diabetes help you protect your health and keep your blood glucose (blood sugar) levels in a your target range.

What is diabetes?

Diabetes is a chronic (long-term) disease where the body doesn't properly make or use a hormone called insulin.² There are 2 types of diabetes:

Type 1 diabetes is when the body doesn't make any (or make enough) insulin.³

Type 2 diabetes is when the body develops insulin resistance (when the body doesn't respond to insulin the way it should). At first, the body tries to make more insulin to keep blood sugar levels normal, but over time, it can't make enough.⁴

Glucose is a type of sugar that comes from food and is what gives the body energy.

Insulin is what helps your cells use the glucose in your blood and turn it into energy. When the body isn't making or using insulin properly, blood sugar levels get too high.²

A key part of diabetes management focuses on keeping the blood sugar levels in your target range. This may include monitoring your blood sugar levels, making healthy food choices, getting physical activity, and in some cases, taking medicines.⁵ Your diabetes care team will set your target blood sugar range.

What happens if my blood sugar levels are too high?

Over time, high blood sugar can cause damage throughout your body, including to your heart, nerves, eyes, and kidneys.⁶ Managing your diabetes — by taking steps to keep your blood sugar levels in your target range — can help you feel better, and lower your risk of complications, and make it easier to manage any complications you do experience.⁵

Ask your diabetes care team what a healthy blood sugar range is for you.

Tip: Watch out for low blood sugar, too.

Just like having high blood sugar can make it difficult for your body to work properly, so can having **low** blood sugar. Low blood sugar (when your blood sugar level is below 70 mg/dL) is common for many people with diabetes — especially if you use medicines like insulin.⁷ If your blood sugar gets too low, follow your diabetes care team’s instructions for raising it back into the right range.



Understanding Nutrition Information

The second part of this booklet contains nutrition information about specific menu items at popular fast food and fast casual restaurants. Here’s an example of how nutrition information about a menu item is presented:

Entrée	Dietary Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrate (g)		Protein (g)	Carb exchange	Dietary exchanges
Hamburger		9	25		480		31	13	2		1 MF Meat
sandwich only	Sat	3.5		Daily	21%	Fiber	2				0.5 Fat
250 calories	Trans	<1				Sugar	6				

How does what I eat affect my diabetes?

Different types of foods affect your blood sugar levels differently — some cause a sharper or greater rise in blood sugar levels than others.

Knowing how different foods affect your blood sugar levels helps you manage your diabetes and keep your blood sugar in your target range. And if you use medicines (like insulin) to manage diabetes, understanding how what you eat affects your blood sugar will help you know how much medicine to take, and when.⁸

This section explains what each piece of information means — and how you can use that information to choose foods while managing diabetes.

Get personalized healthy eating advice from your diabetes care team.

Each person living with diabetes has their own needs and priorities when it comes to managing their health. While there are some general nutrition principles that apply to most people with diabetes, your specific situation is unique. To help you choose the foods that support your health, have a conversation with your care team — they can give you personalized guidance on what to include or limit in your meals. They can also explain how what your food choices can affect your blood sugar.



About menu items

The menu items in this booklet give you information about a food's:

- Total calories
- Dietary fat, including saturated and trans fats
- Cholesterol
- Sodium
- Carbohydrates, including fiber and sugar
- Protein

Menu items also give each food's **carb exchange** and **dietary exchange** values. These are tools that can help people with diabetes compare different foods to one another.

While all of these pieces of information support healthy, balanced eating, understanding carbohydrates (or carbs) is especially important for people with diabetes. That's because monitoring how many carbs you consume is a key way to keep your blood sugar in your target range.

For the information about carbs, see page 17.

Let's take a closer look at each of piece of nutrition information.

Calories

Calories are a measure of how much energy food provides. The energy in food comes from 3 main types of nutrients, called carbohydrates, proteins, and fats.⁹ It's important to know that calories can come from drinks, too — including soda, coffee drinks, or alcohol.



The menu items in this booklet lists the total amount of calories in the food. In the example menu item (see page 11), the hamburger has 250 total calories.

The total amount of calories you need depends on factors like your weight and height, age, sex, physical activity, and any other health conditions you may be managing, such as obesity.¹⁰ Your diabetes care team — which may include a registered dietitian (RDN), or a Certified Diabetes Care and Education Specialist (CDCES) — can tell you how many total calories you need to eat each day.

Dietary Fat

Fat is one of the 3 main nutrients in food. Fats help give your body energy, help keep your skin and hair healthy, and help your body absorb important vitamins and minerals.¹¹ There are different types of dietary fats, including saturated fats, trans fats, and unsaturated fats.



In the menu items in this booklet, the total amount of fat is reported in grams (g).

The menu item also shows the amount of **saturated fats** (abbreviated “Sat”) and **trans fats** (abbreviated “Trans”) in grams.

Consuming too many saturated fats and trans fats can raise your risk for health problems, such as high cholesterol, heart attack, or stroke.⁶ Saturated fats come from foods like red meat, full-fat dairy, butter, and coconut oil. Trans fats come from some types of processed foods, such as crackers, cookies, chips, fried foods, or margarine.



Other types of fats, called unsaturated fats, have health benefits. Unsaturated fats come from foods like fatty fish, nuts, and seeds. They can help to lower levels of LDL (low-density lipoprotein) cholesterol (also called “harmful cholesterol”). Having high LDL cholesterol levels raise your risk of health problems, including heart disease and stroke.¹²

Most people with diabetes should try to eat a greater amount of unsaturated fats and limit how many saturated and trans fats they eat. Ask your diabetes care team — which may include an RDN or CDCES — what’s right for you and how many total grams of fat is right for you as a part of your balanced diet.



Cholesterol

Cholesterol is a waxy, fat-like substance that’s in all of your cells. It helps your body make hormones, vitamin D, and bile (a fluid that helps to digest your food).¹³ Your body already makes all the cholesterol it needs. Cholesterol in food comes from animal products, such as animal fats (such as tallow, lard, or suet), dairy products, egg yolks, and meats.



In the menu items in this booklet, the total amount of cholesterol in the food is listed in milligrams (mg).

Since your body already makes its own cholesterol, when you get too much cholesterol or saturated fat from foods, it can cause cholesterol to build up in your blood and form plaques. Plaques stick to the walls of blood vessels called arteries.¹³ If too many plaques form in your arteries, they can cut off blood flow and cause problems like a heart attack or stroke.

It’s a good idea to try to limit cholesterol as much as possible. Your diabetes care team — which may include an RDN or CDCES — can give you advice on how much is okay for you.

Sodium

Sodium is a mineral that's found in salt. Your nerves and muscles need sodium to work correctly, and sodium also helps balance the amount of fluids in the body.¹⁴



In the menu items in this booklet, the amount of sodium is listed in milligrams (mg).

Some sodium in your diet comes from adding table salt, like when you use the salt shaker at the table. But a lot of processed foods are high in sodium, too. That includes fast food, chips and crackers, and cured meats (like bacon or ham).

Most people in the United States eat too much sodium. When sodium builds up in the body, it can cause health problems such as high blood pressure.¹⁴

People with diabetes should generally aim for less than 2,300 milligrams of sodium per day.^{1,14} Some experts recommend less than 2,000 milligrams as a goal.¹⁵ Limiting sodium in your diet is an important part of a healthy eating plan.

Carbohydrates

Carbohydrates or **carbs**

are your body's main source of energy.¹⁶ They're 1 of the 3 main types of nutrients (which also include fats and proteins). Carbs get broken down into glucose (a type of sugar) — so being mindful of how many carbs you eat is very important when managing diabetes.



There are 3 main types of carbs — sugars, starches, and fiber:¹⁶

- **Sugars** are simple carbs that the body can break down easily. Sugars are often added to foods like candy, baked goods, and soda. They're also found naturally in fruits, vegetables, and milk.
- **Starches** are complex carbs that take the body longer to break down than sugars. They're found in foods like breads, cereals, and pasta — and in certain vegetables, including potatoes and corn. Whole grains — like whole wheat pasta and bread or brown rice — take longer to break down than refined starches, like white bread or pasta or white rice.

- **Fiber** is another type of complex carb. Your body can't break down most types of fiber, so eating foods that are high in fiber can help you feel fuller. Fiber is also good for digestive health. Foods with a lot of fiber include many plants, like fruits, vegetables, nuts, beans, and whole grains.



Tip: If you take mealtime insulin, be mindful of your carbs.

For people with diabetes who take insulin with meals, knowing how many carbs you're eating can help you know how much insulin to give yourself. If you take too much insulin for the amount of carbs you eat, your blood sugar could drop too low — or, if you don't take enough insulin, your blood sugar might be too high. The dose of mealtime insulin you need is directly affected by how many carbs you consume.¹

The menu items in this booklist list the food item's total carbs in grams (g). They also list the total grams of **fiber** and **sugar**. In the example menu item (see page 11), the hamburger has 31 grams of carbs in total. Of those 31 grams of carbs, 2 grams are fiber, and 6 grams are sugars.

Understanding carbs is important for eating healthy and managing diabetes. Complex carbs, like starches and fiber, are broken down by the body into sugar more slowly and can have a lower impact on your blood sugar levels. On the other hand, simple carbs, like sugars, are broken down very quickly and can cause your blood sugar level to spike.¹⁷

Limiting your total number of carbs and choosing mostly minimally processed, complex carbs that are high in fiber can help you keep your blood sugar levels stable when you have diabetes. Aim to eat at least 14 grams of fiber for every 1,000 calories.^{1,18}

It's okay to have foods with sugars every once in a while — but consuming too many of them or having them too often can cause your blood sugar levels to spike and make it challenging to manage diabetes.¹⁹

Ask your diabetes care team — which may include an RDN or CDCES — about the right amount and types of carbs for you. They can give you advice on how to include carbs as part of a balanced diet and talk with you about how carbs may impact your diabetes management.

Protein

Protein is 1 of the 3 main types of nutrients. It helps your body grow and repair muscle.²⁰



In the menu items in this booklet, the amount of protein in the food is listed in grams (g).

Protein comes from animal foods, like meat and dairy, as well as many plant foods, such as beans and nuts. If you eat meat, it's a good idea to choose mostly lean cuts of meat, like lean ground beef, pork loin, or chicken breasts without skin. These options have a lot of protein without a lot of fat. Try to limit meats that are higher in fat, like regular ground beef, chicken thighs or chicken with skin, sausage, or bacon. Good plant-based protein options include beans, lentils, nuts, seeds, and soy (including tofu and edamame).²¹

In the example menu item (see page 11), the hamburger has 13 grams of protein.

Your diabetes care team — which may include an RDN or CDCES — can advise you on how much protein you need.

Carb Exchange

Carb exchange or **carbohydrate**

exchange is a way of comparing the amount of carbohydrates in different foods. When you have diabetes, eating about the same amount of carbs each day can help you keep your blood sugar levels stable. 1 carb exchange is equal to 15 grams of carbs.²²

With the carb exchange system, foods with similar carb exchange values have a similar amount of carbs. That means that they can be exchanged (or swapped) for one another.

In the example menu item (see page 11), the hamburger is 2 carb exchanges (or about 30 grams of carbs). If your eating plan includes 2 carb exchanges for lunch, that means you could choose the hamburger or another menu item that counts as 2 carb exchanges.

Dietary Exchange

Dietary exchange is a system developed by the Academy of Nutrition and Dietetics and the American Diabetes Association to help people with diabetes plan meals. It groups the calories from a food item into categories and assigns a servings value to help you know which foods can be exchanged (or swapped) for one another. The dietary exchange groups are:²³

- Starch
- Other carb (meaning the food has a small amount of processed sugar — more than one-half exchange)
- Meat, with subcategories for lean (L), medium-fat (MF), and high-fat (HF)
- Milk, with subcategories for nonfat (NF), reduced fat (RF), and whole
- Vegetable
- Fruit
- Fat
- Free (free foods have less than 20 calories or less than 5 grams of carbs per serving — eat no more than 3 free foods per day)

The dietary exchange column in the menu items in this booklet lists each food item's dietary exchange groups and how many

servings from that group it contains. The hamburger in the example menu item (see page 11) contains 2 servings of starch, 1 serving of medium-fat meat, and ½ a serving of fat.

Your diabetes care team — which may include an RDN or CDCES — can advise you on how many servings from each dietary exchange group is right for you. To find an RDN, you can call the Academy of Nutrition and Dietetics at 1-800-877-1600 or by going to www.eatright.org/find-a-nutrition-expert. To find a CDCES, you can go to www.cbdce.org/locate.





Movement Matters Too!

Physical activity — moving your body — is another key part of managing diabetes and staying healthy.²⁴ It can help you:

- Keep your blood sugar levels in a healthy range
- Lower your blood pressure and cholesterol
- Lose weight or stay at a healthy weight
- Feel better and sleep better

Talk to your diabetes care team about how much physical activity to aim for each week. In general, it's recommended for most adults with diabetes to get at least 150 minutes of moderate to vigorous aerobic activity per week.¹ Aerobic activity is anything that makes your heart beat faster, like walking or jogging, swimming, dancing, doing housework, or cycling.²⁴ Moderate activity usually means you're breathing hard but can still have a conversation. Vigorous activity is when you're breathing hard and can only say

a few words before you have to take a breath.²⁵

It's important to do strength training (such as lifting weights, using resistance bands, or doing body weight exercises), too. Try to do 2 or 3 sessions a week. Flexibility and balance training (such as yoga or tai chi) are also recommended.¹

When you're active, your body is better able to use insulin, which helps to lower your blood sugar.²⁶ That means there's a risk that your blood sugar can get **too** low when you're active — especially if you use insulin or medicines that make your body produce more insulin to manage your diabetes.²⁷ Just like having blood sugar can make it difficult for your body to work properly, so can having low blood sugar.

Because of this, checking your blood sugar levels before, during, and after physical activity can help you understand how being active impacts your blood sugar. In some cases, you might need to plan to eat carbs before physical activity or take a lower dose of insulin or other blood sugar-lowering medicines that you may be using to manage diabetes.²⁷ Talk to your doctor about what's right for you.

Use fast-acting carbs to treat low blood sugar.

