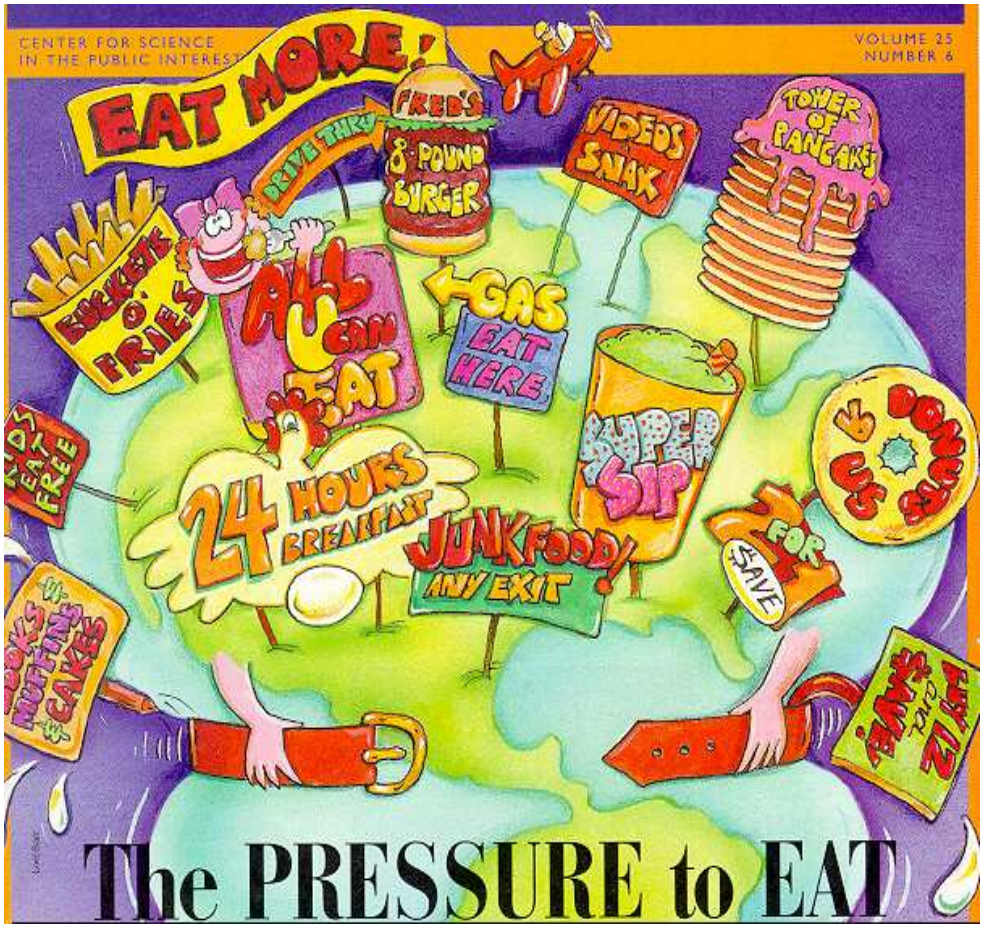
Supporting Americans' Efforts to Eat Well and Watch their Weight



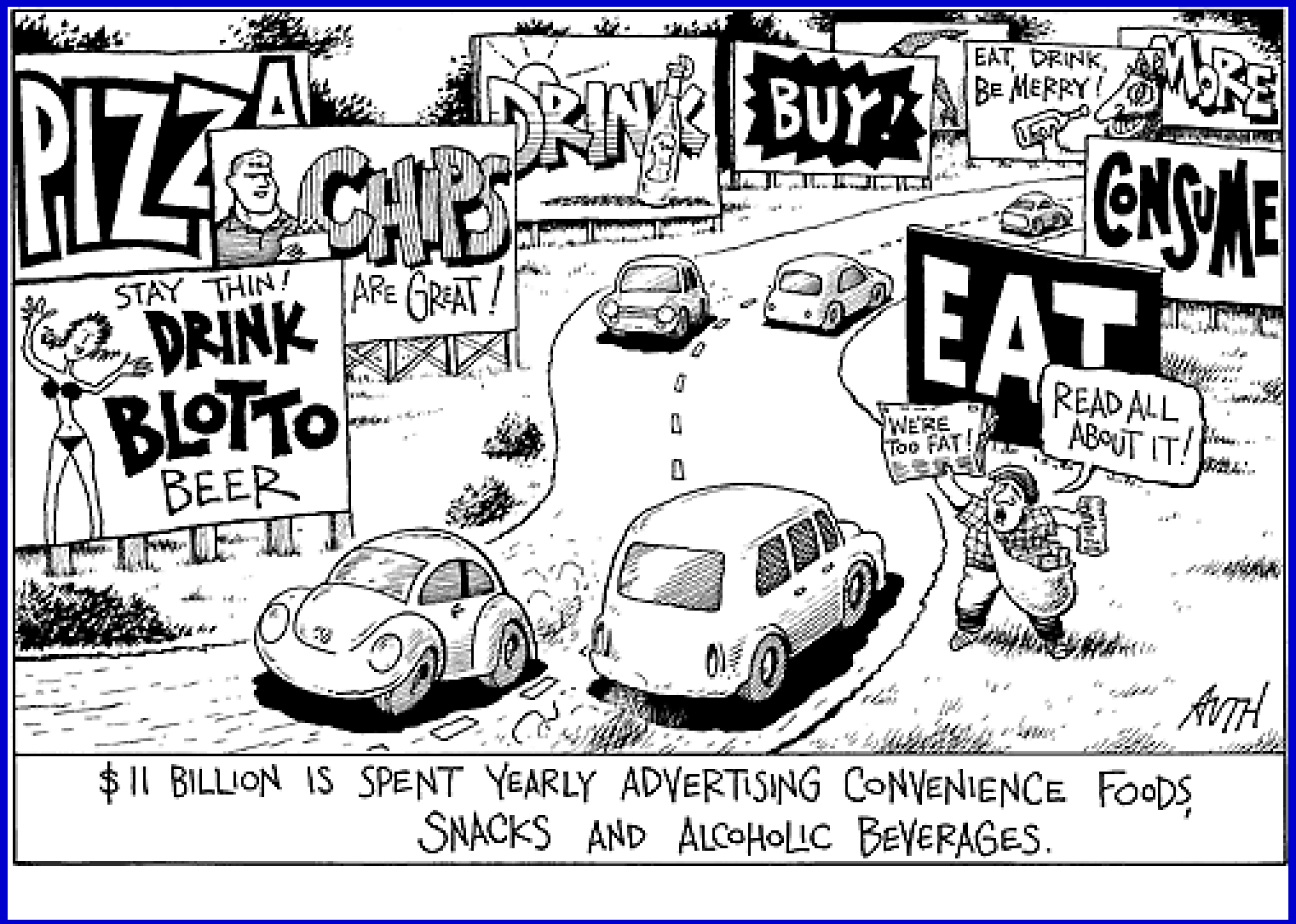
CENTER FOR Science IN THE Public Interest

