

Calories Count

In general, women need fewer calories than men each day. If a woman eats as many calories as a man, she probably will gain weight. For example, if a family of four (mom, dad, teenage sister and brother) all eat a double cheeseburger, large fries and a large drink, the men will keep the same weight. The women probably have eaten too many calories for that meal and could gain weight.

The number of calories you need each day depends upon your body and activity level. For example, if your friend is five inches taller than you, you probably need to eat less than your friend to keep your ideal body weight. Your friend can eat a quarter pounder and fries and you eat salad.

The more active you are, the more calories you can eat and keep your ideal body weight. If you are in a sport, you can probably eat more than usual without gaining weight.

Most fast foods have a high calorie count. Look at the following calorie chart for your favorite fast foods:

Arby's

Roast Beef Sandwich	350
Ham & Cheese	484
Potato Cakes	95

Baskin Robbins (1 scoop)

Chocolate Fudge	178
Rocky Road	182
Vanilla	147

Burger King

Whopper	630
Onion Rings	279
Coca Cola (medium)	121

Dairy Queen

Mr. Misty	250
Regular Vanilla Cone	240
Peanut Butter Blizzard	740

Kentucky Fried Chicken

Extra Crispy Drumstick	155
Potatoes & Gravy	87
Cole Slaw	121

Long John Silvers

2 Fish & Fries	651
Fish Sandwich	555
Clams	526

McDonalds

Egg McMuffin	327
Big Mac	563
Quarter Pounder	424
Chicken McNuggets	314
French Fries	220
Hot Fudge Sundae	310
Strawberry Shake	383
Cherry Pie	260

Wendy's

Chicken Sandwich	320
Bacon Cheeseburger	460
Chili & Cheese Potato	510
Frosty	400





Read Your Labels



Name of food: _____

Number of servings: _____ Serving size: _____ Calories: _____

Protein: _____ Carbohydrate: _____ Fiber: _____

Saturated Fat: _____ Sodium: _____ Sugar: _____

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