If your blood sugar gets too low, it's important to take steps to raise it back into your target range right away. That's because having low blood sugar for too long can lead to serious problems, like fainting or seizures.²⁸

You can use the 15/15 rule to raise your blood sugar.²⁹ Have 15 grams of a fast-acting carb — carbs like sugar that are quick for your body to break down. Examples include hard candy, soda (not diet), or juice. You can also use special glucose tablets that you can buy over the counter at pharmacies. Then, check your blood sugar level after 15 minutes. Repeat these steps until your blood sugar is back in the right range.

Your diabetes care team can give you more information about how to treat low blood sugar.



Healthy Eating Guidelines

Which foods make up a balanced diet that's right for you depends on a lot of factors — including your age, gender, health conditions, weight, and eating preferences or food traditions.³⁰ Many diabetes care teams refer to **guidelines**, like the Standards of Care in Diabetes from the American Diabetes Association, the Dietary Guidelines for Americans from the U.S. Department of Agriculture, or guidelines from the European Association for the Study of Diabetes, to help them make recommendations about food. These guidelines are developed by groups of experts based on scientific research studying food and the effect it has on people.

Tip: Get more information about healthy eating

You can learn more about healthy eating by checking out resources from the:

American Diabetes Association

- diabetesfoodhub.org
- diabetes.org/food-nutrition

U.S. Department of Agriculture

- myplate.gov

While each set of guidelines is slightly different from the others, what they have in common is a focus on aiming to eat more nutritious foods, like vegetables, lean proteins, and whole grains, and limiting less nutritious foods, like cured meats, sugar-sweetened drinks, baked goods, and snack foods such as chips or crackers.

Which guidelines should I follow?

Your doctor is in the best position to advise you on exactly what to eat. Be sure to talk with them about your diet and ask for advice on what foods to eat to help you manage diabetes.

In some cases, your diabetes care team might recommend talking with a registered dietitian (RDN) or a Certified Diabetes Care and Education Specialist (CDCES), too.

Diabetes Plate Method

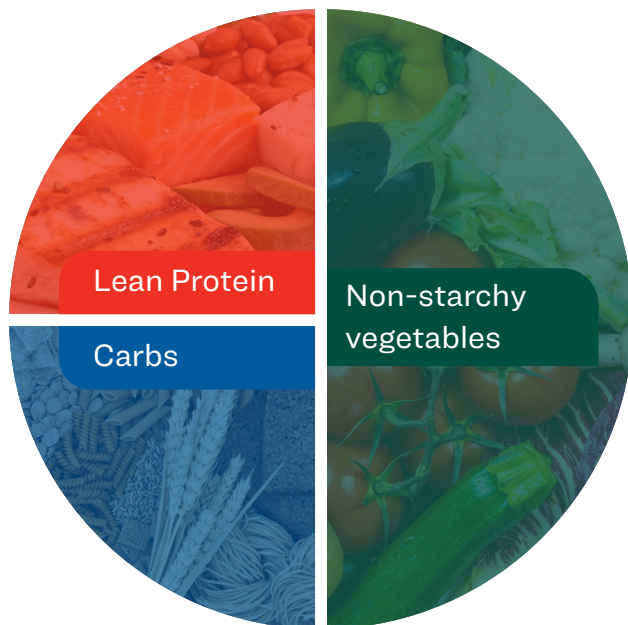
Many diabetes care teams recommend following the **Diabetes Plate** method to help you choose foods. This method follows nutrition recommendations from the American Diabetes Association.



For the Diabetes Plate method,³¹ you use your plate to help you get the right amounts of different types of food. To ensure that you get the right portions of food, it's important to eat from a plate that's **9 inches across**.

To follow the Diabetes Plate method:

- Fill **half** of your plate with non-starchy vegetables — these foods don't raise your blood sugar much
- Fill a **quarter** of your plate with lean protein — these foods raise your blood sugar slightly, but not as much as carbohydrates
- Fill a **quarter** of your plate with carbohydrates — these foods have the biggest impact on your blood sugar



For your drink, choose water or another 0- or low-calorie option.

Some foods are made up of a combination of vegetables, proteins, and carbohydrates. For example, soups, sandwiches, or pizza may be made up of combinations of these foods.

For these combination foods, think about the ingredients that make up the food, and how they would fit on the plate.²²

For example, to build a sandwich using the Diabetes Plate method, aim to make about half of the sandwich non-starchy vegetables, choose a lean protein, and consider using a low-carb wrap instead of white bread.





Work with your doctor to personalize your healthy eating plan. Then, use it to help you make decisions about what to eat, whether you're at home or on the go.



Restaurants

Dietary Exchange and Carb Exchange Values

To calculate the carb exchange and dietary exchange values, we used nutritional information provided by each restaurant. We followed the dietary exchange system created by the American Diabetes Association and Academy of Nutrition and Dietetics.³²

Keep in mind that these carb exchange and dietary exchange values are estimates based on the information that's publicly available, and restaurants may prepare a dish slightly differently each time they serve it. To learn more about dietary exchange and carb exchange, see page 23.

Daily Sodium Value

The U.S. Food and Drug Administration recommends that adults eat less than 2,300 mg of sodium per day. The “daily” sodium value shows the amount of sodium in each dish as a percentage of that recommended maximum (2,300 mg of sodium per day).



Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Big Cheesy Bacon Burger sandwich only	41	85	1820	50	40	3.5	4 HF Meat
710 calories	Sat 17	Daily	79%	Fiber 1			1 Fat
	Trans 1			Sugar 14			
Chicken Bacon Swiss Sandwich sandwich only	30	75	1760	61	35	4	3.5 HF Meat
650 calories	Sat 9.5	Daily	77%	Fiber 4			
	Trans 0			Sugar 14			
Chicken Cordon Bleu sandwich only	30	85	1790	59	35	4	3.5 HF Meat
650 calories	Sat 9	Daily	78%	Fiber 4			
	Trans 0			Sugar 11			
Classic Beef 'N Cheddar Sandwich sandwich only	20	50	1280	45	23	3	2 HF Meat
450 calories	Sat 6	Daily	56%	Fiber 2			
	Trans 2			Sugar 9			
Classic Roast Beef Sandwich sandwich only	14	50	970	37	23	2.5	2 MF Meat
360 calories	Sat 5	Daily	42%	Fiber 2			
	Trans 0.5			Sugar 5			
Deluxe Burger sandwich only	33	80	1370	45	31	3	3 HF Meat
600 calories	Sat 15	Daily	60%	Fiber 3			1 Fat
	Trans 1			Sugar 13			
Double Deluxe Burger sandwich only	56	135	1830	45	50	3	6 HF Meat
880 calories	Sat 25	Daily	80%	Fiber 3			1 Fat
	Trans 1.5			Sugar 13			
Double Roast Beef sandwich only	14	50	970	37	23	2.5	2 MF Meat
360 calories	Sat 5	Daily	42%	Fiber 2			
	Trans 0.5			Sugar 5			
Greek Gyro sandwich only	44	75	1370	55	23	3.5	2 HF Meat
700 calories	Sat 13	Daily	60%	Fiber 4			5 Fat
	Trans 0			Sugar 6			
Ham and Swiss Melt sandwich only	13	60	1370	40	26	2.5	2.5 MF Meat
380 calories	Sat 5	Daily	60%	Fiber 2			
	Trans 0			Sugar 5			

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Smokehouse Brisket sandwich only	29	95	1190	48	35	3	3.5 HF Meat
590 calories	Sat 11	Daily	52%	Fiber 3			
	Trans 1			Sugar 13			
Side							
Crinkle Fries small serving	12	0	300	32	3	2	
250 calories	Sat 1.5	Daily	13%	Fiber 0			2 Fat
	Trans 0			Sugar 0			
Curly Fries small serving	13	0	570	29	3	2	
250 calories	Sat 2	Daily	25%	Fiber 3			2 Fat
	Trans 0			Sugar 0			
Potato Cakes 2-piece serving	14	0	430	23	2	1.5	
250 calories	Sat 2	Daily	19%	Fiber 2			2.5 Fat
	Trans 0			Sugar 0			
Dessert							
Apple Turnover	18	0	210	65	4	4.5	
430 calories	Sat 9	Daily	9%	Fiber 2			2.5 Fat
	Trans 0			Sugar 39			
Jamocha Shake	16	50	320	85	12	5.5	
530 calories	Sat 10	Daily	14%	Fiber 0			2 Fat
	Trans 0			Sugar 71			

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Bacon Double Cheeseburger sandwich only	24	75	970	32	27	2	3 HF Meat
440 calories	Sat 11	Daily	42%	Fiber 1			
	Trans 0			Sugar 7			
Bacon King sandwich only	81	215	2270	55	66	3.5	8 HF Meat
1200 calories	Sat 32	Daily	99%	Fiber 2			2.5 Fat
	Trans 1			Sugar 14			
Cheeseburger sandwich only	13	40	780	31	15	2	1.5 HF Meat
290 calories	Sat 6	Daily	34%	Fiber 1			
	Trans 0			Sugar 7			
Chicken Nuggets 8-piece serving	25	55	990	23	18	1.5	2 HF Meat
390 calories	Sat 5	Daily	43%	Fiber 2			1.5 Fat
	Trans 0			Sugar 0			
Double Whopper with Cheese sandwich only	68	180	1580	57	57	4	6.5 HF Meat
1040 calories	Sat 24	Daily	69%	Fiber 3			2.5 Fat
	Trans 1.5			Sugar 14			
Honey Mustard Royal Crispy Wrap sandwich only	14	35	790	30	15	2	1.5 HF Meat
290 calories	Sat 3	Daily	34%	Fiber 4			
	Trans 0			Sugar 5			
Impossible Whopper sandwich only	32	15	1350	62	28	4	2.5 HF Meat
630 calories	Sat 10	Daily	59%	Fiber 6			1.5 Fat
	Trans 0			Sugar 13			
Original Chicken Sandwich sandwich only	39	65	1380	63	24	4	1.5 MF Meat
680 calories	Sat 7	Daily	60%	Fiber 3			4.5 Fat
	Trans 0			Sugar 7			
Whopper sandwich only	39	85	1170	54	32	3.5	3 HF Meat
670 calories	Sat 12	Daily	51%	Fiber 3			2.5 Fat
	Trans 0			Sugar 13			
Whopper Jr. sandwich only	19	35	560	30	15	2	1.5 MF Meat
330 calories	Sat 5	Daily	24%	Fiber 2			1 Fat
	Trans 0			Sugar 7			

Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Croissan'Wich fully loaded	43	300	1780	31	30	2	3.5 HF Meat
620 calories	Sat 19	Daily	77%	Fiber 3			2.5 Fat
	Trans 1			Sugar 6			
Hash Browns medium serving	30	0	1060	55	4	3.5	
510 calories	Sat 8	Daily	46%	Fiber 5			5.5 Fat
	Trans 0			Sugar 0			
Side							
Chicken Fries 4-piece serving	6	20	330	8	7	0.5	1 MF Meat
110 calories	Sat 1.5	Daily	14%	Fiber 0			
	Trans 0			Sugar 0			
French Fries small serving	13	0	220	43	4	3	
300 calories	Sat 2	Daily	10%	Fiber 3			2 Fat
	Trans 0			Sugar 1			
Onion Rings medium serving	16	0	640	48	4	3	
360 calories	Sat 2.5	Daily	28%	Fiber 5			2.5 Fat
	Trans 0			Sugar 5			

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Chick-n-Strips 4-piece serving	19	100	1150	22	39	1.5	5 MF Meat
410 calories	Sat 3.5		Daily 50%	Fiber 0			
	Trans 0			Sugar 2			
Chicken Deluxe Sandwich w/American cheese	22	85	1700	43	32	3	3.5 MF Meat
490 calories	Sat 6		Daily 74%	Fiber 1			
	Trans 0			Sugar 7			
Chicken Nuggets 8-piece serving	11	85	1210	11	27	0.5	3.5 Lean Meat
250 calories	Sat 2.5		Daily 53%	Fiber 0			
	Trans 0			Sugar 1			
Cobb Salad w/grilled filet	50	215	1380	22	36	1.5	4.5 HF Meat
690 calories	Sat 11		Daily 60%	Fiber 5			2.5 Fat
	Trans 0			Sugar 8			
Grilled Chicken Club sandwich only w/American cheese	19	100	1145	45	34	3	3.5 MF Meat
490 calories	Sat 6		Daily 50%	Fiber 3			
	Trans 0			Sugar 12			
Grilled Chicken Sandwich sandwich only	11	75	765	45	28	3	2.5 MF Meat
390 calories	Sat 2.5		Daily 33%	Fiber 3			
	Trans 0			Sugar 11			
Market Salad w/grilled filet	31	80	1010	42	28	3	2.5 HF Meat
550 calories	Sat 6		Daily 44%	Fiber 5			1.5 Fat
	Trans 0			Sugar 26			
Original Chick-fil-A Chicken Sandwich sandwich only	18	70	1460	41	29	2.5	3 MF Meat
420 calories	Sat 3.5		Daily 63%	Fiber 1			
	Trans 0			Sugar 6			
Southwest Chicken Salad spicy southwest w/ grilled filet	49	100	1570	27	33	2	4 HF Meat
680 calories	Sat 10		Daily 68%	Fiber 7			3 Fat
	Trans 0			Sugar 7			1 Veg

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Spicy Chicken Sandwich sandwich only	19	65	1730	45	28	3	2.5 MF Meat
450 calories	Sat 4		Daily 75%	Fiber 1			
	Trans 0			Sugar 6			
Breakfast							
Chicken Biscuit	23	45	1510	45	19	3	1.5 HF Meat
460 calories	Sat 8		Daily 66%	Fiber 2			1.5 Fat
	Trans 0			Sugar 6			
Hash Browns small serving	18	0	440	23	3	1.5	
270 calories	Sat 2.5		Daily 19%	Fiber 3			3.5 Fat
	Trans 0			Sugar 0			
Side							
Mac & Cheese small serving	17	40	710	17	12	1	1.5 HF Meat
270 calories	Sat 10		Daily 31%	Fiber 2			1 Fat
	Trans 0			Sugar 2			
Waffle Fries small serving	19	0	190	35	4	2.5	
320 calories	Sat 3		Daily 8%	Fiber 4			3.5 Fat
	Trans 0			Sugar 1			
Sauce							
Chick-Fil-A Sauce	13	10	170	6	0	0.5	
140 calories	Sat 2		Daily 7%	Fiber 0			2.5 Fat
	Trans 0			Sugar 6			
Dessert							
Icedream Cone	4	15	90	32	4	2	
180 calories	Sat 2.5		Daily 4%	Fiber 0			0.5 Fat
	Trans 0			Sugar 25			