The nonprofit publisher of Nutrition Action Healthletter

Margo G. Wootan, D.Sc.
Director, Nutrition Policy

www.cspinet.org/nutritionpolicy

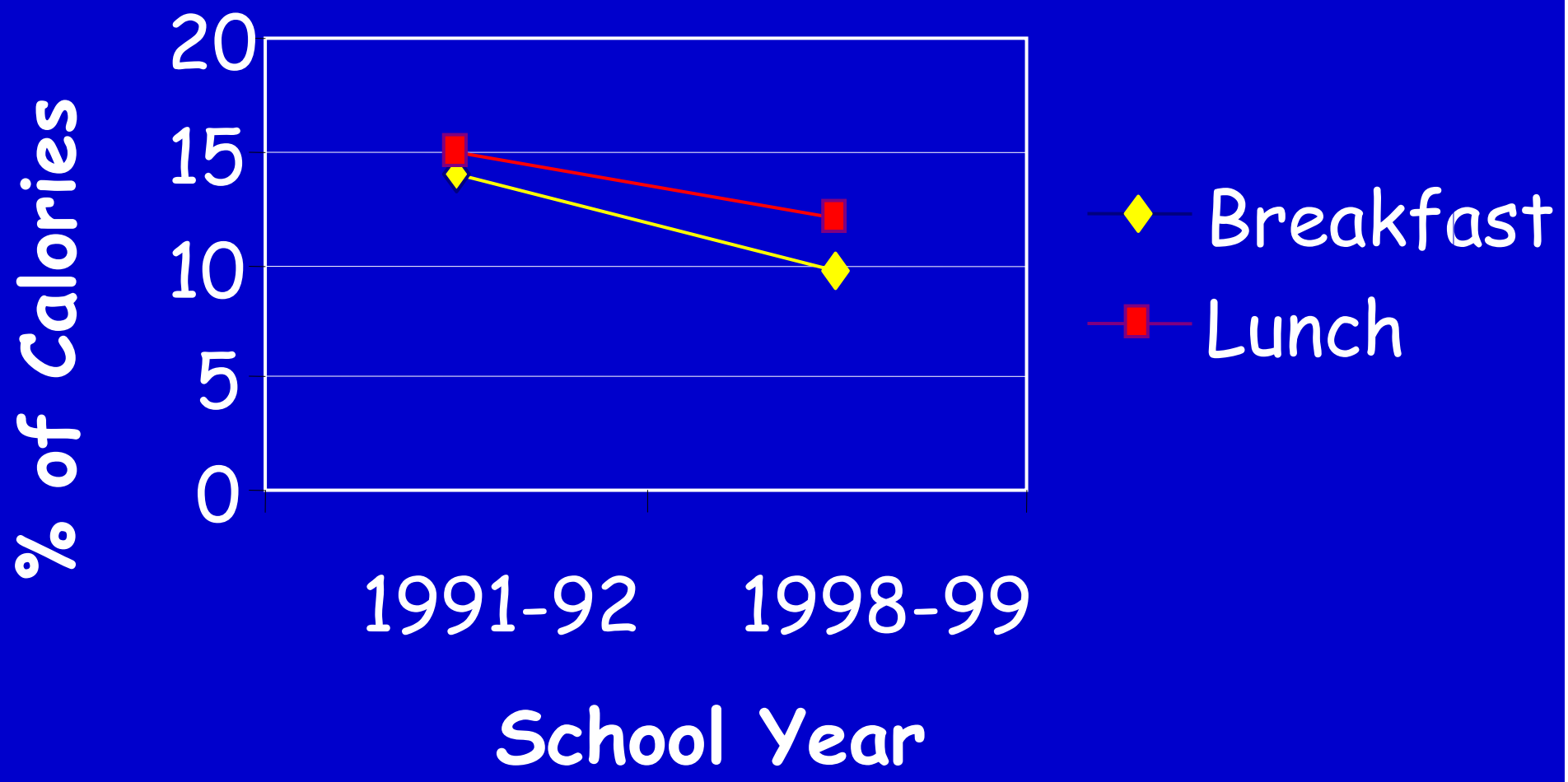
Junk-Food, Couch-Potato Culture



By Tony Auth, The Philadelphia Inquirer

Kid's eat 30%-50% of calories at school

Saturated Fat in School Meals



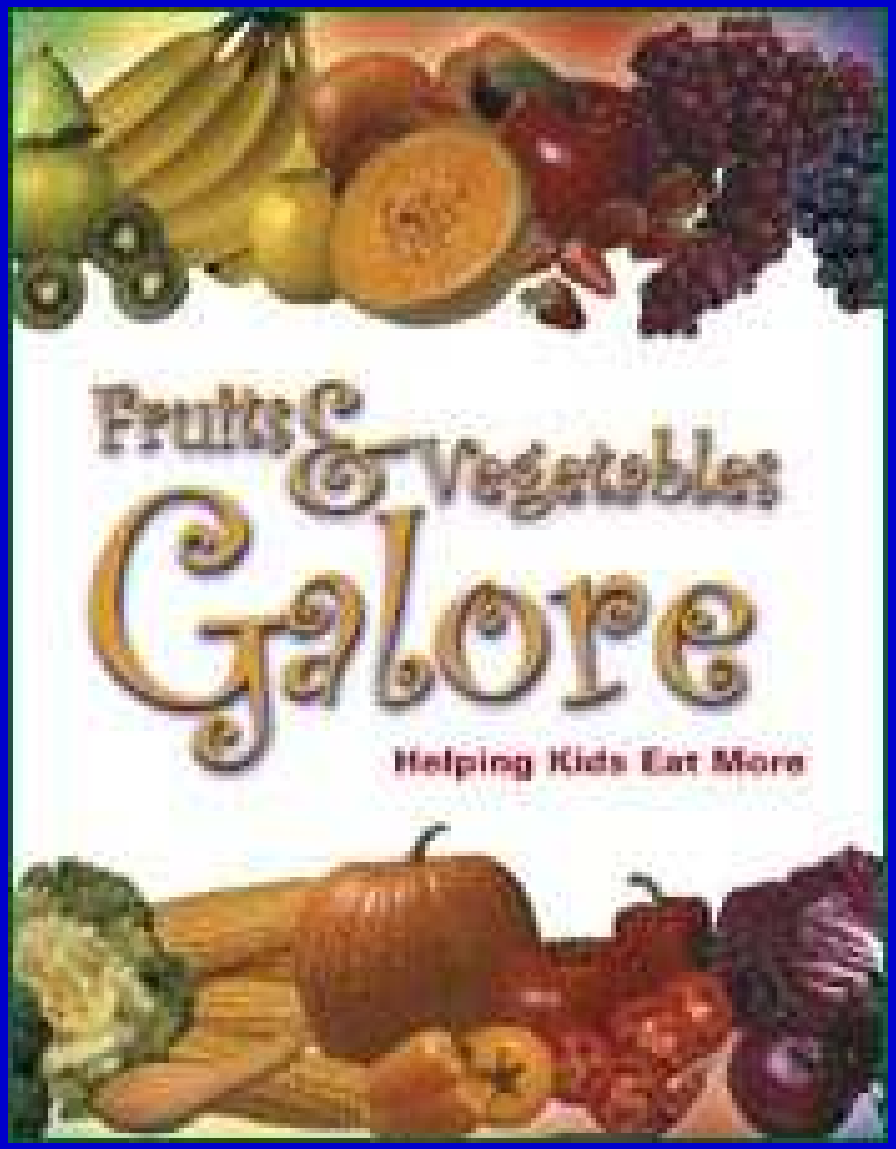
School Meals and 2005 Dietary Guidelines

- Increase fruits and vegetables
- Make half grains whole grain
- Limit sodium to 770 mg
- Milk must be low or no fat
- Limit added sugars and trans fat
- Change calorie requirements

Continue to Improve School Meals

- Provide technical assistance
  - Healthful and appealing
  - Half grains whole grain
  - Serve only 1% and fat-free milk
  - More fruits and vegetables
- Competitive pricing
- Increase meal reimbursement rates
- Assess quality of meals, share results with parents

Serve more fruits and vegetables



www.fns.usda.gov/tn/Resources/fv_galore.html

Continue to Improve School Meals

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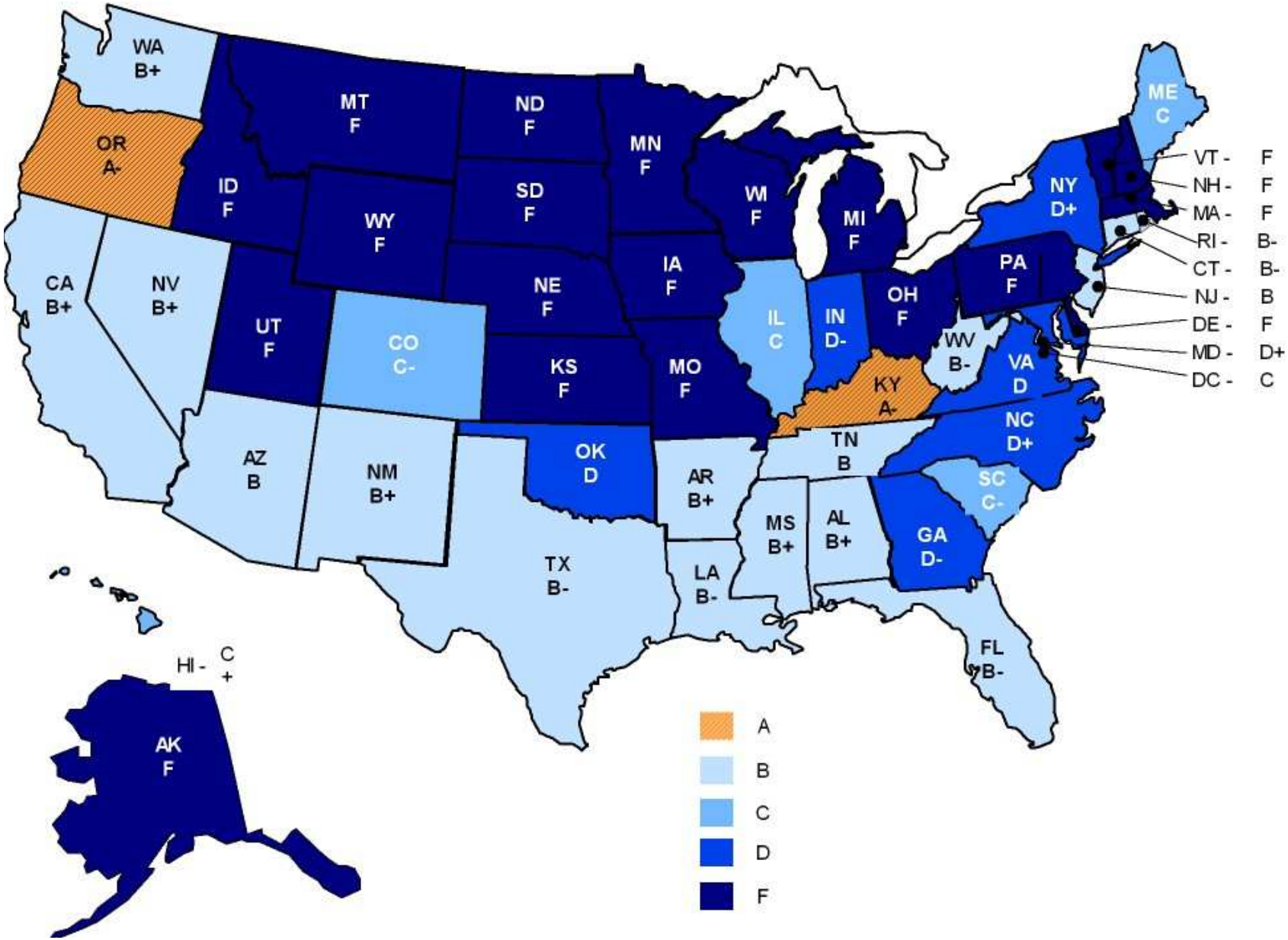
  - Healthful and appealing
  - Half grains whole grain
  - Serve only 1% and fat-free milk
  - More fruits and vegetables
- Competitive pricing
- Increase meal reimbursement rates
- Assess quality of meals, share results with parents

- School nutrition environment = more than meals

School Foods Report Card 2007

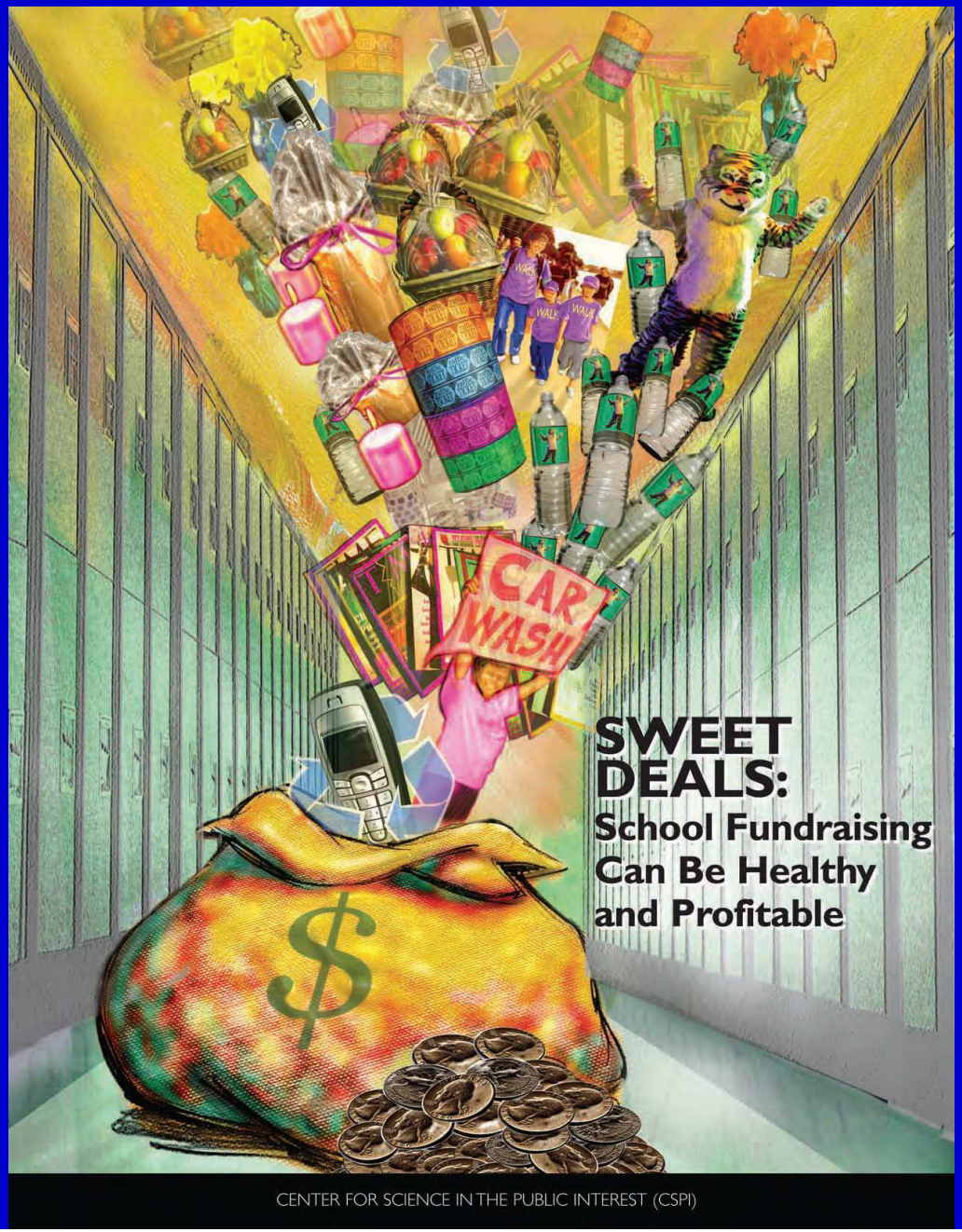


School Foods Revenue

- USDA/CDC: 17 schools w/healthier foods -- 12 increased funding, 4 no change
- Decrease a la carte --- increase meal reimbursements
- Contracts raise $18/student/**YEAR**
- 2/3 of revenue goes to companies, 1/3 to schools

