

WRITING ON THE WALL

time to put nutrition information on restaurant menus

Menu

	\$	Calories*	Sodium (mg) [†]
Cheeseburger	6.99	650	1,000
NY Steak Sandwich	5.50	450	1,500
Fruit Salad	4.00	300	0
Pasta Primavera	9.99	1,100	1,250
Hell's Chicken Penne	9.99	1,300	2,500

*A typical adult should consume less than 2,000 calories in an entire day.
†Aim for about 1,500 mg of sodium per day.
Ask your server for full nutrition information or information about allergens or dyes.



The nonprofit publisher of
Nutrition Action Healthletter



Editeur sans but lucratif de
Nutrition Action Healthletter