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Chicken Burrito flour tortilla, cilantro-lime rice, pinto beans, chicken, fajita veggies, salsa, guacamole, cheese, sour cream 1335 calories	61	200	2760	131	63	8.5	5.5 HF Meat
Sat	20		Daily 120%	Fiber 20			1.5 Fat
Trans	0			Sugar 7			
Salad chopped romaine lettuce, baby kale and baby spinach, black beans, chicken, salsa, cheese, chipotle-honey vinaigrette 670 calories	33	155	2110	46	47	3	5.5 MF Meat
Sat	11		Daily 92%	Fiber 10			
Trans	0			Sugar 15			1 Veg
Sofritas Tacos 3 corn tortillas, sofritas, romaine lettuce, salsa, cheese, sour cream 600 calories	36	70	1330	46	19	3	1.5 HF Meat
Sat	15		Daily 58%	Fiber 8			4 Fat
Trans	0			Sugar 8			
Steak Bowl cilantro-lime rice, black beans, steak, fajita veggies, fresh tomato salsa, romaine lettuce, guacamole 770 calories	34	80	1960	81	36	5.5	3 HF Meat
Sat	7		Daily 85%	Fiber 18			1 Fat
Trans	0			Sugar 6			

Individual Item	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Black Beans single portion 130 calories	2	0	210	22	8	1.5	0.5 Lean Meat
Sat	0		Daily 9%	Fiber 7			
Trans	0			Sugar 2			
Brown Rice single portion 210 calories	6	0	190	36	4	2.5	
Sat	0		Daily 8%	Fiber 2			0.5 Fat
Trans	0			Sugar 0			
Carnitas single portion 210 calories	12	65	450	0	23	0	3.5 MF Meat
Sat	7		Daily 20%	Fiber 0			
Trans	0			Sugar 0			
Cheese single portion 110 calories	8	30	190	1	6	0	1 HF Meat
Sat	5		Daily 8%	Fiber 0			
Trans	0			Sugar 0			
Chicken single portion 180 calories	7	125	310	0	32	0	4.5 Lean Meat
Sat	3		Daily 13%	Fiber 0			
Trans	0			Sugar 0			
Chips single portion 540 calories	25	0	390	73	7	5	
Sat	3.5		Daily 17%	Fiber 7			4 Fat
Trans	0			Sugar 1			
Crispy Corn Shells for Tacos single portion (3 shells) 200 calories	9	0	0	29	3	2	
Sat	0		Daily 0%	Fiber 1			1.5 Fat
Trans	0			Sugar 0			
Fajita Vegetables single portion 20 calories	0	0	150	5	1	0.5	
Sat	0		Daily 7%	Fiber 1			
Trans	0			Sugar 2			0.5 Veg
Flour Tortilla for Burrito single portion 320 calories	9	0	600	50	8	3.5	
Sat	0.5		Daily 26%	Fiber 3			1 Fat
Trans	0			Sugar 0			
Fresh Tomato Salsa single portion 25 calories	0	0	550	4	0	0.5	
Sat	0		Daily 24%	Fiber 1			
Trans	0			Sugar 1			1 Veg

Individual Item	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Guacamole topping / regular side	22	0	370	8	2	0.5	
	Sat 3.5		Daily 16%	Fiber 6			4.5 Fat
230 calories	Trans 0			Sugar 1			
Pinto Beans single portion	2	0	210	21	8	1.5	0.5 Lean Meat
	Sat 0		Daily 9%	Fiber 8			
130 calories	Trans 0			Sugar 1			
Sour Cream single portion	9	40	30	2	2	0	0.5 HF Meat
	Sat 7		Daily 1%	Fiber 0			1 Fat
110 calories	Trans 0			Sugar 2			
Steak single portion	6	80	330	1	21	0	3 Lean Meat
	Sat 2.5		Daily 14%	Fiber 1			
150 calories	Trans 0			Sugar 0			
White Rice single portion	4	0	350	40	4	2.5	
	Sat 1		Daily 15%	Fiber 1			0.5 Fat
210 calories	Trans 0			Sugar 0			



Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Boneless Wings individual piece 45 calories	2 Sat 0 Trans 0	8	119	2 Fiber 0 Sugar 0	4	0	0.5 MF Meat
Chicken Tenders individual piece 90 calories	4 Sat 1 Trans 0	22	307	5 Fiber 1 Sugar 0	8	0.5	1 MF Meat
Original Breast individual piece 420 calories	22 Sat 5 Trans 0	109	984	14 Fiber 1 Sugar 0	42	1	5.5 MF Meat
Original Leg individual piece 160 calories	10 Sat 2 Trans 0	56	382	6 Fiber 0 Sugar 0	13	0.5	1.5 MF Meat
Original Thigh individual piece 350 calories	24 Sat 6 Trans 0	73	720	14 Fiber 1 Sugar 0	18	1	2 HF Meat
Original Wing individual piece 160 calories	11 Sat 2 Trans 0	32	261	8 Fiber 0 Sugar 0	9	0.5	1 HF Meat
Spicy Tender Wrap sandwich only 340 calories	14 Sat 4 Trans 0	37	784	37 Fiber 3 Sugar 6	16	2.5	1 HF Meat
Texas 2PC Feast Leg & thigh with dipping sauce, Honey-Butter Biscuit™, and a jalapeño pepper 850 calories	60 Sat 18 Trans 0	135	1800	39 Fiber 1 Sugar 11	24	2.5	2.5 HF Meat

Side	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Baked Mac and Cheese regular serving 210 calories	12 Sat 5 Trans 0	20	920	19 Fiber 1 Sugar 4	9	1.5	0.5 HF Meat
Buttered Corn regular serving 90 calories	2 Sat 7 Trans 0	0	873	17 Fiber 4 Sugar 7	2	1	
Coleslaw regular serving 190 calories	6 Sat 1 Trans 0	0	15	34 Fiber 4 Sugar 6	5	2.5	
French Fries regular serving 210 calories	9 Sat 1.5 Trans 0	0	620	29 Fiber 0 Sugar 2	3	2	
Fried Okra regular serving 280 calories	15 Sat 2.5 Trans 0	0	740	30 Fiber 2 Sugar 3	3	2	
Honey-Butter Biscuit each 230 calories	15 Sat 8 Trans 0	<5	460	25 Fiber 1 Sugar 5	3	1.5	
Jalapeno Cheese Bombers 4-piece serving 220 calories	11 Sat 4.5 Trans 0	15	690	24 Fiber 1 Sugar 1	6	1.5	
Mashed Potatoes and Gravy regular serving 110 calories	1 Sat 0 Trans 0	0	650	24 Fiber 2 Sugar 2	2	1.5	
Dessert							
Apple Pie 250 calories	11 Sat 5 Trans 0	0	270	35 Fiber 1 Sugar 11	3	2.5	0 Meat

Entrée

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Butterburger Cheese	23	75	700	39	24	2.5	2.5 HF Meat
sandwich only, single size	Sat 11	Daily	30%	Fiber 1			
460 calories	Trans 0.5			Sugar 7			
Butterfly Jumbo Shrimp	16	115	960	35	9	2.5	
6-piece serving, includes cocktail sauce	Sat 1.5	Daily	42%	Fiber 1			2.5 Fat
320 calories	Trans 0			Sugar 2			
Grilled Reuben Melt	36	105	1930	47	37	3	4 HF Meat
sandwich only	Sat 14	Daily	84%	Fiber 4			
660 calories	Trans 0.5			Sugar 7			
Mushroom and Swiss Burger	28	75	650	41	27	2.5	3 HF Meat
sandwich only, single size	Sat 12	Daily	28%	Fiber 2			0.5 Fat
530 calories	Trans 0.5			Sugar 6			
North Atlantic Cod Sandwich	34	60	890	55	23	3.5	2 HF Meat
sandwich only	Sat 8	Daily	39%	Fiber 3			3 Fat
600 calories	Trans 0			Sugar 6			
Original Chicken Tenders	23	90	1560	41	39	2.5	4.5 MF Meat
4-piece serving	Sat 2.5	Daily	68%	Fiber 2			
520 calories	Trans 0			Sugar 0			
Sourdough Melt	24	75	600	42	26	3	2.5 HF Meat
sandwich only, single size	Sat 11	Daily	26%	Fiber 3			
490 calories	Trans 1			Sugar 3			
The Culver's Bacon Deluxe	40	110	1300	42	33	3	3.5 HF Meat
sandwich only, single size	Sat 15	Daily	57%	Fiber 1			2 Fat
670 calories	Trans 0.5			Sugar 8			
The Culver's Deluxe	34	85	920	41	24	2.5	2.5 HF Meat
sandwich only, single size	Sat 13	Daily	40%	Fiber 1			2.5 Fat
580 calories	Trans 0.5			Sugar 7			

Entrée

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Wisconsin Swiss Melt	24	75	560	41	27	2.5	3 HF Meat
sandwich only, single size	Sat 10	Daily	24%	Fiber 4			
480 calories	Trans 1			Sugar 3			
Side							
Chili Cheddar Fries	31	40	1430	70	14	4.5	
medium serving	Sat 9	Daily	62%	Fiber 6			5.5 Fat
610 calories	Trans 1			Sugar 3			
Coleslaw	16	10	240	15	1	1	
medium serving	Sat 2.5	Daily	10%	Fiber 2			3 Fat
200 calories	Trans 0			Sugar 9			
Crinkle Cut Fries	9	0	410	32	3	2	
small serving	Sat 1	Daily	18%	Fiber 2			1.5 Fat
220 calories	Trans 0			Sugar 0			
Onion Rings	23	0	930	49	5	3.5	
medium serving	Sat 2	Daily	40%	Fiber 4			4 Fat
420 calories	Trans 0			Sugar 5			
Wisconsin Cheese Curds	27	35	1520	46	17	3	1 HF Meat
medium serving	Sat 12	Daily	66%	Fiber 3			3 Fat
490 calories	Trans 0.5			Sugar 4			
Dessert							
Concrete Mixer (Vanilla Custard)	43	230	250	78	13	5	
small serving, Reese's and Oreo mix-ins	Sat 25	Daily	11%	Fiber 5			7.5 Fat
740 calories	Trans 1.5			Sugar 65			

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Bacon Two Cheese Deluxe sandwich only, double size 720 calories	47	130	1890	39	37	2.5	4 HF Meat
Sat	19	Daily	82%	Fiber	2		2.5 Fat
Trans	2			Sugar	9		
Chicken Strip Basket 4-piece serving 1020 calories	48	60	2120	111	35	7.5	2 HF Meat
Sat	8	Daily	92%	Fiber	6		5 Fat
Trans	0			Sugar	3		
Chicken Strip Sandwich sandwich only 550 calories	26	40	990	62	18	4	1 HF Meat
Sat	4.5	Daily	43%	Fiber	3		3 Fat
Trans	0			Sugar	6		
Hot Dog 330 calories	19	35	820	25	12	1.5	1 HF Meat
Sat	8	Daily	36%	Fiber	1		2 Fat
Trans	1			Sugar	3		
Original Cheeseburger sandwich only 400 calories	18	60	910	36	22	2.5	2 HF Meat
Sat	8	Daily	40%	Fiber	1		
Trans	1			Sugar	8		
Signature Stackburger sandwich only, double size 570 calories	34	100	1530	38	29	2.5	3 MF Meat
Sat	15	Daily	67%	Fiber	1		1.5 Fat
Trans	1.5			Sugar	8		
Side							
Cheese Curds regular serving 500 calories	34	85	990	26	24	1.5	3 HF Meat
Sat	19	Daily	43%	Fiber	0		1.5 Fat
Trans	0			Sugar	1		
French Fries regular serving 280 calories	13	0	590	36	5	2.5	
Sat	2	Daily	26%	Fiber	3		2 Fat
Trans	0			Sugar	0		
Onion Rings regular serving 360 calories	16	0	840	48	6	3	
Sat	2.5	Daily	37%	Fiber	2		2.5 Fat
Trans	0			Sugar	3		

Side	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Pretzel Sticks with Zesty Queso 330 calories	9	5	2060	52	9	3.5	
Sat	3	Daily	90%	Fiber	2		1 Fat
Trans	0			Sugar	7		
Dessert							
Chocolate Chip Cookie Dough Blizzard® Treat small 710 calories	28	45	380	104	12	7	
Sat	16	Daily	17%	Fiber	1		4 Fat
Trans	0.5			Sugar	76		
Dilly® Bar - Chocolate 220 calories	12	15	55	25	3	1.5	
Sat	10	Daily	2%	Fiber	1		2 Fat
Trans	0			Sugar	21		
Hot Fudge Sundae small, no extra topping 300 calories	10	25	125	46	6	3	
Sat	8	Daily	5%	Fiber	0		1.5 Fat
Trans	0			Sugar	36		
OREO® Cookie Blizzard® Treat small 620 calories	24	40	300	91	12	6	
Sat	12	Daily	13%	Fiber	1		3.5 Fat
Trans	0.5			Sugar	70		
Vanilla Cone small, no toppings 220 calories	7	25	90	34	6	2.5	
Sat	4.5	Daily	4%	Fiber	0		1 Fat
Trans	0			Sugar	26		

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
5-Cheese Mac & Cheese 830 calories	50	145	1680	64	30	4.5	2.5 HF Meat
Sat	31	Daily	73%	Fiber	2		5 Fat
Trans	1.5			Sugar	6		
Boneless Chicken Wings 3-piece serving 170 calories	7	35	660	18	9	1	1 MF Meat
Sat	1.5	Daily	29%	Fiber	0		
Trans	0			Sugar	1		
Chicken Alfredo 1 dish 590 calories	28	100	1020	60	24	4	1.5 HF Meat
Sat	17	Daily	44%	Fiber	2		2.5 Fat
Trans	0.5			Sugar	5		
Chicken Bacon Ranch Sandwich 1/2 sandwich 450 calories	22	60	1190	37	23	2.5	2 HF Meat
Sat	8	Daily	52%	Fiber	0		0.5 Fat
Trans	0			Sugar	2		
Classic Garden Salad w/o dressing 80 calories	4	10	125	8	22	0.5	
Sat	2	Daily	5%	Fiber	1		0.5 Fat
Trans	0			Sugar	2		1 Veg
Hot Buffalo Wings 4-piece serving 250 calories	20	110	1520	9	15	0.5	2 HF Meat
Sat	5	Daily	66%	Fiber	0		0.5 Fat
Trans	0			Sugar	0		
Large Hand Tossed Crust Cheese Pizza 1/8 pizza 270 calories	9	25	570	34	11	2.5	0.5 HF Meat
Sat	4.5	Daily	25%	Fiber	1		0.5 Fat
Trans	0			Sugar	3		
Large Hand Tossed Deluxe Pizza 1/8 pizza 340 calories	16	35	680	35	13	2.5	1 HF Meat
Sat	7	Daily	30%	Fiber	1		1 Fat
Trans	0			Sugar	3		
Large Thin Crust Cheese Pizza robust inspired tomato sauce, 1/8 pizza 210 calories	11	25	435	17	8	1	0.5 HF Meat
Sat	4.5	Daily	19%	Fiber	0		1 Fat
Trans	0			Sugar	2		