Fundraisers in Schools

www.cspinet.org/schoolfundraising.pdf



Prohibit food as reward for good behavior or academic performance

- **Why:**
  - Change social norms
  - Don't feed kids when not hungry
  - Limit connection between food and mood

- **Alternative rewards**
  - Praise, thanks, social rewards
  - Recognition (trophy, ribbon, note from teacher)
  - Privileges (going first, helping teacher, no homework)
  - School supplies, small toys, fashion wear
  - Reward for whole class (extra recess, listening to music, outdoor lesson)

Parties Should Be Special Occasions

- Parties are too common
- Each party often includes many low-nutrition foods
- Are other ways to make a child feel special

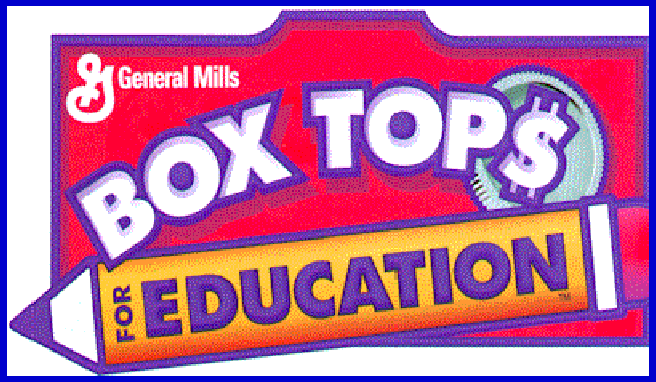
Close Campus

- 75 high schools
- 90% middle schools
- 95% elementary schools

Remove Junk-Food Marketing from Schools

Don't market, sell, or give away low nutrition foods/brands:

- sales
- school fundraisers
- placing logos, spokes-characters, etc. on vending machines, in books and curricula, and on scoreboards, buses, or other school property
- educational incentive programs
- supplies for labels/proof of purchase programs
- on Channel One
- free samples or coupons



Channel One Network®

PEPSI
TOPPENISH HIGH SCHOOL Home of the WILDCATS
HAVE
A NICE
SUMMER

Channel One Network

Pizza Hut Book It! Program

Thirsty?
Coca-Cola
POWERāDE
POWERāDE
THE OFFICIAL SPORTS DRINK OF THE OLYMPIC GAMES
Mountain Blast
DOLLAR BILLS
Lay's
Doritos
SNICKERS
m&m
PUSH

School Wellness Policies

- Involve parents, students, school food personnel, school board, administrators, public

- Address nutrition education, physical activity, and other wellness activities

- Set nutrition guidelines for all foods available on each school campus during the school day

- 20% of districts have nutrition standards for vending , a la carte, etc.

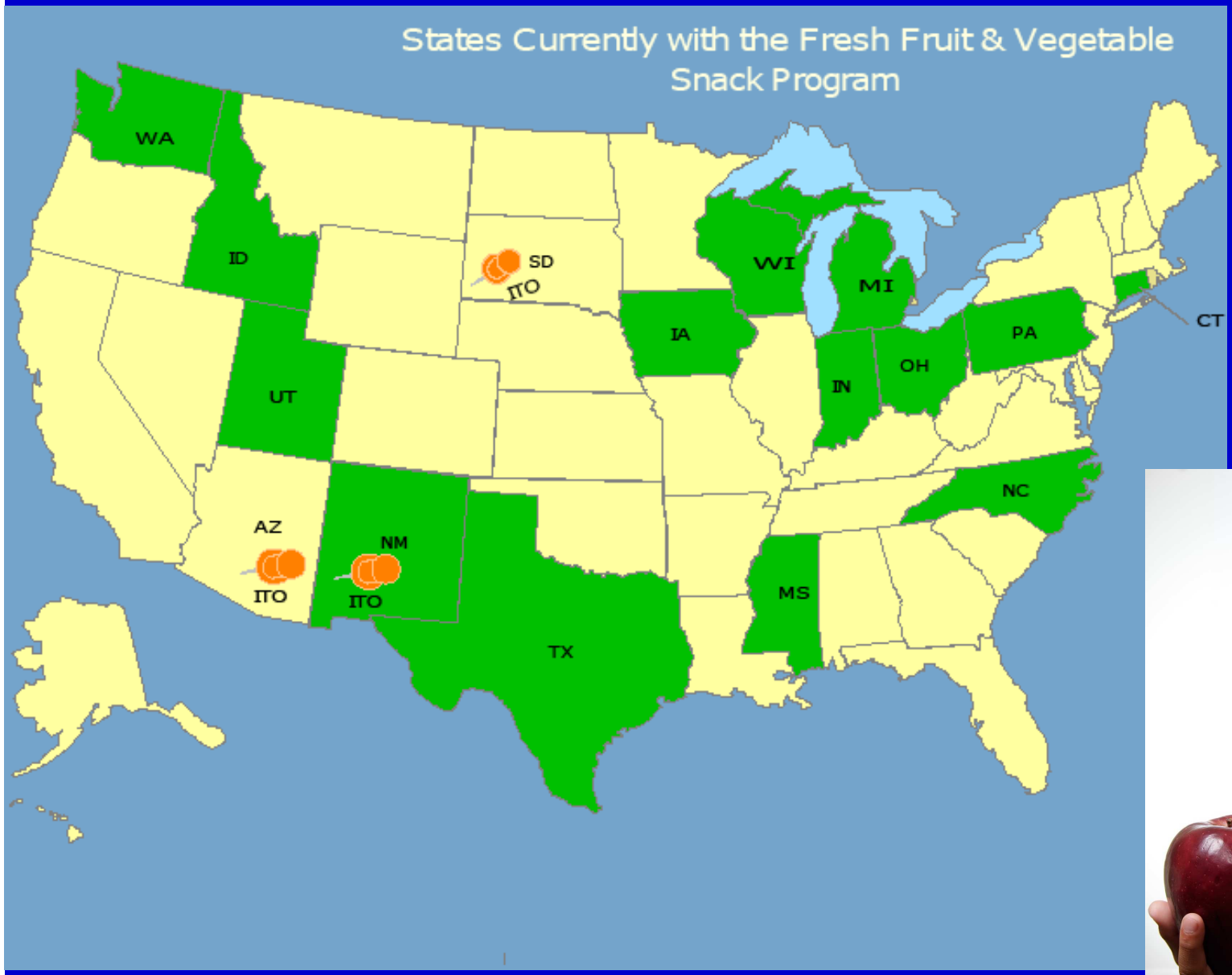
MODEL SCHOOL WELLNESS POLICIES

NANA's model policies and additional resources:

www.SchoolWellnessPolicies.org

School Foods Tool Kit

www.cspinet.org/schoolfoods


States Currently with the Fresh Fruit & Vegetable Snack Program
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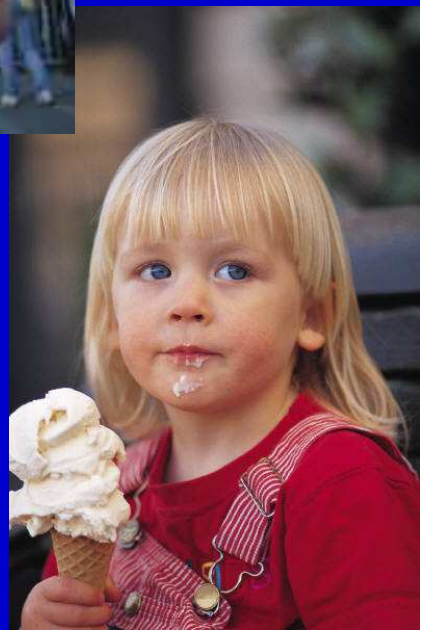
Child-oriented food environments
Places kids eat

- After-school programs, sports programs, parks & rec, theme parks, circus, zoos, Boys & Girls clubs, libraries, YMCAs

- Approaches: laws, zoning, organization policies, bully pulpit, involve kids



Worksites

- Adults spend day at work
- Eat – lunch, snacks (vending), meetings

- Important for addressing:
  - high healthcare costs
  - disability
  - absenteeism

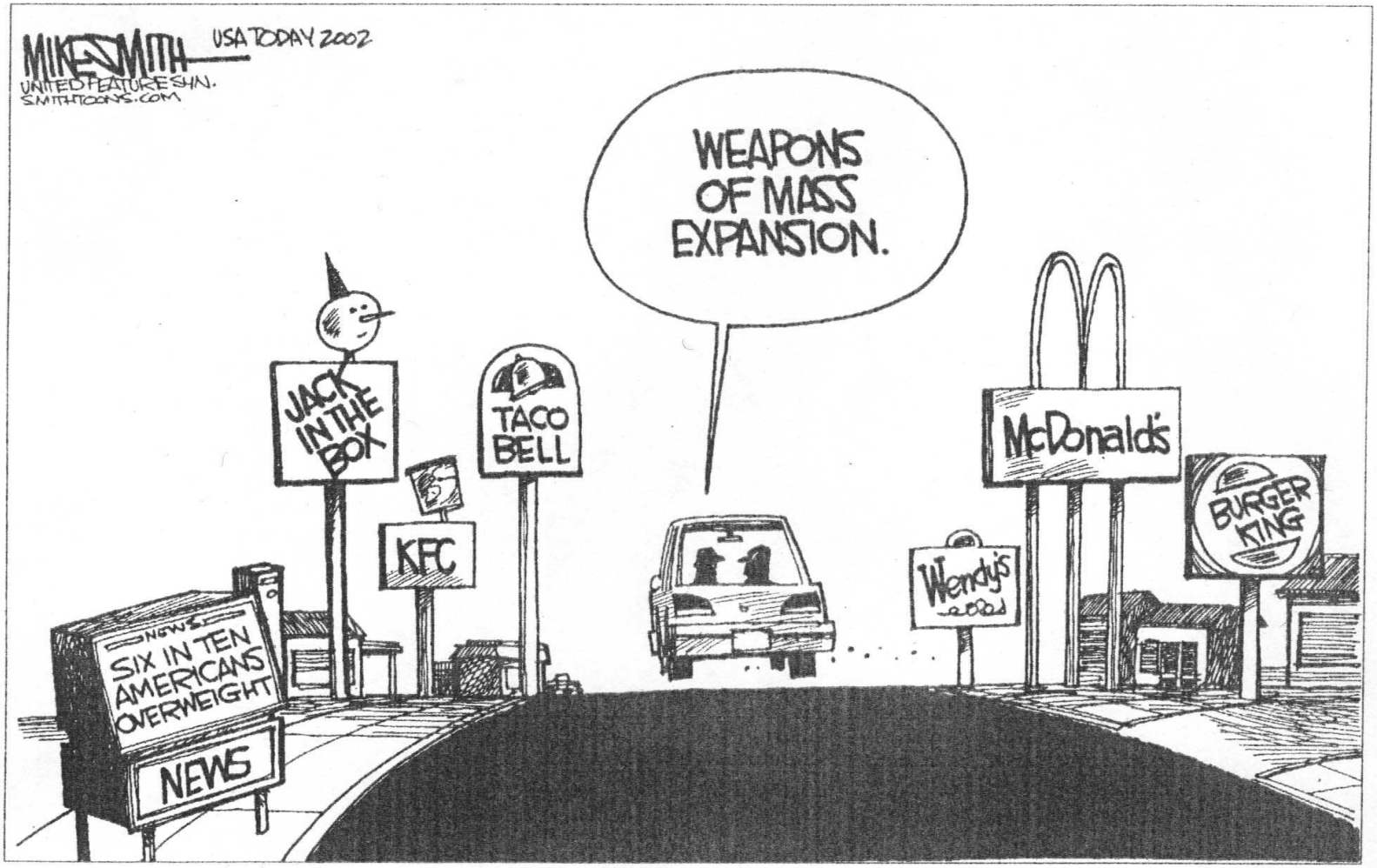
Worksite Nutrition Policies

- Adopt nutrition policies for cafeterias, vending machines, company events, conferences, and meetings
- Provide healthy options
  - Incentives and pricing strategies to make healthy options more appealing and affordable
  - On-site farmers markets or produce delivery clubs
- Provide nutrition information in cafeterias and vending machines
- Initiatives to educate, motivate and provide social support

- State:
  - Gather or develop model policies and materials
  - Provide incentives
  - Serve as model

Thursday, October 17, 2002 SANTA CRUZ SENTINEL

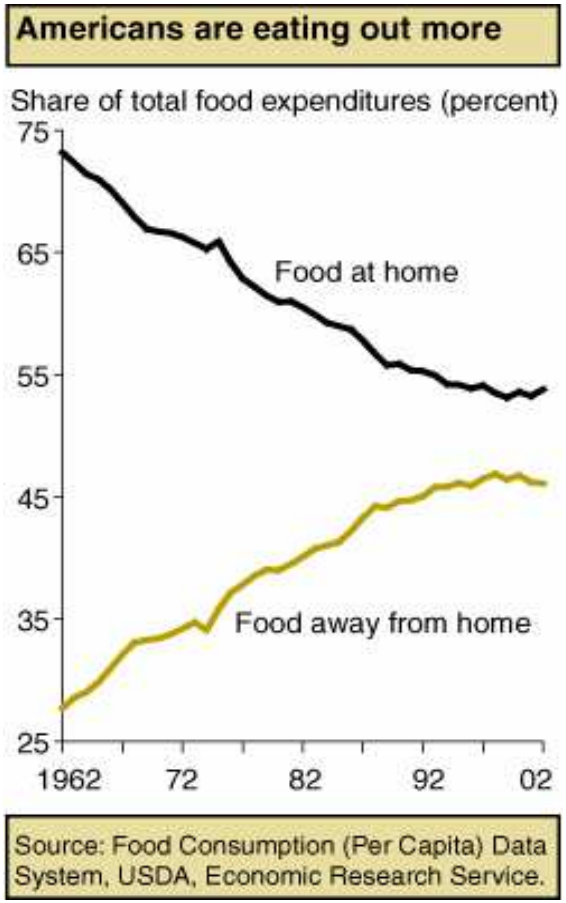
OPINION

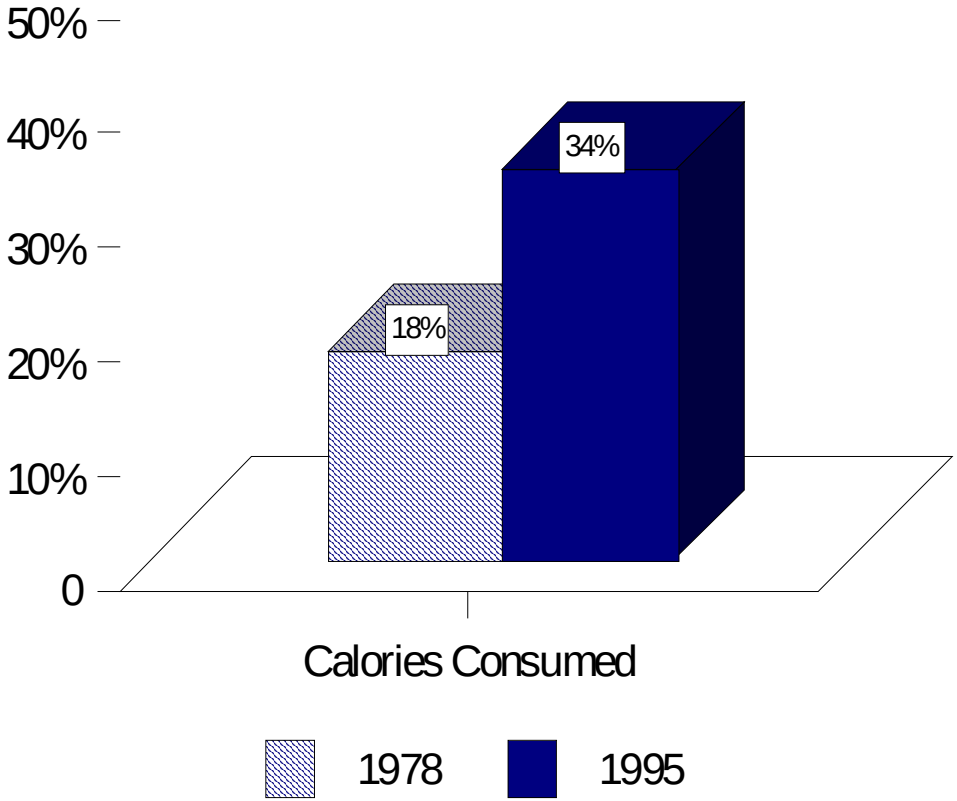


Restaurant foods

Appetizers	Calories	Sat + Trans Fat (g)
Buffalo Wings (12) w/ Dressing	1,010	22
Stuffed Potato Skins (8)	1,120	40
Cheese Fries (4 c) w/ Dressing	3,010	91
Entrees		
French Toast w/ Syrup & Margarine	910	13
Caesar Salad w/Chicken	1,010	13
Spaghetti with Meatballs	1,160	10
Fresh Chicken and Broccoli Pasta	2,060	128 (total fat)
Meals		
Chicken Ranch Sandwich & Fries	1,580	16
BK Double Whopper w/ Cheese King Size Value Meal	1,980	42
Fried Seafood Platter	2,170	39
Sweets		
Cinnabon (1)	730	14
Fudge Brownie Sundae	1,130	30
Cheesecake Factory Carrot Cake (1 s)	1,560	23

Away-from-Home Food Consumption Has Doubled





Eating out linked to obesity

http://www.brinker.com/gr/nutritional/chilis_nutrition_menu.pdf - Windows Internet Explorer
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1 / 2 66.8% Find

Life is full of routines and Chili's is the perfect place to come and break out of the ordinary. Along with the many favorite indulgences on the Chili's menu, our great tasting, quality food can also be part of a well-balanced diet. This comprehensive nutrition guide will provide you with the "411" on what you crave while satisfying your need for healthful meal options. Try one of Chili's long-standing "Guiltless Grill" favorites for a meal that is low in fat and calories, but high in fiber and flavor. We also offer a variety of health conscious side items, including steamed broccoli, seasonal veggies, corn on the cob and black beans. Finding healthier meals for the kids on family night out is as easy as "A-B-C" with the Chili's Pepper Pals kids menu that offers our younger diners grilled entrée selections with veggies and milk or juice to accompany their meal. Chili's always serves up a good time with exciting and flavorful menu items, including endless way to spice things up to meet your dietary lifestyle needs every time...It's what makes Chili's "Spicealicious."

GUILTLESS GRILL® Listed as served	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Mouth Bun, unbuttered	1 Each	330	8	1	55	12	2	580
Whole Wheat Bun, unbuttered	1 Each	90	2	0	16	3	1	130
Black Bean Burger Patty only (without bun or toppings)	1 Patty	200	2	0	25	21	20	900
Guiltless Black Bean Burger	1 Serving	650	12	2	96	39	26	1940
Guiltless Chicken Platter	1 Serving	560	9	3	85	39	5	2780
Guiltless Chicken Sandwich	1 Serving	490	8	2	63	39	11	2720
Guiltless Salmon	1 Serving	460	14	3	31	54	10	1080
Side – Black Beans w/ Pico de Gallo	1 Serving	115	0	0	19	6	5	640
Side – Rice	1 Serving	210	2	0	45	4	1	1020
Side – Steamed Seasonal Veggies w/ Parmesan Cheese	1 Serving	60	1	1	9	4	3	110
Side – Sweet Corn on the Cob, unbuttered	1 Serving	160	2	0	55	6	3	100

The Guiltless Grill® has been created to give you more choices for your healthy lifestyle with nutritional information listed on the menu.