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Pizza garlic crust seasoning, robust inspired tomato sauce, 1/5 pizza 465 calories	24	50	1090	40	18	2.5	1.5 HF Meat
Sat	9	Daily	47%	Fiber	2		2 Fat
Trans	0.5			Sugar	4		
Plain Chicken Wings 4-piece serving 250 calories	20	110	720	8	14	0.5	2 HF Meat
Sat	5	Daily	31%	Fiber	0		0.5 Fat
Trans	0			Sugar	0		
Small Hand Tossed Crust Pepperoni Pizza no garlic crust seasoning, 1/3 pizza 420 calories	16	45	960	46	18	3	1.5 HF Meat
Sat	4.5	Daily	42%	Fiber	1		
Trans	0			Sugar	1		
Side							
Cheddar Bacon Loaded Tots 1/4 order 240 calories	16	20	590	17	7	1	0.5 HF Meat
Sat	5	Daily	26%	Fiber	1		2 Fat
Trans	0			Sugar	1		
Garlic Bread Twists 2-piece serving 220 calories	11	0	220	27	5	2	
Sat	4.5	Daily	10%	Fiber	1		2 Fat
Trans	0			Sugar	1		
Parmesan Bread Bites 4-piece serving 220 calories	10	0	220	27	5	2	
Sat	4.5	Daily	10%	Fiber	1		1.5 Fat
Trans	0			Sugar	1		
Stuffed Cheesy Bread 150 calories	7	15	250	15	6	1	0.5 HF Meat
Sat	3	Daily	11%	Fiber	1		0.5 Fat
Trans	0			Sugar	1		

Dessert

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Chocolate Lava Crunch Cakes 1 cake	17	60	180	47	4	3	
	Sat 10		Daily 8%	Fiber 1			3 Fat
	Trans 0			Sugar 30			
Cinnamon Bread Twists 2-piece serving	12	0	170	31	5	2	
	Sat 4.5		Daily 7%	Fiber 1			2 Fat
	Trans 0			Sugar 6			



Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Bacon, Egg & Cheese Sandwich on a Croissant 520 calories	34	235	870	34	19	2.5	1.5 HF Meat
Sat	16		Daily 38%	Fiber 1			4 Fat
Trans	0			Sugar 5			
Blueberry Muffin 460 calories	15	60	390	77	6	5	
Sat	3		Daily 17%	Fiber 1			2 Fat
Trans	0			Sugar 44			
Boston Kreme Donut 270 calories	11	0	320	39	5	2.5	
Sat	4.5		Daily 14%	Fiber 1			1.5 Fat
Trans	0			Sugar 18			
Chocolate Frosted Cake Donut 360 calories	20	20	340	41	4	2.5	
Sat	9		Daily 15%	Fiber 1			3.5 Fat
Trans	0			Sugar 21			
Chocolate Frosted with Sprinkles Donut 270 calories	12	0	290	36	5	2.5	
Sat	5		Daily 13%	Fiber 1			2 Fat
Trans	0			Sugar 15			
Croissant 280 calories	15	45	240	31	6	2	
Sat	10		Daily 10%	Fiber 1			2.5 Fat
Trans	0			Sugar 3			
Egg and Cheese Sandwich on an English Muffin 340 calories	15	175	650	38	14	2.5	1 HF Meat
Sat	5		Daily 28%	Fiber 1			1 Fat
Trans	0			Sugar 4			
Glazed Donut 240 calories	11	0	270	33	4	2	
Sat	4.5		Daily 12%	Fiber 1			2 Fat
Trans	0			Sugar 13			
Hash Browns 6-piece serving 110 calories	6	0	360	13	1	1	
Sat	1.5		Daily 16%	Fiber 1			1 Fat
Trans	0			Sugar 1			

Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Maple Snackin' Bacon 8-piece serving 190 calories	12	35	500	10	10	0.5	1 HF Meat
Sat	4.5		Daily 22%	Fiber 0			0.5 Fat
Trans	0			Sugar 9			
MUNCHKINS® Donut Hole Treats 1 donut hole 60 calories	3	0	60	7	1	0.5	
Sat	1.5		Daily 3%	Fiber 0			0.5 Fat
Trans	0			Sugar 4			
Old Fashioned Donut 310 calories	19	20	320	30	4	2	
Sat	9		Daily 14%	Fiber 1			3.5 Fat
Trans	0			Sugar 10			
Plain Bagel with Cream Cheese 420 calories	13	40	820	67	13	4.5	
Sat	8		Daily 36%	Fiber 4			1.5 Fat
Trans	0			Sugar 10			
Sausage Egg and Cheese Sandwich on a Bagel 680 calories	34	220	1500	68	26	4.5	2 HF Meat
Sat	12		Daily 65%	Fiber 5			2.5 Fat
Trans	0			Sugar 8			
Stuffed Bagel Minis 2 bagel minis 240 calories	10	30	400	32	7	2	
Sat	6		Daily 17%	Fiber 2			1.5 Fat
Trans	0			Sugar 5			
Wake-Up Wrap 180 calories	10	95	470	14	7	1	0.5 HF Meat
Sat	4		Daily 20%	Fiber 0			1 Fat
Trans	0			Sugar 1			
Beverage							
Iced Coffee medium with skim milk 20 calories	0	0	35	2	2	0	0.5 Lean Meat
Sat	0		Daily 2%	Fiber 0			
Trans	0			Sugar 2			

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Hamburger bun, 2 patties, onions, pickles, ketchup 880 calories	61	117	2350	48	29	3	3 HF Meat
Sat	20	Daily	102%	Fiber	2		7 Fat
Trans	2			Sugar	8		
Cheeseburger bun, cheese, 2 patties, onions, pickles, ketchup 950 calories	67	137	2650	49	33	3.5	3 HF Meat
Sat	23	Daily	115%	Fiber	2		8 Fat
Trans	2			Sugar	8		
Bacon Burger 950 calories	67	132	2550	48	34	3	3.5 HF Meat
Sat	22	Daily	111%	Fiber	2		7 Fat
Trans	2			Sugar	8		
Bacon Cheeseburger 1020 calories	73	152	2750	49	39	3.5	4 HF Meat
Sat	25	Daily	120%	Fiber	2		7.5 Fat
Trans	2			Sugar	8		
Patty Melt bun, onions, pickles, ketchup 1020 calories	73	157	2950	50	36	3.5	3.5 HF Meat
Sat	15	Daily	128%	Fiber	2		8.5 Fat
Trans	1			Sugar	8		
Veggie Sandwich 270 calories	9	5	388	44	8	3	
Sat	3.5	Daily	17%	Fiber	3		1 Fat
Trans	0			Sugar	8		
Grilled Cheese bun, 2 slices of cheese 380 calories	21	45	930	41	13	2.5	1 HF Meat
Sat	11	Daily	40%	Fiber	2		2 Fat
Trans	0			Sugar	8		
BLT bun, lettuce, tomato, mayo, 4 slices of bacon 508 calories	30	37	832	42	17	3	1 HF Meat
Sat	8	Daily	36%	Fiber	2		4 Fat
Trans	0			Sugar	8		
Hot Dog bun, hot dog 520 calories	35	61	1130	40	18	2.5	1.5 HF Meat
Sat	15	Daily	49%	Fiber	2		4 Fat
Trans	1			Sugar	8		

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Cheese Dog bun, hot dog, cheese slice 590 calories	41	81	1430	41	21	2.5	2 HF Meat
Sat	18	Daily	62%	Fiber	2		4.5 Fat
Trans	1			Sugar	8		
Side							
Five Guys Style Fries little fries 525 calories	23	0	531	72	8	5	
Sat	4	Daily	23%	Fiber	8		3.5 Fat
Trans	0			Sugar	2		
Cajun Style Fries little fries 540 calories	28	0	862	75	8	5	
Sat	4	Daily	37%	Fiber	8		4.5 Fat
Trans	0			Sugar	2		
Dessert							
Chocolate Shake 735 calories	36	135	390	115	15	7.5	
Sat	23	Daily	17%	Fiber	2		5.5 Fat
Trans	1			Sugar	104		
Oreo Cookies Shake 720 calories	39	135	446	103	14	7	
Sat	22	Daily	19%	Fiber	0		6.5 Fat
Trans	1			Sugar	92		

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Big Cheeseburger, Double	42	155	1600	53	46	3.5	5 HF Meat
760 calories	Sat 17	Daily	70%	Fiber 4			
	Trans 2.5			Sugar 13			
Big Cheeseburger, Single	24	85	1360	53	28	3.5	2.5 HF Meat
bun, cheese, 2 patties, onions, pickles, ketchup	Sat 10	Daily	59%	Fiber 4			
540 calories	Trans 1.5			Sugar 12			
Famous Star Burger	40	100	1370	52	28	3.5	2.5 HF Meat
670 calories	Sat 13	Daily	60%	Fiber 4			3.5 Fat
	Trans 1.5			Sugar 11			
Hand-Breaded Chicken Sandwich	32	85	2660	59	30	4	2.5 HF Meat
650 calories	Sat 5	Daily	116%	Fiber 2			1.5 Fat
	Trans 0			Sugar 7			
Hand-Breaded Chicken Tenders	13	70	770	13	25	1	3 MF Meat
3-piece serving	Sat 3	Daily	33%	Fiber 2			
260 calories	Trans 0			Sugar 0			
Hardee's® Frisco single	59	135	1640	43	40	3	4.5 HF Meat
850 calories	Sat 19	Daily	71%	Fiber 3			4 Fat
	Trans 1.5			Sugar 7			
Breakfast							
Bacon, Egg, and Cheese Biscuit	29	225	1410	44	20	3	1.5 HF Meat
520 calories	Sat 14	Daily	61%	Fiber 2			3 Fat
	Trans 0			Sugar 4			
Breakfast Platter with Sausage	68	435	2310	76	30	5	2 HF Meat
1050 calories	Sat 24	Daily	100%	Fiber 12			9.5 Fat
	Trans 2			Sugar 5			
Homestyle Loaded Breakfast Burrito	31	445	1320	46	30	3	3 HF Meat
580 calories	Sat 12	Daily	57%	Fiber 3			1 Fat
	Trans 1			Sugar 2			

Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Monster Biscuit®	52	280	2370	45	35	3	3.5 HF Meat
790 calories	Sat 23	Daily	103%	Fiber 2			4 Fat
	Trans 0			Sugar 6			
Side							
Biscuit and Gravy	27	10	1460	54	10	3.5	
500 calories	Sat 12	Daily	63%	Fiber 2			4.5 Fat
	Trans 3			Sugar 5			
Made from Scratch Biscuit	16	0	840	41	6	2.5	
340 calories	Sat 9	Daily	37%	Fiber 2			2.5 Fat
	Trans 0			Sugar 4			
Natural-Cut Fries small serving	15	0	600	39	3	2.5	
300 calories	Sat 3	Daily	26%	Fiber 4			2.5 Fat
	Trans 0			Sugar 0			

Entree

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Chopped Chicken Salad w/o salad 580 calories	46	70	740	18	28	1	3.5 HF Meat
Sat	18		Daily 32%	Fiber 10			3.5 Fat
Trans	1			Sugar 4			1 Veg
Classic Chicken Sandwich 840 calories	55	80	1440	55	33	3.5	3 HF Meat
Sat	21		Daily 63%	Fiber 7			5.5 Fat
Trans	1.5			Sugar 6			
Breakfast							
Big Breakfast Burrito 1590 calories	114	570	2840	80	60	5.5	6 HF Meat
Sat	42		Daily 123%	Fiber 6			12 Fat
Trans	1			Sugar 4			
Big Steak Omelette no sides 1020 calories	68	885	1750	38	65	2.5	8 HF Meat
Sat	24		Daily 76%	Fiber 5			0.5 Fat
Trans	1			Sugar 6			
Breakfast Biscuit Sandwich no sides 1110 calories	83	420	2280	58	31	4	2.5 HF Meat
Sat	30		Daily 99%	Fiber 2			12 Fat
Trans	1			Sugar 6			
Breakfast Sampler scrambled eggs, 2 bacon, 2 sausage, 2 ham, 2 buttermilk pancakes, regular hashbrowns 1170 calories	80	635	2700	65	49	4.5	5 HF Meat
Sat	26		Daily 117%	Fiber 6			7 Fat
Trans	0.5			Sugar 10			
Chicken & Waffles no syrup 1010 calories	50	210	1950	97	43	6.5	3.5 HF Meat
Sat	22		Daily 85%	Fiber 5			3 Fat
Trans	1			Sugar 16			
Classic Eggs Benedict no sides 480 calories	24	390	1730	36	31	2.5	3.5 MF Meat
Sat	10		Daily 75%	Fiber 1			
Trans	0			Sugar 4			

Breakfast

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Original Buttermilk Pancakes 3 pancakes 570 calories	18	75	1510	89	13	6	
Sat	7		Daily 66%	Fiber 3			2.5 Fat
Trans	0			Sugar 28			
Think N' Fluffy Classic French Toast w/butter & syrup 1010 calories	42	325	1240	136	23	9	
Sat	18		Daily 54%	Fiber 5			6.5 Fat
Trans	0.5			Sugar 44			

Side

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
2 Eggs scrambled 220 calories	17	505	180	1	14	0	2 HF Meat
Sat	5		Daily 8%	Fiber 1			
Trans	0			Sugar 0			
Buttered Toast 2 slices w/ butter and jam 290 calories	8	15	390	51	6	3.5	
Sat	4		Daily 17%	Fiber 2			1 Fat
Trans	0			Sugar 21			
Fresh Fruit Bowl 110 calories	0	0	15	28	1	2	
Sat	0		Daily 1%	Fiber 2			
Trans	0			Sugar 23			
Hashbrowns 220 calories	14	0	240	20	2	1.5	
Sat	3		Daily 10%	Fiber 2			2.5 Fat
Trans	0			Sugar 0			
Hickory-Smoked Bacon Strips 2 strips 130 calories	11	15	290	0	8	0	1 HF Meat
Sat	4		Daily 13%	Fiber 0			0.5 Fat
Trans	0			Sugar 0			
Pork Sausage Patties 2 patties 440 calories	42	40	700	0	16	0	2.5 HF Meat
Sat	14		Daily 30%	Fiber 1			4.5 Fat
Trans	0			Sugar 0			

Entree		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Bacon Ranch Chicken Cheese Steak		47	164	2490	71	55	4.5	6 HF Meat
regular serving	Sat	15	Daily	108%	Fiber	4		
920 calories	Trans	0			Sugar	9		
BLT		48	59	1633	64	29	4.5	2 HF Meat
regular serving	Sat	10	Daily	71%	Fiber	4		5.5 Fat
790 calories	Trans	0			Sugar	6		
Buffalo Chicken Cheese Steak		44	155	3590	73	50	5	5 HF Meat
regular serving	Sat	14	Daily	156%	Fiber	4		
890 calories	Trans	0			Sugar	9		
Chicken Salad Sub		86	89	1130	68	34	4.5	3 HF Meat
regular serving	Sat	13	Daily	79%	Fiber	5		11.5 Fat
1170 calories	Trans	0			Sugar	7		
Club Sub		78	195	2560	68	50	4.5	5 HF Meat
regular serving	Sat	16	Daily	111%	Fiber	4		6.5 Fat
1160 calories	Trans	0.5			Sugar	8		
Grilled Portabella Mushroom and Swiss		30	39	830	71	27	4.5	2 HF Meat
regular serving	Sat	10	Daily	36%	Fiber	6		2 Fat
650 calories	Trans	0			Sugar	8		
Ham and Provolone		44	63	1960	68	38	4.5	3.5 HF Meat
regular serving	Sat	11	Daily	85%	Fiber	4		2.5 Fat
820 calories	Trans	0			Sugar	7		
Jersey Shore's Favorite		44	66	2010	69	39	4.5	3.5 HF Meat
regular serving	Sat	11	Daily	87%	Fiber	4		2.5 Fat
820 calories	Trans	0			Sugar	8		
Mike's Chicken Philly		22	135	2190	73	48	5	4.5 MF Meat
regular serving	Sat	10	Daily	95%	Fiber	3		
680 calories	Trans	0			Sugar	11		

Entree		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Mike's Famous Philly		30	120	2170	74	46	5	4.5 MF Meat
regular serving	Sat	14.5	Daily	94%	Fiber	3		
750 calories	Trans	1			Sugar	10		
Roast Beef and Provolone		46	117	1320	66	57	4.5	6 MF Meat
regular serving	Sat	11	Daily	57%	Fiber	4		
910 calories	Trans	0			Sugar	5		
The Original Italian		55	92	2571	71	47	4.5	5 HF Meat
regular serving	Sat	14	Daily	112%	Fiber	4		2 Fat
960 calories	Trans	0			Sugar	10		
The Veggie		59	81	1310	69	39	4.5	3.5 HF Meat
regular serving	Sat	20	Daily	57%	Fiber	5		5.5 Fat
950 calories	Trans	1			Sugar	6		
Tuna Fish		74	56	1350	67	33	4.5	3 HF Meat
regular serving	Sat	10	Daily	59%	Fiber	5		9 Fat
1060 calories	Trans	0			Sugar	6		
Turkey and Provolone		41	73	1980	66	45	4.5	4.5 HF Meat
regular serving	Sat	9	Daily	86%	Fiber	4		
820 calories	Trans	0			Sugar	6		

Entree		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
#1 The Pepe®		28	70	1570	50	29	3.5	2.5 HF Meat
8" French bread	Sat	9	Daily	68%	Fiber	4		1 Fat
600 calories	Trans	0			Sugar	4		
#12 Beach Club		39	95	2050	75	45	5	4.5 HF Meat
8" French bread	Sat	14	Daily	89%	Fiber	7		
850 calories	Trans	0.5			Sugar	3		
#2 Big John®		21	60	1110	47	26	3	2.5 HF Meat
8" French bread	Sat	3.5	Daily	48%	Fiber	4		
500 calories	Trans	0			Sugar	2		
#3 Totally Tuna®		22	40	1160	51	21	3.5	1.5 HF Meat
8" French bread	Sat	3	Daily	50%	Fiber	5		1.5 Fat
510 calories	Trans	0			Sugar	4		
#4 Turkey Tom®		19	50	1160	48	23	3	2 HF Meat
8" French bread	Sat	2.5	Daily	50%	Fiber	4		
480 calories	Trans	0			Sugar	2		
#5 Vito®		26	85	1850	52	32	3.5	3 HF Meat
8" French bread	Sat	11	Daily	80%	Fiber	5		
570 calories	Trans	0			Sugar	4		
#6 The Veggie		38	60	1260	50	27	3.5	2.5 HF Meat
8" French bread	Sat	14	Daily	55%	Fiber	5		3 Fat
670 calories	Trans	0.5			Sugar	3		
#9 Italian Night Club		46	130	2850	77	48	5	4.5 HF Meat
8" French bread	Sat	14	Daily	124%	Fiber	6		1 Fat
930 calories	Trans	0			Sugar	5		
Chicken Bacon Ranch		47	110	2210	73	45	5	4.5 HF Meat
8" French bread	Sat	13	Daily	96%	Fiber	6		1 Fat
920 calories	Trans	0			Sugar	4		
Chicken Caesar Wrap		50	90	2180	75	36	5	3 HF Meat
flour wrap	Sat	13	Daily	95%	Fiber	3		4 Fat
880 calories	Trans	0			Sugar	4		

Entree		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
J.J.B.L.T.®		33	45	1580	70	28	4.5	2 HF Meat
8" French bread	Sat	8	Daily	69%	Fiber	6		2.5 Fat
710 calories	Trans	0			Sugar	2		
Kickin' Ranch®		42	95	1970	60	39	4	4 HF Meat
Chicken Wrap	Sat	12	Daily	86%	Fiber	6		1 Fat
flour wrap	Trans	0.5			Sugar	4		
800 calories								
Slim 1 Ham and Provolone		13	50	1610	69	33	4.5	3 Lean Meat
8" French bread	Sat	6	Daily	70%	Fiber	4		
540 calories	Trans	0			Sugar	1		
Slim 2 Roast Beef		5	45	1200	66	30	4.5	2.5 Lean Meat
8" French bread	Sat	1	Daily	52%	Fiber	4		
440 calories	Trans	0			Sugar	0		
Slim 3 Tuna Salad		23	30	1410	70	24	4.5	1.5 HF Meat
8" French bread	Sat	3	Daily	61%	Fiber	5		1.5 Fat
600 calories	Trans	0			Sugar	2		
Slim 4 Turkey		3	30	1250	68	27	4.5	2 Lean Meat
8" French bread	Sat	0	Daily	54%	Fiber	4		
420 calories	Trans	0			Sugar	0		
Slim 5 Salami, Capocollo, and Provolone		23	85	1980	69	35	4.5	3 MF Meat
8" French bread	Sat	10	Daily	86%	Fiber	4		
630 calories	Trans	0			Sugar	1		

Entree		Dietary Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrate (g)		Protein (g)		Carb exchange		Dietary exchanges
Chicken Littles		16		40		730		39		15		2.5		1 HF Meat
1 sandwich	Sat	2		Daily		32%		Fiber		0.5				1 Fat
350 calories	Trans	0						Sugar		3				
Chicken Pot Pie		41		80		1750		60		26		4		2 HF Meat
entree only	Sat	25		Daily		76%		Fiber		7				4 Fat
720 calories	Trans	0						Sugar		5				
Classic Chicken Sandwich		35		90		1260		49		34		3.5		3.5 HF Meat
sandwich only	Sat	4.5		Daily		55%		Fiber		1				0.5 Fat
650 calories	Trans	0						Sugar		6				
Kentucky Fried Nuggets (each)		1.5		15		140		1		3		0		0.5 MF Meat
1 nugget	Sat	0		Daily		6%		Fiber		0				
35 calories	Trans	0						Sugar		0				
KFC® Famous Bowl		22		85		2160		67		31		4.5		2.5 MF Meat
590 calories	Sat	5		Daily		94%		Fiber		4				
	Trans	0						Sugar		3				
Original Recipe® Chicken Breast		21		120		1190		11		39		0.5		5.5 MF Meat
390 calories	Sat	4		Daily		52%		Fiber		2				
	Trans	0						Sugar		0				
Original Recipe® Chicken Drum		8		55		430		4		12		0.5		1.5 MF Meat
130 calories	Sat	1.5		Daily		19%		Fiber		1				
	Trans	0						Sugar		0				
Original Recipe® Chicken Thigh		19		100		910		8		19		0.5		2.5 HF Meat
280 calories	Sat	4.5		Daily		40%		Fiber		1				
	Trans	0						Sugar		0				
Original Recipe® Chicken Wing		8		55		380		3		10		0		1.5 MF Meat
130 calories	Sat	2		Daily		17%		Fiber		0				
	Trans	0						Sugar		0				
Original Recipe® Tender (each)		6		30		400		20		11		1.5		1 MF Meat
1 tender	Sat	0.5		Daily		17%		Fiber		0				
170 calories	Trans	0						Sugar		0				



Entree		Dietary Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrate (g)		Protein (g)		Carb exchange		Dietary exchanges
Spicy Chicken Sandwich		33		85		2140		49		34		3.5		3.5 HF Meat
1 sandwich	Sat	4		Daily		93%		Fiber		1				0.5 Fat
620 calories	Trans	0						Sugar		6				
Side														
Biscuit		8		0		520		22		4		1.5		
each	Sat	4.5		Daily		23%		Fiber		1				1.5 Fat
180 calories	Trans	0						Sugar		1				
Cole Slaw		12		<5		180		14		1		0		
1 side	Sat	2		Daily		8%		Fiber		4				2.5 Fat
170 calories	Trans	0						Sugar		10				
Macaroni & Cheese, side		6		<5		590		17		5		1		0.5 HF Meat
1 side	Sat	1.5		Daily		26%		Fiber		1				
140 calories	Trans	0						Sugar		2				
Mashed Potatoes With Gravy		4.5		0		520		20		3		1.5		
1 side	Sat	1		Daily		23%		Fiber		1				0.5 Fat
130 calories	Trans	0						Sugar		0				

Entree		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
5 Meat Feast Pizza		18	43	890	31	17	2	1.5 HF Meat
1/8 pizza	Sat	7		Daily 39%	Fiber 2			1 Fat
350 calories	Trans	0.5			Sugar 2.5			
Detroit-Style Deep Dish Cheese Pizza		11	22	540	40	15	2.5	1 HF Meat
per square, 8 squares	Sat	5		Daily 23%	Fiber 2			
310 calories	Trans	0.5			Sugar 2.5			
Detroit-Style Deep Dish Pepperoni Pizza		14	30	660	40	16	2.5	1 HF Meat
per square, 8 squares	Sat	6		Daily 29%	Fiber 2			0.5 Fat
350 calories	Trans	0.5			Sugar 3			
Hula Hawaiian		9	27	696	34	15	2.5	1 MF Meat
1/8 pizza	Sat	4		Daily 30%	Fiber 2			
270 calories	Trans	0.5			Sugar 4			
Large Classic Cheese Pizza		8	19	470	31	12	2	1 HF Meat
1/8 pizza	Sat	4		Daily 20%	Fiber 2			
240 calories	Trans	0			Sugar 2			
Large Thin Crust Cheese Pizza		8	16	240	11	7	0.5	1 HF Meat
1/14 pizza	Sat	3.5		Daily 10%	Fiber 1			
140 calories	Trans	0			Sugar 0			
Large Thin Crust Pepperoni Pizza		9	18	300	11	7	0.5	1 HF Meat
1/14 pizza	Sat	3.5		Daily 13%	Fiber 0.5			
150 calories	Trans	0			Sugar 1			
Ultimate Supreme Pizza		14	33	722	32	15	2	1.5 HF Meat
1/8 pizza	Sat	7		Daily 31%	Fiber 2			
310 calories	Trans	0.5			Sugar 3			
Veggie Pizza		11	19	679	33	12	2	1 HF Meat
1/8 pizza	Sat	5		Daily 30%	Fiber 2.5			
280 calories	Trans	0.5			Sugar 3			

Side		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Buffalo Wings		35	285	3300	7	47	0.5	6.5 MF Meat
8 wings	Sat	9		Daily 145%	Fiber 0			
520 calories	Trans	0			Sugar 0			
Crazy Bread		3	0	160	16	3	1	
1 stick	Sat	0.5		Daily 7%	Fiber 0.5			0.5 Fat
100 calories	Trans	0			Sugar 1			
Italian Cheese Bread		5	10	225	16	6	1	0.5 HF Meat
1 stick	Sat	2		Daily 10%	Fiber 1			
135 calories	Trans	0			Sugar 1			
Oven Roasted Wings		35	285	1740	3	47	0	6.5 MF Meat
8 wings	Sat	9		Daily 76%	Fiber 0			
510 calories	Trans	0			Sugar 0			
Stuffed Crazy Bread		38	60	2200	126	36	8.5	1.5 HF Meat
3 bread sticks & crazy sauce	Sat	13		Daily 96%	Fiber 6			3.5 Fat
980 calories	Trans	1			Sugar 10			