STARTERS Listed as served unless indicated	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Awesome Blossom® w/ Seasoned Sauce	1 Serving	2710	203	39	194	24	15	8950
Blazin' Boneless Buffalo Wings w/ Mango Dipping Sauce	9 Each	1050	67	11	60	52	4	4700
Boneless Buffalo Wings w/ Bleu Cheese Dressing	9 Each	1170	95	15	50	51	4	4130
Boneless Shanghai Wings w/ Wasabi-Ranch Dressing	9 Each	1140	62	10	91	53	4	2650
Bottomless Tostada Chips	1 Basket	400	36	6	16	3	3	1540
Bottomless Tostada Chips w/ Hot Sauce	1 Basket	480	36	6	26	6	4	2690
Classic Nachos w/ Pico de Gallo and Sour Cream	1 Serving	1450	108	57	53	65	10	2730
Classic Nachos w/ Fajita Beef	1 Serving	1740	127	66	55	89	10	3700
Classic Nachos w/ Fajita Chicken	1 Serving	1630	112	59	55	99	12	3280
Fried Cheese w/ Marinara Sauce	9 Each	1210	99	29	62	42	3	2470
Hot Spinach & Artichoke Dip	1 Skillet	510	17	3	39	24	18	1560
Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Skillet	905	36	5	74	30	21	3100
Skillet Queso	1 Skillet	670	53	30	12	35	3	2380
Skillet Queso w/ Tostada Chips	1 Skillet	1070	89	37	30	39	5	3820
Southwestern Eggrolls w/ Avocado-Ranch Dressing	3 Each	910	51	10	59	29	10	1250
Texas Cheese Fries w/ Jalapeño-Ranch Dressing	1 Skillet	2070	160	73	73	65	9	3730
Triple Dipper*- Celery & Carrot Sticks Garnish	1 Garnish	20	0	0	3	0	1	90
Triple Dipper - Blazin' BBQ Wings w/ Mango Sauce	5 Each	620	41	7	35	29	2	2060
Triple Dipper - Boneless Buffalo Wings w/ Tortilla Strips & Bleu Cheese Dressing	5 Each	760	57	10	31	29	3	2290
Triple Dipper - Chicken Crispers w/ Honey Mustard Dressing	3 Each	760	63	11	21	34	0	1690
Triple Dipper - Country Fried Chicken Crispers	3 Each	610	41	8	26	35	1	1990
Triple Dipper - Fried Cheese Option w/ Marinara Sauce	5 Each	680	50	16	34	22	1	1410
Triple Dipper - Honey Fried Chicken Crispers w/ Honey-Chipotle Sauce	3 Each	960	41	8	115	37	1.5	2430
Triple Dipper - Shanghai Wings w/ Wasabi-Ranch Dressing	5 Each	780	45	7	63	50	3	1610
Triple Dipper - Southwestern Eggrolls w/ Avocado-Ranch Dressing	2 Each	550	35	7	39	20	6	910
Triple Dipper - Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Portion	630	53	17	27	11	4	2250
Wings Over Buffalo® w/ Bleu Cheese Dressing	10 Each	1340	117	26	4	69	0	2690

*Pick three of your favorite Triple Dipper. Nutrition information is calculated with Dipping Sauces/Dressing.

SOUPS Without crackers	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Baked Potato Soup	1 Cup	220	16	10	12	8	1	690
Baked Potato Soup	1 Bowl	440	33	20	23	16	1	1250
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760

SOUPS Without crackers (cont.)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760
Broccoli Cheese Soup	1 Bowl	320	19	9	23	13	4	1510
Chicken Enchilada Soup	1 Cup	220	14	5	11	13	2	650
Chicken Enchilada Soup	1 Bowl	440	27	10	23	26	3	1290
Chicken Noodle Soup	1 Cup	50	1	0	7	2	1	540
Chicken Noodle Soup	1 Bowl	90	2	1	14	3	2	1090
Chicken Tortilla Soup	1 Cup	140	7	3	10	8	2	940
Chicken Tortilla Soup	1 Bowl	270	14	5	19	15	4	1690
Chili - Terlingua w/ Toppings	1 Cup	180	8	4	15	12	3	720
Chili - Terlingua w/ Toppings	1 Bowl	420	18	7	36	29	8	1760
New England Clam Chowder Soup	1 Cup	470	33	17	27	17	3	970
New England Clam Chowder Soup	1 Bowl	940	65	34	54	34	6	1930
Southwestern Vegetable Soup	1 Cup	110	5	2	13	5	2	620
Southwestern Vegetable Soup	1 Bowl	220	9	3	26	9	3	1240

SALADS No dressing included unless indicated	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	1 Serving	910	58	13	51	44	6	820
Caesar Salad w/ Chicken & Caesar Dressing	1 Serving	1010	76	13	39	39	7	1910
Caesar Salad w/ Lime Grilled Shrimp & Caesar Dressing	1 Serving	980	77	13	39	50	6	1900
Dinner Salad – House	1 Serving	140	7	3	12	6	2	190
Dinner Salad – Caesar w/ Caesar Dressing	1 Serving	520	43	8	27	6	5	1060
Grilled Caribbean Salad	1 Serving	440	10	2	51	33	6	1410
Lettuce Wraps w/ Dipping Sauces	1 Serving	580	35	5	55	14	8	2330
Mesquite Chicken Salad	1 Serving	900	43	16	53	53	10	2600
Quesadilla Explosion Salad w/ Ranch Drizzle	1 Serving	980	49	22	91	59	11	2410
Southwestern Cobb Salad	1 Serving	970	60	16	56	53	7	2590

DRESSINGS & SAUCES Listed as served	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Asian Sesame Ginger Dressing	2 fl oz	260	26	4	6	0	0	460
Avocado Ranch Dressing	2 fl oz	150	15	2	3	3	1	240
Awesome Blossom Sauce	2 fl oz	350	36	5	5	0	0	410
Balsamic Ranch Dressing	2 fl oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing	2 fl oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing, low fat	2 fl oz	50	0	0	9	0	0	530
BBQ Sauce	2 fl oz	60	0	0	16	0	1	750
Caesar Dressing	2 fl oz	350	37	6	3	2	0	530
Carolina BBQ Sauce	2 fl oz	130	0	0	31	0	5	300
Chimichurri Sauce	2 fl oz	250	29	3	3	1	1	470
Chipotle Ranch Dressing	2 fl oz	170	18	3	2	3	0	260
Citrus Balsamic Vinaigrette Dressing	2 fl oz	340	33	5	7	0	0	300
Creamy Cilantro Dressing	2 fl oz	300	32	5	2	1	0	450
Dijon BBQ Sauce	2 fl oz	145	0	0	35	0	0	700
Habanero BBQ Sauce	2 fl oz	170	0	0	39	1	1	1090
Honey Chipotle Sauce	2 fl oz	200	0	0	49	0	0	560
Honey Lime Dressing	2 fl oz	270	22	3	17	1	0	340
Honey Mustard Dressing	2 fl oz	260	28	4	2	1	0	510
Honey Mustard Dressing, no fat	2 fl oz	90	1	0	14	0	1	650
Jalapeño Ranch Sauce	2 fl oz	200	20	3	3	3	0	520
Mango Sauce	2 fl oz	170	15	24	9	2	0	160
Peanut Dipping Sauce (Lettuce Wraps)	2 fl oz	190	13	2	15	4	1	430
Ranch Dressing	2 fl oz	240	25	4	3	4	0	370
Ranch Dressing, low fat	2 fl oz	110	6	1	12	1	0	460
Salsa Picante Sauce	2 fl oz	40	0	0	4	2	1	530
Sesame-Ginger Dipping Sauce (Lettuce Wraps)	2 fl oz	70	0	0	11	2	1	1030
Thousand Island Dressing	2 fl oz	270	26	4	9	1	0	600
Wasabi-Ranch Dressing	2 fl oz	180	18	3	3	3	0	360

SIDES & EXTRAS	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cinnamon Apples	1 Side	210	6	2	35	0	5	90
Garlic Toast	1 Piece	200	12	3	16	3	1	310
Homestyle Fries	1 Basket	520	31	4	53	5	5	260
Homestyle Fries w/ Entrée	1 Side	430	26	5	43	4	4	250
Mashed Potatoes w/ Black Pepper Gravy	1 Side	450	29	7	44	7	3	1090
Mashed Potatoes – Loaded	1 Side	500	32	11	37	15	6	970
Sautéed Mushrooms, Onions & Bell Peppers	1 Side	120	10	2	6	3	2	360

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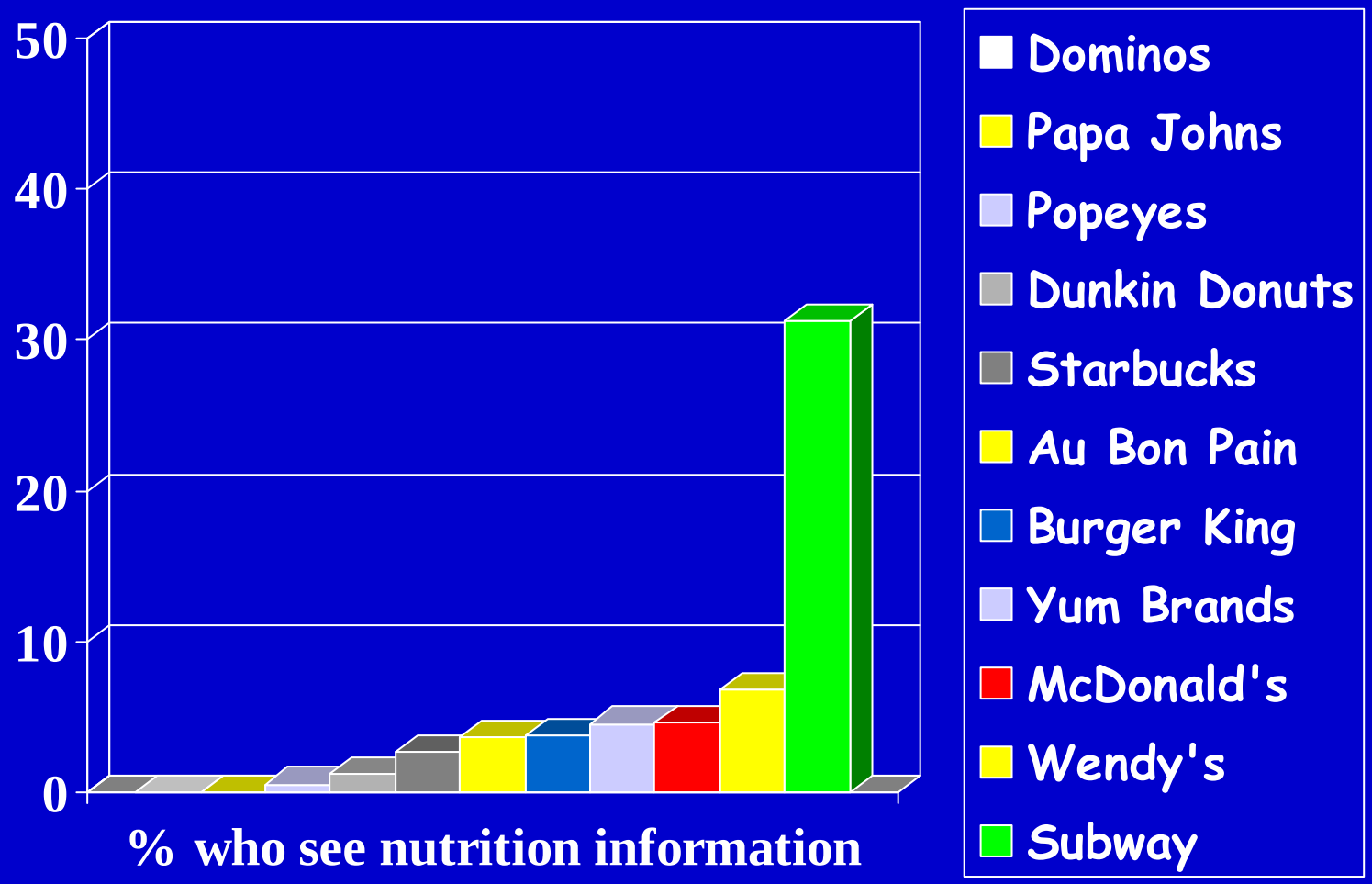
McDonalds Nutrition Facts