Entree		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Big Mac		34	85	1060	45	25	3	2.5 HF Meat
sandwich only	Sat	11		Daily 46%	Fiber	3		2 Fat
580 calories	Trans	1			Sugar	7		
Cheeseburger		13	40	720	31	15	2	1.5 HF Meat
bun, cheese, patty, onions, pickles, ketchup	Sat	6		Daily 31%	Fiber	2		
300 calories	Trans	0.5			Sugar	6		
Chicken McNuggets		15	40	500	15	14	1	1.5 HF Meat
6-piece serving	Sat	2.5		Daily 22%	Fiber	0		0.5 Fat
250 calories	Trans	0			Sugar	0		
Hamburger		9	30	510	30	12	2	1 MF Meat
bun, patty, onions, pickles, ketchup	Sat	3.5		Daily 22%	Fiber	1		
250 calories	Trans	0			Sugar	5		
McChicken		21	40	560	38	14	2.5	1 HF Meat
sandwich only	Sat	3.5		Daily 24%	Fiber	1		2 Fat
390 calories	Trans	0			Sugar	4		
McDouble		20	70	920	32	22	2	2.5 HF Meat
sandwich only	Sat	9		Daily 40%	Fiber	2		
390 calories	Trans	1			Sugar	6		
Ranch Mac Snack Wrap		22	45	900	31	17	2	1.5 HF Meat
wrap only	Sat	6		Daily 39%	Fiber	1		1.5 Fat
390 calories	Trans	0			Sugar	3		
Breakfast								
Egg McMuffin		13	250	770	30	17	2	1.5 HF Meat
sandwich only	Sat	6		Daily 33%	Fiber	2		
310 calories	Trans	0			Sugar	3		
Hash Browns		8	0	310	18	2	1	
each	Sat	1		Daily 13%	Fiber	2		1.5 Fat
140 calories	Trans	0			Sugar	0		

Breakfast		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Hotcakes		15	40	530	101	9	6.5	
3 hotcakes, butter, syrup	Sat	6		Daily 23%	Fiber	2		1.5 Fat
580 calories	Trans	0			Sugar	45		
Sausage McGriddle		24	35	990	41	11	2.5	0.5 HF Meat
sandwich only	Sat	9		Daily 43%	Fiber	2		3.5 Fat
430 calories	Trans	0			Sugar	14		
Sausage McMuffin		26	55	760	29	14	2	1 HF Meat
sandwich only	Sat	10		Daily 33%	Fiber	2		3 Fat
400 calories	Trans	0			Sugar	2		
Side								
French Fries		11	0	190	31	3	2	
small serving	Sat	1.5		Daily 8%	Fiber	3		2 Fat
230 calories	Trans	0			Sugar	0		
Dessert								
McFlurry® with OREO® Cookies		13	35	210	64	10	4.5	
regular size	Sat	7		Daily 9%	Fiber	1		1.5 Fat
410 calories	Trans	0			Sugar	48		

Entree		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Chicken Parmagiana dinner entrée		51	155	3300	80	64	5.5	7 MF Meat
1020 calories	Sat	14		Daily 143%	Fiber	7		
	Trans	0			Sugar	13		
Fettuccine Alfredo dinner entrée		89	285	1210	78	27	5	1.5 HF Meat
1220 calories	Sat	55		Daily 53%	Fiber	3		14.5 Fat
	Trans	2			Sugar	5		
Herb-Grilled Salmon dinner entrée		45	130	1360	9	45	0.5	6 HF Meat
610 calories	Sat	11		Daily 59%	Fiber	4		
	Trans	0			Sugar	3		
Lasagna Classico dinner entrée		55	200	2260	61	54	4	6 HF Meat
940 calories	Sat	30		Daily 98%	Fiber	6		0.5 Fat
	Trans	1			Sugar	11		
Shrimp Carbonara dinner entrée		81	450	1710	63	58	4	6.5 HF Meat
1200 calories	Sat	46		Daily 74%	Fiber	4		5 Fat
	Trans	2.5			Sugar	10		
Spaghetti with Meat Sauce dinner entrée		22	60	1050	85	26	5.5	1.5 HF Meat
640 calories	Sat	7		Daily 46%	Fiber	4		1 Fat
	Trans	0			Sugar	17		
Tour of Italy dinner entrée		97	325	3220	99	72	6.5	7.5 HF Meat
1550 calories	Sat	50		Daily 140%	Fiber	7		6 Fat
	Trans	1.5			Sugar	12		

Side

Breadstick with Garlic Topping 1 each		2.5	0	460	25	4	1.5	
140 calories	Sat	0.5		Daily 20%	Fiber	0.5		
	Trans	0			Sugar	1		
Calamari appetizer		42	300	1600	48	24	3	2 HF Meat
670 calories	Sat	3.5		Daily 70%	Fiber	2		4.5 Fat
	Trans	0			Sugar	3		
Chicken and Gnocchi Soup		12	55	1290	22	11	1.5	1 HF Meat
230 calories	Sat	4.5		Daily 56%	Fiber	1		0.5 Fat
	Trans	0			Sugar	4		

Side		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Fried Mozzarella appetizer		49	65	1990	57	33	4	3 HF Meat
800 calories	Sat	17		Daily 87%	Fiber	4		4 Fat
	Trans	0			Sugar	3		
Minestrone Soup		1	0	810	17	5	1	0.5 Lean Meat
110 calories	Sat	0		Daily 35%	Fiber	4		
	Trans	0			Sugar	4		
Pasta Fagioli Soup		5	15	710	16	8	1	0.5 HF Meat
150 calories	Sat	2		Daily 31%	Fiber	3		
	Trans	0			Sugar	4		
Salad with Signature Italian Dressing salad and dressing only		10	<5	770	13	3	1	
150 calories	Sat	1.5		Daily 33%	Fiber	2		2 Fat
	Trans	0			Sugar	4		
Spinach-Artichoke Dip with Flatbread Chips appetizer		81	70	2440	75	33	5	2.5 HF Meat
1160 calories	Sat	21		Daily 106%	Fiber	7		11 Fat
	Trans	1			Sugar	8		0.5 Veg
Toasted Ravioli appetizer		31	45	1330	69	25	4.5	1.5 HF Meat
650 calories	Sat	10		Daily 58%	Fiber	4		3 Fat
	Trans	0			Sugar	5		

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Beijing Beef Plate with Super Greens and Fried Rice 1190 calories		49	175	1860	157	33	10.5 MF Meat
	Sat	9	Daily	81%	Fiber	8	7.5 Fat
	Trans	0			Sugar	29	
Broccoli Beef 150 calories		6	27	520	12	15	1 MF Meat
	Sat	2	Daily	23%	Fiber	2	
	Trans	0			Sugar	6	1 Veg
Eggplant Tofu 340 calories		24	0	520	23	7	1.5 HF Meat
	Sat	3.5	Daily	23%	Fiber	3	3.5 Fat
	Trans	0			Sugar	17	
Grilled Teriyaki Chicken 275 calories		10	160	470	14	33	1 Lean Meat
	Sat	3	Daily	20%	Fiber	0	
	Trans	0			Sugar	9	
Honey Walnut Shrimp Plate with Super Greens and White Rice 1040 calories		37	70	960	160	29	10.5 MF Meat
	Sat	4	Daily	42%	Fiber	6	5.5 Fat
	Trans	0			Sugar	13	
Original Orange Chicken with Fried Rice 1130 calories		43	226	1850	154	29	10.5 MF Meat
	Sat	9	Daily	80%	Fiber	3	6.5 Fat
	Trans	0			Sugar	24	

Side

Chicken Eggroll 1 roll 200 calories		10	20	340	20	6	1.5
	Sat	2	Daily	15%	Fiber	2	1.5 Fat
	Trans	0			Sugar	2	
Chicken Potsticker 3-piece serving 160 calories		6	20	250	20	6	1.5
	Sat	1.5	Daily	11%	Fiber	1	1 Fat
	Trans	0			Sugar	2	
Chow Mein 600 calories		23	0	1000	94	15	6.5
	Sat	4	Daily	43%	Fiber	7	3.5 Fat
	Trans	0			Sugar	11	

Side

Cream Cheese Rangoon 3-piece serving 190 calories		8	35	180	24	5	1.5
	Sat	5	Daily	8%	Fiber	2	1.5 Fat
	Trans	0			Sugar	1	
Fried Rice 620 calories		19	140	1000	101	13	6.5
	Sat	4	Daily	43%	Fiber	1	2.5 Fat
	Trans	0			Sugar	4	
Hot and Sour Soup 1 cup 120 calories		5	65	880	14	7	1 HF Meat
	Sat	0.5	Daily	38%	Fiber	1	
	Trans	0			Sugar	4	
Super Greens 130 calories		4	0	370	14	9	1
	Sat	0	Daily	16%	Fiber	7	
	Trans	0			Sugar	6	1 Veg
Veggie Springroll 2 rolls 240 calories		14	0	560	24	4	1.5
	Sat	2	Daily	24%	Fiber	2	2.5 Fat
	Trans	0			Sugar	0	
White Steamed Rice 520 calories		0	0	0	118	10	8
	Sat	0	Daily	0%	Fiber	0	
	Trans	0			Sugar	0	

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Asian Sesame Salad with Chicken	24	95	1020	27	35	2	4 MF Meat
Sat	3		Daily 44%	Fiber 5			
whole salad, no side	Trans	0		Sugar 7			
450 calories							
Bacon Turkey Bravo on Tomato Basil Sandwich	40	130	2380	73	47	5	4.5 HF Meat
Sat	14		Daily 103%	Fiber 3			
whole sandwich, no side	Trans	0.5		Sugar 10			
840 calories							
Broccoli Cheddar Soup	24	65	1520	25	13	1.5	1 HF Meat
Sat	19		Daily 66%	Fiber 1			3 Fat
1 bowl, no side	Trans	2.5		Sugar 9			
360 calories							
Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round	49	135	2490	75	48	5	4.5 HF Meat
Sat	14		Daily 108%	Fiber 7			1.5 Fat
whole, sandwich no side	Trans	0.5		Sugar 4			1 Veg
930 calories							
Fuji Apple Salad with Chicken	32	110	960	36	33	2.5	3.5 HF Meat
Sat	6		Daily 42%	Fiber 5			0.5 Fat
whole salad, no side	Trans	0.5		Sugar 22			1 Veg
560 calories							
Green Goddess Chicken Cobb Salad	29	300	1180	22	43	1.5	5.5 MF Meat
Sat	7		Daily 51%	Fiber 7			
whole salad, no side	Trans	0		Sugar 11			1 Veg
510 calories							

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Grilled Chicken & Avo BLT on Country Rustic Sourdough	54	185	1670	55	50	3.5	5.5 HF Meat
Sat	16		Daily 73%	Fiber 6			1.5 Fat
whole sandwich, no side	Trans	1		Sugar 4			
900 calories							
Homestyle Chicken Noodle Soup	5	50	1730	19	14	1.5	1.5 Lean Meat
Sat	1.5		Daily 75%	Fiber 1			
1 bowl, no side	Trans	0		Sugar 4			
180 calories							
Mac and Cheese	64	165	2300	67	32	4.5	2.5 HF Meat
Sat	35		Daily 100%	Fiber 0			8 Fat
1 bowl	Trans	2		Sugar 15			
960 calories							
Mediterranean Veggie on Tomato Basil	14	15	1290	76	18	5	0.5 HF Meat
Sat	3.5		Daily 56%	Fiber 6			1 Fat
whole sandwich, no side	Trans	0		Sugar 8			1 Veg
490 calories							
Southwest Chicken Ranch Salad	46	120	1070	35	33	2.5	3.5 HF Meat
Sat	7		Daily 47%	Fiber 9			3 Fat
whole salad, no side	Trans	0.5		Sugar 11			1 Veg
680 calories							
Breakfast							
Asiago Cheese Bagel	5	15	540	55	14	3.5	1 Lean Meat
Sat	3		Daily 23%	Fiber 2			
320 calories				Sugar 4			
Trans	0						
Everything Bagel	1.5	0	560	58	10	4	
Sat	0		Daily 24%	Fiber 2			
290 calories				Sugar 4			
Trans	0						

Side		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
French Baguette		0	0	370	30	5	2	
150 calories	Sat	0		Daily 16%	Fiber 1			
	Trans	0			Sugar 1			



Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Buffalo Chicken Pizza	38	60	1550	45	22	3	2 HF Meat
Hut Melt	10		67%	Fiber	3		4 Fat
half melt				Sugar	7		
610 calories							
Chicken Garden Salad	19	75	1030	39	32	2.5	3.5 MF Meat
no dressing	4		45%	Fiber	4		
420 calories	0			Sugar	10		1 Veg
Large Cheese Stuffed Crust Pizza	12	40	660	35	15	2.5	1 HF Meat
1/8 pizza	7		29%	Fiber	3		0.5 Fat
310 calories	0			Sugar	3		
Medium Original Pan Cheese Pizza	10	20	440	28	10	2	0.5 HF Meat
1/8 pizza	4		19%	Fiber	2		1 Fat
240 calories	0			Sugar	2		
Medium Original Pan Pepperoni Pizza	11	20	460	28	10	2	0.5 HF Meat
1/8 pizza	4		20%	Fiber	2		1 Fat
250 calories	0			Sugar	2		
Naked Bone-Out Wing	24	60	990	36	28	2.5	3 HF Meat
6-piece	4.5		43%	Fiber	2		
serving, no sauce				Sugar	0		
480 calories	0						
Oven-Baked Chicken Alfredo Pasta	48	65	1280	86	37	5.5	3 HF Meat
	25		56%	Fiber	5		3.5 Fat
920 calories	1			Sugar	8		
Penne with Marinara and Meatballs	28	95	1570	62	33	4	3 HFMeat
half size	13		68%	Fiber	6		
630 calories	1			Sugar	17		
Small Hand Tossed Cheese Pizza	4	10	240	17	6	1	0.5 MF Meat
1/8 pizza	2		10%	Fiber	1		
130 calories	0			Sugar	1		