Percent who see nutrition information at chain restaurants that provide it



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Big Mouth Bun, unbuttered	1 Each	330	8	1	55	12	2	580
Whole Wheat Bun, unbuttered	1 Each	90	2	0	16	3	1	130
Black Bean Burger Patty only (without bun or toppings)	1 Patty	200	2	0	25	21	20	900
Guiltless Black Bean Burger	1 Serving	650	12	2	96	39	26	1940
Guiltless Chicken Platter	1 Serving	560	9	3	85	39	5	2780
Guiltless Chicken Sandwich	1 Serving	490	8	2	63	39	11	2720
Guiltless Salmon	1 Serving	460	14	3	31	54	10	1080
Side – Black Beans w/ Pico de Gallo	1 Serving	115	0	0	19	6	5	640
Side – Rice	1 Serving	210	2	0	45	4	1	1020
Side – Steamed Seasonal Veggies w/ Parmesan Cheese	1 Serving	60	1	1	9	4	3	110
Side – Sweet Corn on the Cob, unbuttered	1 Serving	160	2	0	55	6	3	100

The Guiltless Grill® has been created to give you more choices for your healthy lifestyle with nutritional information listed on the menu.

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Awesome Blossom® w/ Seasoned Sauce	1 Serving	2710	203	39	194	24	15	8950
Blazin' Boneless Buffalo Wings w/ Mango Dipping Sauce	9 Each	1050	67	11	60	52	4	4700
Boneless Buffalo Wings w/ Bleu Cheese Dressing	9 Each	1170	95	15	50	51	4	4130
Boneless Shanghai Wings w/ Wasabi-Ranch Dressing	9 Each	1140	62	10	91	53	4	2650
Bottomless Tostada Chips	1 Basket	400	36	6	16	3	3	1540
Bottomless Tostada Chips w/ Hot Sauce	1 Basket	480	36	6	26	6	4	2690
Classic Nachos w/ Pico de Gallo and Sour Cream	1 Serving	1450	108	57	53	65	10	2730
Classic Nachos w/ Fajita Beef	1 Serving	1740	127	66	55	89	10	3700
Classic Nachos w/ Fajita Chicken	1 Serving	1630	112	59	55	99	12	3280
Fried Cheese w/ Marinara Sauce	9 Each	1210	99	29	62	42	3	2470
Hot Spinach & Artichoke Dip	1 Skillet	510	17	3	39	24	18	1560
Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Skillet	905	36	5	74	30	21	3100
Skillet Queso	1 Skillet	670	53	30	12	35	3	2380
Skillet Queso w/ Tostada Chips	1 Skillet	1070	89	37	30	39	5	3820
Southwestern Eggrolls w/ Avocado-Ranch Dressing	3 Each	910	51	10	59	29	10	1250
Texas Cheese Fries w/ Jalapeño-Ranch Dressing	1 Skillet	2070	160	73	73	65	9	3730
Triple Dipper*- Celery & Carrot Sticks Garnish	1 Garnish	20	0	0	3	0	1	90
Triple Dipper - Blazin' BBQ Wings w/ Mango Sauce	5 Each	620	41	7	35	29	2	2060
Triple Dipper - Boneless Buffalo Wings w/ Tortilla Strips & Bleu Cheese Dressing	5 Each	760	57	10	31	29	3	2290
Triple Dipper - Chicken Crispers w/ Honey Mustard Dressing	3 Each	760	63	11	21	34	0	1690
Triple Dipper - Country Fried Chicken Crispers	3 Each	610	41	8	26	35	1	1990
Triple Dipper - Fried Cheese Option w/ Marinara Sauce	5 Each	680	50	16	34	22	1	1410
Triple Dipper - Honey Fried Chicken Crispers w/ Honey-Chipotle Sauce	3 Each	960	41	8	115	37	1.5	2430
Triple Dipper - Shanghai Wings w/ Wasabi-Ranch Dressing	5 Each	780	45	7	63	50	3	1610
Triple Dipper - Southwestern Eggrolls w/ Avocado-Ranch Dressing	2 Each	550	35	7	39	20	6	910
Triple Dipper - Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Portion	630	53	17	27	11	4	2250
Wings Over Buffalo® w/ Bleu Cheese Dressing	10 Each	1340	117	26	4	69	0	2690

*Pick three of your favorite Triple Dipper. Nutrition information is calculated with Dipping Sauces/Dressing.

SOUPS Without crackers	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Baked Potato Soup	1 Cup	220	16	10	12	8	1	690
Baked Potato Soup	1 Bowl	440	33	20	23	16	1	1250
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760

SOUPS Without crackers (cont.)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760
Broccoli Cheese Soup	1 Bowl	320	19	9	23	13	4	1510
Chicken Enchilada Soup	1 Cup	220	14	5	11	13	2	650
Chicken Enchilada Soup	1 Bowl	440	27	10	23	26	3	1290
Chicken Noodle Soup	1 Cup	50	1	0	7	2	1	540
Chicken Noodle Soup	1 Bowl	90	2	1	14	3	2	1090
Chicken Tortilla Soup	1 Cup	140	7	3	10	8	2	940
Chicken Tortilla Soup	1 Bowl	270	14	5	19	15	4	1690
Chili - Terlingua w/ Toppings	1 Cup	180	8	4	15	12	3	720
Chili - Terlingua w/ Toppings	1 Bowl	420	18	7	36	29	8	1760
New England Clam Chowder Soup	1 Cup	470	33	17	27	17	3	970
New England Clam Chowder Soup	1 Bowl	940	65	34	54	34	6	1930
Southwestern Vegetable Soup	1 Cup	110	5	2	13	5	2	620
Southwestern Vegetable Soup	1 Bowl	220	9	3	26	9	3	1240

SALADS No dressing included unless indicated	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	1 Serving	910	58	13	51	44	6	820
Caesar Salad w/ Chicken & Caesar Dressing	1 Serving	1010	76	13	39	39	7	1910
Caesar Salad w/ Lime Grilled Shrimp & Caesar Dressing	1 Serving	980	77	13	39	50	6	1900
Dinner Salad – House	1 Serving	140	7	3	12	6	2	190
Dinner Salad – Caesar w/ Caesar Dressing	1 Serving	520	43	8	27	6	5	1060
Grilled Caribbean Salad	1 Serving	440	10	2	51	33	6	1410
Lettuce Wraps w/ Dipping Sauces	1 Serving	580	35	5	55	14	8	2330
Mesquite Chicken Salad	1 Serving	900	43	16	53	53	10	2600
Quesadilla Explosion Salad w/ Ranch Drizzle	1 Serving	980	49	22	91	59	11	2410
Southwestern Cobb Salad	1 Serving	970	60	16	56	53	7	2590

DRESSINGS & SAUCES Listed as served	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Asian Sesame Ginger Dressing	2 fl oz	260	26	4	6	0	0	460
Avocado Ranch Dressing	2 fl oz	150	15	2	3	3	1	240
Awesome Blossom Sauce	2 fl oz	350	36	5	5	0	0	410
Balsamic Ranch Dressing	2 fl oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing	2 fl oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing, low fat	2 fl oz	50	0	0	9	0	0	530
BBQ Sauce	2 fl oz	60	0	0	16	0	1	750
Caesar Dressing	2 fl oz	350	37	6	3	2	0	530
Carolina BBQ Sauce	2 fl oz	130	0	0	31	0	5	300
Chimichurri Sauce	2 fl oz	250	29	3	3	1	1	470
Chipotle Ranch Dressing	2 fl oz	170	18	3	2	3	0	260
Citrus Balsamic Vinaigrette Dressing	2 fl oz	340	33	5	7	0	0	300
Creamy Cilantro Dressing	2 fl oz	300	32	5	2	1	0	450
Dijon BBQ Sauce	2 fl oz	145	0	0	35	0	0	700
Habanero BBQ Sauce	2 fl oz	170	0	0	39	1	1	1090
Honey Chipotle Sauce	2 fl oz	200	0	0	49	0	0	560
Honey Lime Dressing	2 fl oz	270	22	3	17	1	0	340
Honey Mustard Dressing	2 fl oz	260	28	4	2	1	0	510
Honey Mustard Dressing, no fat	2 fl oz	90	1	0	14	0	1	650
Jalapeño Ranch Sauce	2 fl oz	200	20	3	3	3	0	520
Mango Sauce	2 fl oz	170	15	24	9	2	0	160
Peanut Dipping Sauce (Lettuce Wraps)	2 fl oz	190	13	2	15	4	1	430
Ranch Dressing	2 fl oz	240	25	4	3	4	0	370
Ranch Dressing, low fat	2 fl oz	110	6	1	12	1	0	460
Salsa Picante Sauce	2 fl oz	40	0	0	4	2	1	530
Sesame-Ginger Dipping Sauce (Lettuce Wraps)	2 fl oz	70	0	0	11	2	1	1030
Thousand Island Dressing	2 fl oz	270	26	4	9	1	0	600
Wasabi-Ranch Dressing	2 fl oz	180	18	3	3	3	0	360

SIDES & EXTRAS	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cinnamon Apples	1 Side	210	6	2	35	0	5	90
Garlic Toast	1 Piece	200	12	3	16	3	1	310
Homestyle Fries	1 Basket	520	31	4	53	5	5	260
Homestyle Fries w/ Entrée	1 Side	430	26	5	43	4	4	250
Mashed Potatoes w/ Black Pepper Gravy	1 Side	450	29	7	44	7	3	1090
Mashed Potatoes – Loaded	1 Side	500	32	11	37	15	6	970
Sautéed Mushrooms, Onions & Bell Peppers	1 Side	120	10	2	6	3	2	360

Done Unknown Zone
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SANDWICHES

HAMBURGER	280 Cal	.89
CHEESEBURGER	330 Cal	.99
FILET-O-FISH®	470 Cal	1.99
CRISPY CHICKEN	550 Cal	2.79
QUARTER POUNDER®	430 Cal	2.29
BIG N' TASTY®	540 Cal	2.29
BIG MAC®	590 Cal	2.39
CHICKEN McGRILL®	450 Cal	2.89
DOUBLE QUARTER POUNDER®	760 Cal	2.99

Policies introduced

- Chicago
- DC
- Montgomery Cty, MD
- Philadelphia
- Nassau Cty, NY
- Westchester Cty, NY

- AZ
- CA
- CT
- HI
- IL
- ME
- MA
- MI
- NJ
- NM
- NY
- PA
- TN
- VT
- WA

HOT & fresh TOASTED

Subs From The Oven!

Cal 6" sub/wrap		6" Sub or Wrap
560	Meatball Marinara	2.99
450	Italian B.M.T.®	3.69
480	Spicy Italian	3.29
400	Steak & Cheese	4.29
380	Subway Melt®	3.69
580	Chicken & Bacon Ranch	3.69

Hungrier? Make it a FOOTLONG!

Menu Board in NYC

Anyone's Guess

The Need for Nutrition Labeling at Fast-Food and Other Chain Restaurants

?

?

?

?

Report at: www.cspinet.org

You Have the Right to Know

Menu Labeling

au bon pain · Popeyes · Così · KFC · Subway eat fresh. · Burger King · Starbucks Coffee · Dunkin' Donuts · McDonald's

CENTER FOR SCIENCE IN THE PUBLIC INTEREST

Help Bring Menu Labeling to Your State

Resources/ Background

Why Menu Labeling?

State & Local Bills
2007
2005-2006
2003-2004
Model Legislation
Model Regulations

Join Us

Circulate Petitions

HOT TOPICS

Video: Dr. Margo Wootan explains how menu labeling informs dining-out choices.

***New York Times* Blog:** Readers comment on calorie labeling

WHAT'S NEW

Menu Labeling Urged for Montgomery Co, Md., and DC

In Seattle, Menu Labeling Is "In," Trans Fat is "Out"

Subway First to List Calories on Menu Boards in Country

More than twenty states, cities and counties are considering legislation and regulations that would require fast food and other chain restaurants to provide calories and other nutrition information on menus and menu boards. Contact us for help implementing a policy in your area: nutritionpolicy@cspinet.org.

Subway added helpful calorie information to its menu boards. **See model menus** that could be used at Starbucks, McDonald's, Haagen Dazs, Dunkin' Donuts, Auntie Anne's, and Wendy's.

Photo of actual menu board inside a New York City Subway restaurant, 2007.

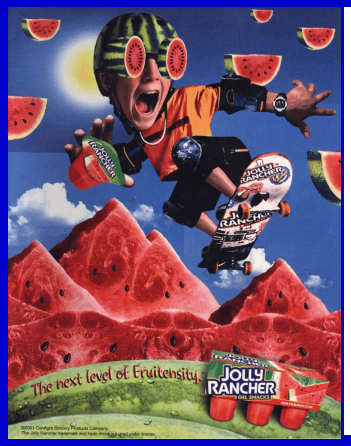
www.menulabeling.org

Current default kids' meal

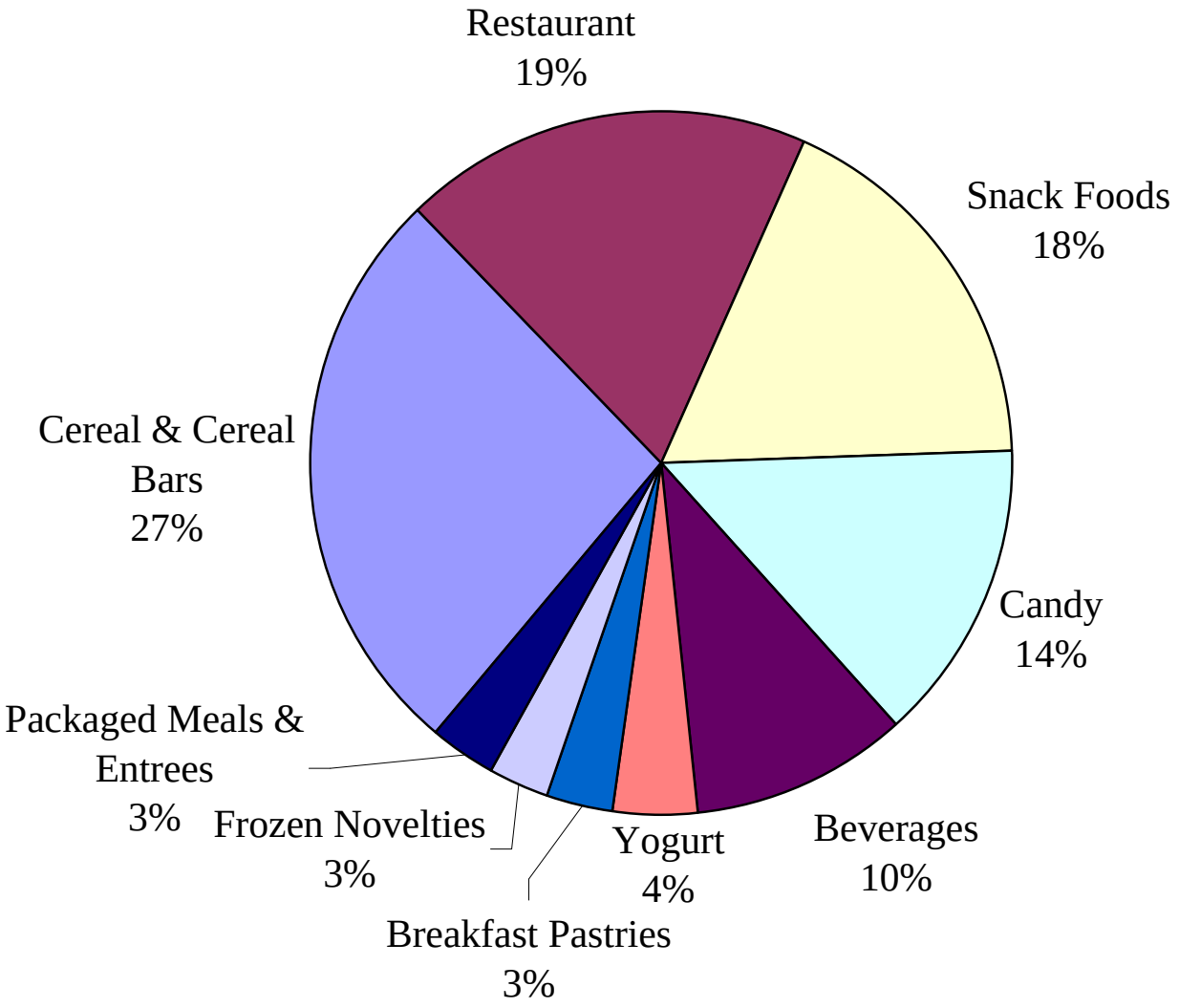
Healthy default kids' meal

Food Marketing Is Effective

- Companies spend $10 billion a year marketing food to kids
- Studies show marketing gets children's attention & affects food choices, food preferences, purchase requests, diets & health
  - Watching TV linked to obesity
- Kids misled by and don't understand advertising
- Parents know marketing works



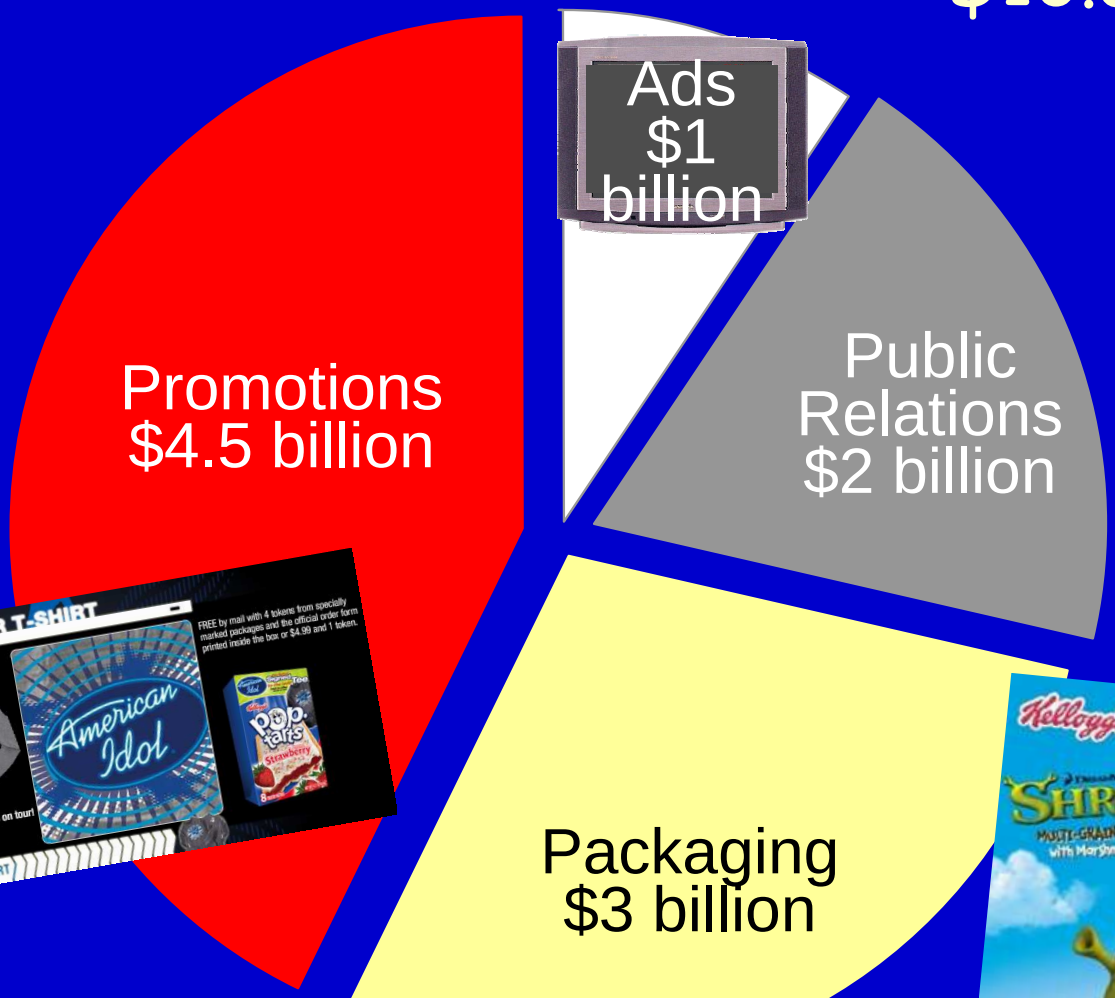
Saturday AM TV Ads



Batada, Seitz, Story & Wootan, JADA, 2008.

Youth-Targeted Food and Beverage Marketing

$10.5 billion per year



Advertising, Marketing and the Media: Improving Messages. Institute of Medicine, 2004.