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Small Hand Tossed Pepperoni Pizza	5	10	250	16	6	1	0.5 HF Meat
1/8 pizza	2		11%	Fiber	1		
130 calories	0			Sugar	1		
Small Hand Tossed Supreme Pizza	5	15	270	17	6	1	0.5 HF Meat
1/8 pizza	2.5		12%	Fiber	1		
140 calories	0			Sugar	1		
Small Pepperoni Lover's Pizza, hand-tossed	7	20	310	17	7	1	0.5 HF Meat
1/8 pizza	3		13%	Fiber	1		0.5 Fat
150 calories	0			Sugar	1		
Small Thin 'N' Crispy Cheese Pizza	3.5	10	250	13	5	1	0.5 MF Meat
1/8 pizza	2		11%	Fiber	1		
110 calories	0			Sugar	2		
Small Thin 'N' Crispy Pepperoni Pizza	4.5	15	270	13	5	1	0.5 MF Meat
1/8 pizza	2		12%	Fiber	0.5		
110 calories	0			Sugar	2		
Small Veggie Lover's Pizza, hand-tossed	3.5	10	230	17	5	1	0.5 MF Meat
1/8 pizza	1.5		10%	Fiber	1		
120 calories	0			Sugar	1		
Traditional Bone-In Wing	67	285	1780	6	58	0.5	8 HF Meat
6-piece	14		77%	Fiber	2		0.5 Fat
serving, garlic parmesan	0			Sugar	2		
850 calories							
Side							
Breadsticks	4.5	0	260	19	4	1.5	
each	1		11%	Fiber	1		0.5 Fat
140 calories	0			Sugar	1		

Side

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Roasted Garlic Cheese Sticks	4.5	10	200	11	5	0.5	0.5 HF Meat
1 stick, no sauce	Sat 2	Daily	9%	Fiber 0.5			
100 calories	Trans 0			Sugar 1			



Popeyes Louisiana Kitchen

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Chicken Breast 1 piece 380 calories	20	125	1230	16	35	1	4.5 MF Meat
Sat	8	Daily	53%	Fiber	2		
Trans	1			Sugar	0		
Chicken Leg 1 piece 160 calories	9	40	460	5	14	0.5	2 MF Meat
Sat	4	Daily	20%	Fiber	1		
Trans	0			Sugar	0		
Chicken Tenders, Classic or Spicy 3-piece serving 390 calories	19	100	1700	40	35	2.5	4 MF Meat
Sat	9	Daily	74%	Fiber	1		
Trans	1			Sugar	0		
Chicken Thigh 1 piece 280 calories	21	50	640	7	14	0.5	2 HF Meat
Sat	8	Daily	28%	Fiber	1		1 Fat
Trans	0			Sugar	0		
Chicken Wing 1 piece 210 calories	14	60	610	8	13	0.5	1.5 HF Meat
Sat	4	Daily	27%	Fiber	1		0.5 Fat
Trans	0			Sugar	0		
Classic Boneless Wings 6-piece serving 480 calories	34	90	990	23	27	1.5	3 HF Meat
Sat	16	Daily	43%	Fiber	2		1.5 Fat
Trans	2			Sugar	1		
Classic Chicken Sandwich 700 calories	42	90	1440	50	28	3.5	2.5 HF Meat
Sat	14	Daily	63%	Fiber	2		3.5 Fat
Trans	2			Sugar	8		
Honey BBQ Bone-in Wings 6-piece serving 860 calories	44	180	2850	77	38	5	3.5 HF Meat
Sat	18	Daily	124%	Fiber	2		2 Fat
Trans	1			Sugar	48		
Popcorn Shrimp 1/4 lb. serving 390 calories	25	80	1390	28	14	2	1 HF Meat
Sat	8	Daily	60%	Fiber	3		3 Fat
Trans	1			Sugar	0		

Side	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Biscuit 210 calories	13	0	440	20	3	1.5	
Sat	6	Daily	19%	Fiber	1		2.5 Fat
Trans	0			Sugar	1		
Cajun Fries regular serving 270 calories	14	5	590	33	4	2	
Sat	5	Daily	26%	Fiber	3		2.5 Fat
Trans	1			Sugar	0		
Coleslaw regular serving 140 calories	10	5	190	12	1	1	
Sat	2	Daily	8%	Fiber	1		2 Fat
Trans	0			Sugar	9		
Homestyle Mac and Cheese regular serving 280 calories	21	60	510	16	11	1	1 HF Meat
Sat	21	Daily	22%	Fiber	0		2.5 Fat
Trans	0.5			Sugar	3		
Mashed Potatoes with Cajun Gravy regular serving 110 calories	4	5	590	18	3	1	
Sat	2	Daily	26%	Fiber	1		0.5 Fat
Trans	0			Sugar	1		
Red Beans and Rice regular serving 250 calories	16	15	610	22	8	1.5	0.5 HF Meat
Sat	5	Daily	27%	Fiber	6		2 Fat
Trans	0			Sugar	0		

Entree	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
All-American Dog 410 calories	21	35	1150	42	13	3	0.5 HF Meat
Sat	8		Daily 50%	Fiber 2			3 Fat
Trans	1			Sugar 13			
Chili Cheese Coney 470 calories	29	55	1200	34	18	2.5	1.5 HF Meat
Sat	12		Daily 52%	Fiber 2			3 Fat
Trans	1.5			Sugar 4			
Corn Dog 230 calories	13	15	480	23	6	1.5	
Sat	4		Daily 21%	Fiber 1			2.5 Fat
Trans	0			Sugar 5			
Crispy Chicken Sandwich 520 calories	24	50	1470	52	24	3.5	2 HF Meat
Sat	4.5		Daily 64%	Fiber 4			1 Fat
Trans	0			Sugar 10			
Crispy Tenders 3-piece serving 260 calories	12	60	730	16	21	1	2.5 MF Meat
Sat	1		Daily 32%	Fiber 2			
Trans	0			Sugar 0			
Double Sonic Smasher 600 calories	37	100	1530	30	35	2	4 HF Meat
Sat	14		Daily 67%	Fiber 1			0.5 Fat
Trans	1			Sugar 8			
Grilled Cheese Sandwich 390 calories	20	40	1130	42	13	3	0.5 HF Meat
Sat	10		Daily 49%	Fiber 3			2.5 Fat
Trans	0			Sugar 4			
Premium Chicken Bites small serving 240 calories	12	25	900	19	13	1.5	1 HF Meat
Sat	2		Daily 39%	Fiber 1			0.5 Fat
Trans	0			Sugar 0			
Sonic Cheeseburger 700 calories	41	65	1360	52	30	3.5	3 HF Meat
Sat	11		Daily 59%	Fiber 2			2.5 Fat
Trans	0			Sugar 12			
Breakfast							
Bacon Breakfast Burrito 470 calories	25	320	1540	35	25	2.5	2.5 HF Meat
Sat	11		Daily 67%	Fiber 1			0.5 Fat
Trans	0			Sugar 1			

Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
French Toast Sticks 4-piece serving, no syrup 480 calories	25	0	460	54	8	3.5	
Sat	4.5		Daily 20%	Fiber 3			4.5 Fat
Trans	0			Sugar 12			
Side							
Groovy Fries small serving 260 calories	16	0	570	28	2	2	
Sat	2.5		Daily 25%	Fiber 4			3 Fat
Trans	0			Sugar 0			
Mozzarella Sticks small (4-piece) serving 370 calories	19	30	790	36	15	2.5	1 HF Meat
Sat	7		Daily 34%	Fiber 2			1.5 Fat
Trans	0			Sugar 2			
Onion Rings small serving 440 calories	21	0	430	55	6	3.5	
Sat	3.5		Daily 19%	Fiber 3			3.5 Fat
Trans	0			Sugar 14			
Tots small serving 250 calories	13	0	620	30	2	2	
Sat	2.5		Daily 27%	Fiber 3			2 Fat
Trans	0			Sugar 0			
Beverage							
Plain Slush, no syrup small serving, no mix-ins 180 calories	0	0	30	48	0	3	
Sat	0		Daily 1%	Fiber 0			
Trans	0			Sugar 48			

Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Bacon, Gouda, and Egg Sandwich	18	155	710	35	18	2.5	1.5 HF Meat
360 calories	Sat 6	Daily	31%	Fiber 1			0.5 Fat
	Trans 0			Sugar 2			
Banana, Walnut, and Pecan Loaf	20	50	300	46	6	3	
380 calories	Sat 3	Daily	13%	Fiber 2			3.5 Fat
	Trans 0			Sugar 26			
Birthday Cake Pop	8	10	95	21	2	1.5	
160 calories	Sat 4.5	Daily	4%	Fiber 0			1.5 Fat
	Trans 0			Sugar 16			
Butter Croissant	14	45	300	26	5	1.5	
250 calories	Sat 8	Daily	13%	Fiber 1			2.5 Fat
	Trans 0			Sugar 4			
Egg White and Roasted Red Pepper Egg Bites	8	25	470	11	12	0.5	1.5 MF Meat
2-piece serving	Sat 5	Daily	20%	Fiber 0			
170 calories	Trans 0			Sugar 3			
Egg, Pesto, and Mozzarella Sandwich	16	175	790	36	21	2.5	2 MF Meat
390 calories	Sat 6	Daily	34%	Fiber 2			
	Trans 0			Sugar 1			
Plain Bagel no cream cheese	1	0	540	51	9	3.5	
250 calories	Sat 0	Daily	23%	Fiber 2			
	Trans 0			Sugar 5			
Rolled and Steel Cut Oatmeal no toppings	2.5	0	125	28	5	2	
160 calories	Sat 0.5	Daily	5%	Fiber 4			
	Trans 0			Sugar 0			
Sausage, Cheddar, and Egg Sandwich	29	165	890	34	18	2.5	1.5 HF Meat
480 calories	Sat 10	Daily	39%	Fiber 1			3 Fat
	Trans 0			Sugar 2			
Spinach, Feta, and Egg White Wrap	8	20	840	34	20	2.5	2 Lean Meat
290 calories	Sat 3.5	Daily	37%	Fiber 3			
	Trans 0			Sugar 5			

Beverage	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Caffè Latte tall (12 fl oz.)	6	25	135	15	10	1	1 MF Meat
150 calories	Sat 3.5	Daily	6%	Fiber 0			
	Trans 0			Sugar 14			
Caramel Frappuccino® Blended Beverage tall (12 fl oz.)	11	35	160	38	3	2.5	
260 calories	Sat 7	Daily	7%	Fiber 0			1.5 Fat
	Trans 0			Sugar 37			
Caramel Macchiato tall (12 fl oz.)	5	20	110	26	7	1.5	0.5 MF Meat
180 calories	Sat 3.5	Daily	5%	Fiber 0			
	Trans 0			Sugar 24			
Coffee Frappuccino® Blended Beverage tall (12 fl oz.)	2.5	10	160	31	3	2	
160 calories	Sat 1.5	Daily	7%	Fiber 0			
	Trans 0			Sugar 31			
Cold Brew tall (12 fl oz.)	0	0	10	0	0	0	
5 calories	Sat 0	Daily	0%	Fiber 0			
	Trans 0			Sugar 0			
Strawberry Açai Refresher tall (12 fl oz.)	0	0	10	18	0	1	
80 calories	Sat 0	Daily	0%	Fiber 1			
	Trans 0			Sugar 16			

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Black Forest Ham Protein Bowl	43	115	1680	14	36	1	4.5 HF Meat
Sat	14	Daily	73%	Fiber	3		1 Fat
Trans	1			Sugar	7		
580 calories							
BLT	26	40	800	42	18	3	1.5 HF Meat
6" sandwich	Sat	7	Daily	35%	Fiber	2	2 Fat
Trans	0			Sugar	5		
480 calories							
Cold Cut Combo	29	75	1320	43	25	3	2.5 HF Meat
6" sandwich	Sat	9	Daily	57%	Fiber	2	1 Fat
Trans	1			Sugar	5		
530 calories							
Grilled Chicken	24	85	830	43	3	3	3 MF Meat
6" sandwich	Sat	8	Daily	36%	Fiber	5	
Trans	1			Sugar	31		
510 calories							
Grilled Chicken Protein Bowl	44	170	960	12	48	1	6.5 MF Meat
Sat	15	Daily	42%	Fiber	3		
Trans	1			Sugar	6		
620 calories							
Italian BMT	36	80	1500	44	27	3	2.5 HF Meat
6" sandwich	Sat	12	Daily	65%	Fiber	2	2.5 Fat
Trans	1			Sugar	5		
610 calories							
Meatball Marinara	28	60	1370	53	27	3.5	2.5 HF Meat
6" sandwich	Sat	12	Daily	60%	Fiber	4	1 Fat
Trans	0			Sugar	7		
570 calories							
Oven-Roasted Turkey Breast	23	55	1150	42	26	3	2.5 HF Meat
6" sandwich	Sat	7	Daily	50%	Fiber	3	
Trans	1			Sugar	5		
480 calories							
Roast Beef	23	65	1120	44	31	3	3 MF Meat
6" sandwich	Sat	8	Daily	49%	Fiber	2	
Trans	0			Sugar	6		
500 calories							
Subway Club	24	75	1520	43	31	3	3 MF Meat
6" sandwich	Sat	8	Daily	66%	Fiber	4	
Trans	1			Sugar	8		
500 calories							

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Sweet Onion Chicken Teriyaki	11	70	1250	55	29	3.5	2.5 Lean Meat
6" sandwich	Sat	5	Daily	54%	Fiber	4	
Trans	0			Sugar	20		
430 calories							
Tuna	33	60	950	42	27	3	2.5 HF Meat
6" sandwich	Sat	9	Daily	41%	Fiber	2	2 Fat
Trans	1			Sugar	4		
570 calories							
Veggie Delite	10	20	600	41	17	2.5	1.5 MF Meat
6" sandwich	Sat	5	Daily	26%	Fiber	4	
Trans	0			Sugar	6		
320 calories							
Breakfast							
Bacon, Egg, and Cheese	30	280	1200	43	26	3	2.5 HF Meat
6" sandwich	Sat	11	Daily	52%	Fiber	2	1.5 Fat
Trans	0			Sugar	4		
550 calories							
Egg and Cheese	24	265	1020	42	21	3	1.5 HF Meat
6" sandwich	Sat	8	Daily	44%	Fiber	2	2 Fat
Trans	0			Sugar	4		
470 calories							

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
	10	5	1080	54	13	3.5	0.5 HF Meat
Bean Burrito							
360 calories	Sat 4.5	Daily	47%	Fiber 8			0.5 Fat
	Trans 0			Sugar 3			
Beef Soft Taco	8	25	500	18	9	1	1 MF Meat
180 calories	Sat 4	Daily	22%	Fiber 3			
	Trans 0			Sugar 1			
Beefy 5-Layer Burrito	18	30	1290	65	17	4.5	0.5 HF Meat
490 calories	Sat 8	Daily	56%	Fiber 7			2 Fat
	Trans 0			Sugar 4			
Cheesy Bean and Rice Burrito	17	<5	940	55	9	3.5	
420 calories	Sat 4.5	Daily	41%	Fiber 6			2.5 Fat
	Trans 0			Sugar 3			
Cheesy Gordita Crunch	28	55	850	42	20	3	1.5 HF Meat
490 calories	Sat 11	Daily	37%	Fiber 5			2.5 Fat
	Trans 0			Sugar 4			
Chicken Soft Taco	5	35	500	16	12	1	1.5 Lean Meat
160 calories	Sat 2.5	Daily	22%	Fiber 1			
	Trans 0			Sugar 1			
Crunchwrap Supreme	20	20	1220	73	15	5	
530 calories	Sat 7	Daily	53%	Fiber 6			3 Fat
	Trans 0			Sugar 6			
Nacho Cheese Doritos® Locos Tacos	10	25	370	13	7	1	0.5 HF Meat
1 taco	Sat 4	Daily	16%	Fiber 3			1 Fat
170 calories	Trans 0			Sugar 0.5			
Spicy Potato Soft Taco	12	10	470	28	5	2	
240 calories	Sat 3	Daily	20%	Fiber 2			2 Fat
	Trans 0			Sugar 1			

Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
	17	105	770	38	10	2.5	0.5 HF Meat
Cheesy Toasted Breakfast Burrito - Sausage							
350 calories	Sat 6	Daily	33%	Fiber 2			2 Fat
	Trans 0			Sugar 3			
Cheesy Toasted Breakfast Burrito - Bacon	16	110	900	38	13	2.5	1 HF Meat
350 calories	Sat 5	Daily	39%	Fiber 2			1 Fat
	Trans 0			Sugar 3			
Hashbrowns	11	0	280	14	1	1	
160 calories	Sat 1	Daily	12%	Fiber 1			2 Fat
	Trans 0			Sugar 0			
Side							
	9	20	430	17	8	1	0.5 HF Meat
Cheesy Roll up							
180 calories	Sat 6	Daily	19%	Fiber 1			1 Fat
	Trans 0			Sugar 1			
Nachos BellGrande, Beef	39	20	1180	80	17	5.5	
730 calories	Sat 6	Daily	51%	Fiber 13			6.5 Fat
	Trans 0			Sugar 4			

Entrée	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
All-Star Special	59.5	450	2180	99	33	6.5	2 HF Meat
eggs, waffle, toast, grits, bacon	Sat 23	Daily	95%	Fiber 4			7.5 Fat
1050 calories	Trans 0			Sugar 20			
Texas Cheesesteak Melt	40	75	1400	42	28	3	2.5 HF Meat
	Sat 17	Daily	61%	Fiber 3			3.5 Fat
650 calories	Trans 1			Sugar 6			
Breakfast							
Bacon, Egg, and Cheese Biscuit	44	220	1560	35	19	2.5	1.5 HF Meat
	Sat 21.5	Daily	68%	Fiber 1			6 Fat
610 calories	Trans 0			Sugar 2			
Chicken Biscuit	27.5	90	1830	35	34	2.5	4 MF Meat
	Sat 14.5	Daily	80%	Fiber 2			1 Fat
520 calories	Trans 0			Sugar 1			
Classic Waffle	18	50	870	55	8	3.5	
no butter or syrup	Sat 10	Daily	38%	Fiber 2			3 Fat
410 calories	Trans 0			Sugar 15			
Fiesta Omelet	63	420	2180	54	31	3.5	3 HF Meat
w/grits and white toast	Sat 22	Daily	95%	Fiber 3			7 Fat
910 calories	Trans 0			Sugar 9			
Ham and Cheese Omelet	57	420	1730	60	33	4	3 HF Meat
w/hashbrowns and white toast	Sat 24	Daily	75%	Fiber 4			6 Fat
980 calories	Trans 0			Sugar 7			
Pecan Waffle	33	50	870	58	10	4	
no butter or syrup	Sat 11.5	Daily	38%	Fiber 4			6 Fat
560 calories	Trans 0			Sugar 16			
Sausage, Egg, and Cheese Sandwich	37	250	1080	28	23	2	2.5 HF Meat
	Sat 12.5	Daily	47%	Fiber 1			3 Fat
530 calories	Trans 0			Sugar 4			



Breakfast	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Texas Bacon, Egg, and Cheese Melt	51	245	1680	39	26	2.5	2.5 HF Meat
	Sat 20	Daily	73%	Fiber 2			5.5 Fat
730 calories	Trans 0			Sugar 5			
Side							
Bacon regular serving	12	30	520	0	8	0	1 HF Meat
140 calories	Sat 4	Daily	23%	Fiber 0			1 Fat
	Trans 0			Sugar 0			
Biscuit and Sausage Gravy	30	5	1810	44	6	3	
	Sat 16	Daily	79%	Fiber 1			5.5 Fat
470 calories	Trans 0			Sugar 3			
City Ham	2.5	30	740	7	15	0.5	2 Lean Meat
110 calories	Sat 1	Daily	32%	Fiber 0			
	Trans 0			Sugar 5			
Grits	2.5	0	300	16	1	1	
90 calories	Sat 0.5	Daily	13%	Fiber 1			0.5 Fat
	Trans 0			Sugar 0			
Hashbrowns	7	0	240	29	3	2	
190 calories	Sat 2.5	Daily	10%	Fiber 3			1 Fat
	Trans 0			Sugar 0			
Sausage regular serving	24	50	510	1	10	0	1.5 HF Meat
260 calories	Sat 8	Daily	22%	Fiber 0			2.5 Fat
	Trans 0			Sugar 0			
Toast	13	0	370	26	4	1.5	
2 slices white toast	Sat 4.5	Daily	16%	Fiber 1			2.5 Fat
230 calories	Trans 0			Sugar 3			

Entrée		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
		59	165	1570	34	57	2.5	7 HF Meat
Baconator								
900 calories	Sat	24	Daily	68%	Fiber	1		
	Trans	2.5			Sugar	7		
Chicken Nuggets								
6-piece serving	Sat	3.5	Daily	23%	Fiber	1		0.5 Fat
260 calories	Trans	0			Sugar	0		
Classic Chicken Sandwich								
480 calories	Sat	3.5	Daily	57%	Fiber	2		
	Trans	0			Sugar	5		
Dave's Double								
810 calories	Sat	22	Daily	59%	Fiber	2		0.5 Fat
	Trans	2.5			Sugar	7		
Dave's Single								
560 calories	Sat	14	Daily	48%	Fiber	2		1.5 Fat
	Trans	1.5			Sugar	7		
Dave's Triple								
1110 calories	Sat	32	Daily	77%	Fiber	2		
	Trans	3.5			Sugar	8		
Grilled Chicken Wrap								
420 calories	Sat	5	Daily	48%	Fiber	2		
	Trans	0			Sugar	2		
Jr Bacon Cheeseburger								
350 calories	Sat	8	Daily	28%	Fiber	1		0.5 Fat
	Trans	0.5			Sugar	5		
Jr Cheeseburger Deluxe								
330 calories	Sat	7	Daily	29%	Fiber	1		1 Fat
	Trans	0.5			Sugar	6		
Parmesan Caesar Salad w/o dressing								
270 calories	Sat	5	Daily	34%	Fiber	3		
	Trans	0			Sugar	2		

Side		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
		0	0	40	61	7	4	
Baked Potato plain								
270 calories	Sat	0	Daily	2%	Fiber	7		
	Trans	0			Sugar	3		
Chili								
regular serving	Sat	4.5	Daily	46%	Fiber	3		
280 calories	Trans	0.5			Sugar	6		
Chili Cheese Fries								
510 calories	Sat	9	Daily	55%	Fiber	5		3 Fat
	Trans	0			Sugar	3		
Fries								
small serving	Sat	2	Daily	18%	Fiber	3		2 Fat
260 calories	Trans	0			Sugar	0		
Dessert								
		6	20	115	31	6	2	
Classic Chocolate Frosty								
jr classic size	Sat	3.5	Daily	5%	Fiber	0		1 Fat
190 calories	Trans	0			Sugar	26		

Entrée		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Cajun Classic Wings		5	45	310	0	10	0	1.5 MF Meat
1 wing	Sat	1.5		Daily 13%	Fiber 0			
90 calories	Trans	0			Sugar 0			
Garlic Parmesan Classic Wings		8	45	75	1	10	0	1.5 MF Meat
1 wing	Sat	2		Daily 3%	Fiber 0			
120 calories	Trans	0			Sugar 0			
Hickory Smoked BBQ Classic Wings		5	45	150	4	10	0.5	1 MF Meat
1 wing	Sat	1.5		Daily 7%	Fiber 0			
100 calories	Trans	0			Sugar 3			
Lemon Pepper Classic Wings		8	45	210	0	10	0	1.5 MF Meat
1 wing	Sat	2		Daily 9%	Fiber 0			
120 calories	Trans	0			Sugar 0			
Mild Classic Wings		8	45	160	0	10	0	1.5 MF Meat
1 wing	Sat	2		Daily 7%	Fiber 0			
120 calories	Trans	0			Sugar 0			
Original Hot Classic Wings		5	45	230	0	10	0	1.5 MF Meat
1 wing	Sat	1.5		Daily 10%	Fiber 0			
90 calories	Trans	0			Sugar 0			
Plain Boneless Wings		4.5	10	230	6	4	0.5	0.5 HF Meat
1 wing	Sat	1		Daily 10%	Fiber 0			
80 calories	Trans	0			Sugar 0			
Plain Chicken Sandwich		24	80	1720	66	32	4.5	2.5 HF Meat
	Sat	4.5		Daily 75%	Fiber 2			
610 calories	Trans	0			Sugar 10			
Plain Chicken Tenders		7	30	470	10	10	0.5	1 MF Meat
1 tender	Sat	1		Daily 20%	Fiber 0			
140 calories	Trans	0			Sugar 0			
Plain Classic Wings		5	45	30	0	10	0	1.5 MF Meat
1 wing	Sat	1.5		Daily 1%	Fiber 0			
90 calories	Trans	0			Sugar 0			

Entrée		Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Spicy Korean Classic Wings		5	45	135	3	10	0	1.5 MF Meat
1 wing	Sat	1.5		Daily 6%	Fiber 0			
100 calories	Trans	0			Sugar 3			
Side								
Fried Corn		9	0	300	24	6	1.5	
5-piece	Sat	1.5		Daily 13%	Fiber 0			1.5 Fat
200 calories	Trans	0			Sugar 10			
Seasoned Fries		21	0	620	69	8	4.5	
regular serving	Sat	3.5		Daily 27%	Fiber 0			3.5 Fat
500 calories	Trans	0			Sugar 3			
Veggie Sticks		0	0	45	6.5	1	0.5	
Carrots	Sat	0		Daily 2%	Fiber 2			
5 sticks	Trans	0			Sugar 3			
25 calories								
Veggie Sticks Celery		0	0	45	1.5	1	0	
5 sticks	Sat	0		Daily 2%	Fiber 1			
10 calories	Trans	0			Sugar 0.5			

Entrée

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Boneless Wings	4.5	10	220	4	5	0.5	0.5 HF Meat
1 wing, no sauce	Sat 0.5	Daily	10%	Fiber 0			
80 calories	Trans 0			Sugar 0			
Chicken Finger	4	20	410	3	9	0	1.5 MF Meat
1 chicken finger, no sauce	Sat 0.5	Daily	18%	Fiber 0			
80 calories	Trans 0			Sugar 0			
Garden House Zalad	25	35	700	33	17	2	1.5 HF Meat
	Sat 11	Daily	30%	Fiber 4			2 Fat
410 calories	Trans 0			Sugar 4			1 Veg
Grilled Chicken Sandwich	20	100	1440	35	38	2.5	4.5 MF Meat
	Sat 3.5	Daily	63%	Fiber 3			
470 calories	Trans 0			Sugar 8			
Grilled House Zalad	27	130	1600	34	48	2.5	6 MF Meat
	Sat 12	Daily	70%	Fiber 5			
560 calories	Trans 0			Sugar 5			1 Veg
Kickin' Chicken Sandwich	39	65	2760	51	34	3.5	3.5 HF Meat
	Sat 6	Daily	120%	Fiber 2			1.5 Fat
690 calories	Trans 0			Sugar 5			
Nibblerz™	56	70	2710	76	38	5	3.5 HF Meat
	Sat 11	Daily	118%	Fiber 4			4.5 Fat
960 calories	Trans 0			Sugar 16			
Signature Sandwich with Zax sauce	32	75	2200	45	31	3	3 HF Meat
	Sat 5	Daily	96%	Fiber 2			1 Fat
600 calories	Trans 0			Sugar 8			
Traditional Wings	4.5	35	200	0	8	0	1 MF Meat
1 wing, no sauce	Sat 1	Daily	9%	Fiber 0			
80 calories	Trans 0			Sugar 0			
Traditional Wings - BBQ	4.5	35	280	3	9	0	1.5 MF Meat
1 wing	Sat 1	Daily	12%	Fiber 0			
90 calories	Trans 0			Sugar 2			

Entrée

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Traditional Wings - Sweet and Spicy	5	35	240	3	9	0	1.5 MF Meat
1 wing	Sat 1	Daily	10%	Fiber 0			
90 calories	Trans 0			Sugar 2			

Side

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Cole Slaw	10	5	170	13	1	1	
140 calories	Sat 1.5	Daily	7%	Fiber 2			2 Fat
	Trans 0			Sugar 11			
Crinkle Fries	14	0	580	47	5	3	
regular serving	Sat 2	Daily	25%	Fiber 5			2 Fat
330 calories	Trans 0			Sugar 0			
Fried Pickles	31	0	2150	42	5	3	
	Sat 4.5	Daily	93%	Fiber 3			5.5 Fat
470 calories	Trans 0			Sugar 2			
Fried White Cheddar Bites	46	75	1550	46	27	3	2.5 HF Meat
	Sat 21	Daily	67%	Fiber 3			4.5 Fat
700 calories	Trans 1			Sugar 2			
Texas Toast	7	0	340	19	3	1.5	
1 slice	Sat 1	Daily	15%	Fiber 1			1 Fat
150 calories	Trans 0			Sugar 2			

Sauce

	Dietary Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Protein (g)	Carb exchange	Dietary exchanges
Zax Sauce	15	10	510	4	0	0.5	
	Sat 2.5	Daily	22%	Fiber 0			3 Fat
150 calories	Trans 0			Sugar 3			

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