Guidelines for Responsible Food Marketing to Children

Industry should develop and strictly adhere to marketing and advertising guidelines that minimize the risk of obesity in children and youth.

Institute of Medicine of the National Academies, 2005

Center for Science in the Public Interest
www.cspinet.org/nutritionpolicy/kidsmarketingguidelines.pdf

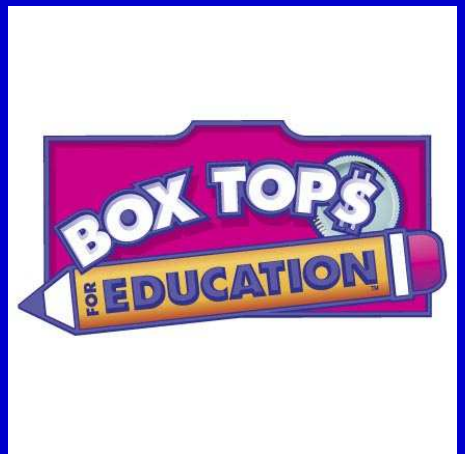
BBB's Food and Beverage Advertising Initiative

Pros	Cons
+ 70% of ads	- No entertainment companies
+ Plans will be public	- Voluntary/? enforcement
+ Nutrition std	- No industry-wide nutrition std -- need stronger standards
+ Reduce licensed characters in ads	- Licensed characters on packages
+ Covers TV, radio, web, prod placement, magazines	- Doesn't address on-package and other marketing
+ Limits ads elementary schools	- Not middle and high schools

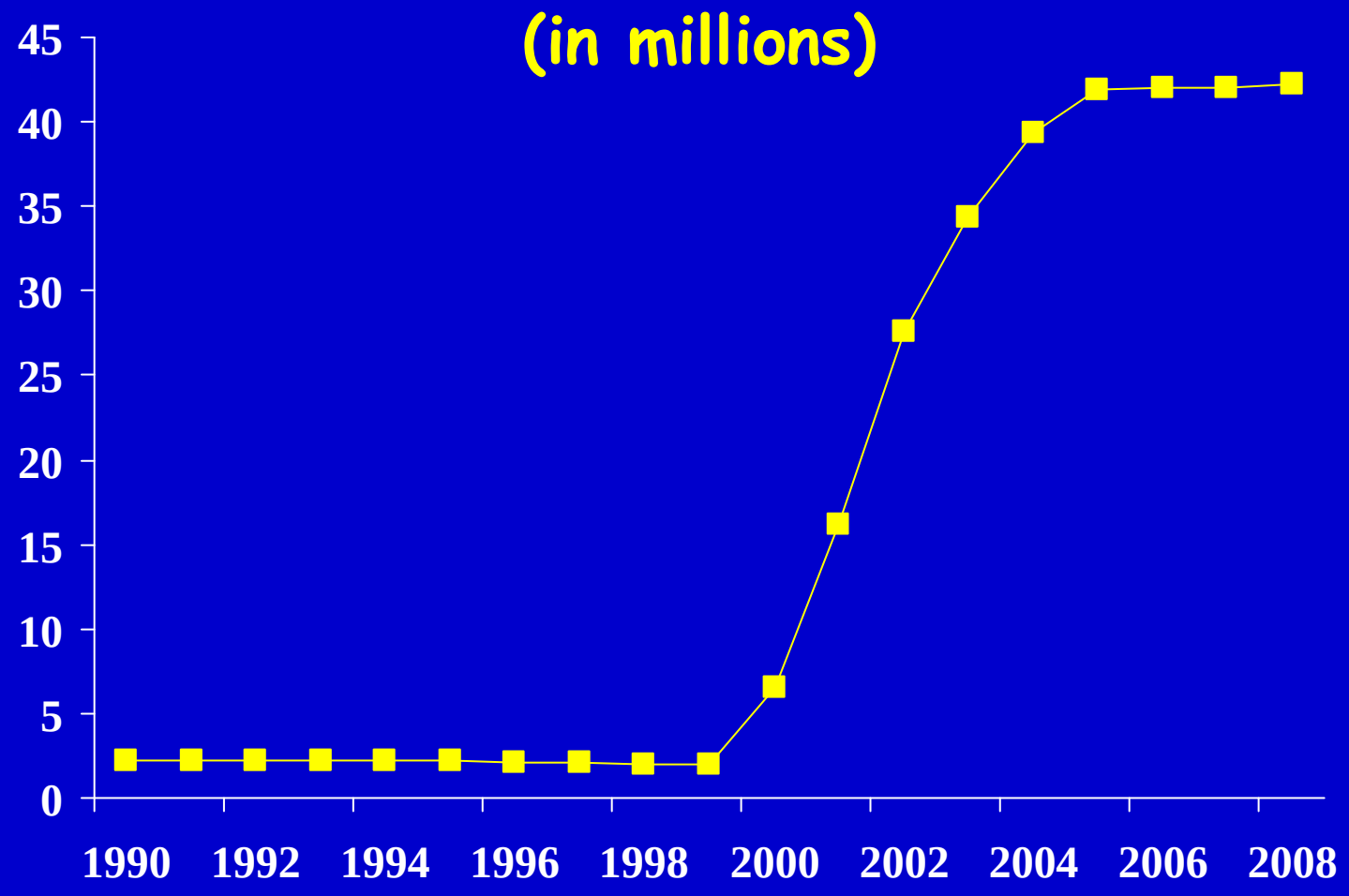
Entertainment Companies

- Nickelodeon, Disney, Cartoon Network, Discovery Kids
- Limit use of licensed characters
- No nutrition standards for TV, radio, magazines, Internet, & other marketing

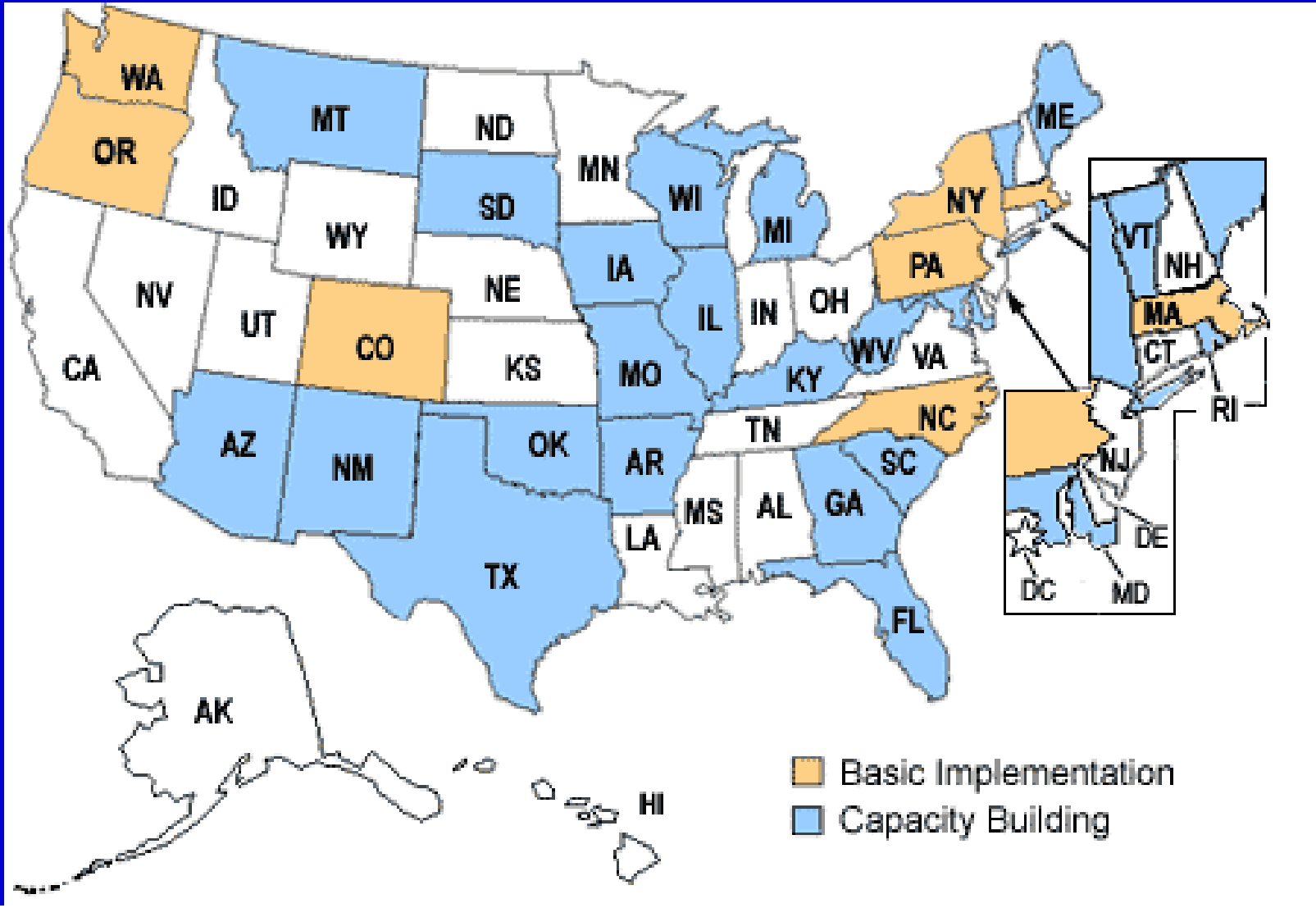
Prohibit Junk-Food Marketing in Schools
through federal, state or local policy



CDC Funding for Nutrition and Physical Activity



CDC state physical activity and nutrition grants



Soft drink taxes

- Current funding for nutrition and physical activity is inadequate
- 17 states and Chicago have taxes
- Some state soda taxes are earmarked
- 1¢/12 oz. soft drink = $1.5 billion per year nationally (AR tax= $40 M)

NUTRITION POLICY

Because it takes more than willpower

CENTER FOR SCIENCE IN THE PUBLIC INTEREST

Why Policy:
Why nutrition policy is important

Policy Options:
Policies and programs to promote nutrition and physical activity

Get Involved:
What you can do

Find Out More:
Why its hard to eat well and be active in America today

The National Alliance for Nutrition and Activity

Learn more about how to eat well

Public policy can make it easier for Americans to eat well and be active

- Eating well and being physically active takes more than just willpower. We need programs and policies that make healthy food more available, that disclose the calorie content of restaurant foods, and that teach people how to make healthy eating easier. There are existing nutrition policies and programs, like Nutrition Facts labels on packaged foods, nutrition standards for school lunches, and regulation of food additives. But more needs to be done to help people who want to eat well and prevent diet-related disease.

www.cspinet.org/nutritionpolicy

To Do:

- ✓Channel interest in obesity into meaningful changes
- ✓Prioritize & focus
  - ✓Fit to your interests, skills, reach
  - ✓School food, menu labeling, marketing
  - ✓Workplaces, preschools, access to supermarkets/ produce, breastfeeding