



Stalling on Salt:

Restaurant Meals *Still* Loaded with Sodium

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Ten of the Saltiest Meals in America

Rank	Chain	Meal & Sodium Content of Each Component (mg)	Total Sodium (mg)	Teaspoons of Salt*
1	Red Lobster	Admiral's Feast (3,830), Caesar Salad (560), Creamy Lobster Topped Mashed Potato (1,000), Cheddar Bay Biscuit (350) & Minute Maid Light Lemonade (90)	5,830	2.5
2	Chili's	Crispy Honey-Chipotle Chicken Crispers w/ Ranch (4,100), Steamed Broccoli (450), Loaded Mashed Potatoes (810) & Dr Pepper (70)	5,430	2.3
3	Red Lobster	North Pacific King Crab Legs (4,070), Garden Salad w/ French Dressing (550), Baked Potato w/ Butter & Sour Cream (400), Cheddar Bay Biscuit (350) & Coca-Cola (60)	5,430	2.3
4	Olive Garden	Tour of Italy Lasagna (3,830), Garden Fresh Salad w/ House Dressing (760), Breadstick (370) & Coca-Cola (5)	4,965	2.1
5	Red Lobster	Fried Oysters (1,100), Fried Crawfish (1,480), Garlic Shrimp Scampi (960), Caesar Salad (560), Cheddar Bay Biscuit (350) & Sprite (80)	4,530	1.9
6	Olive Garden	Chicken Parmigiana (3,380), Garden Fresh Salad w/ House Dressing (760), Breadstick (370) & Raspberry Lemonade (15)	4,525	1.9
7	Arby's	Beef 'n Cheddar Mid (1,760), Mozzarella Sticks, large w/ Marinara Sauce (2,670) & Dr Pepper, large (81)	4,511	1.9
8	Olive Garden	Chicken & Shrimp Carbonara (3,000), Zuppa Toscana (960), Breadstick (370) & Dr Pepper (35)	4,365	1.9
9	Red Lobster	Shrimp Scampi (990), Coconut Shrimp Bites (760), Fried Shrimp (860), Coleslaw (250), Fries (740), Cheddar Bay Biscuit (350) & Minute Maid Light Lemonade (90)	4,040	1.7
10	Olive Garden	Spaghetti & Italian Sausage (3,090), Garden Fresh Salad w/ House Dressing (760) & Sprite (20)	3,870	1.7

A number of factors contribute to variation in the sodium content of beverage brands among restaurant chains, including the size of the beverage containers used and the amount of ice in the cup. The sodium numbers in the above chart are self-reported data provided by the restaurant chains.

*Conversion used: 2,325 mg/1 tsp salt.

Ten of the Saltiest **Kids'** Meals in America

Rank	Chain	Meal & Sodium Content of Each Component (mg)	Total Sodium (mg)	Teaspoons of Salt*
1	Red Lobster	Chicken Fingers (1,320), Fries (740), Cheddar Bay Biscuit (350) & Raspberry Lemonade (20)	2,430	1.0
2	Chili's	Little Chicken Crispers (1,130), Homestyle Fries (670) & 1% Chocolate Milk (310)	2,110	0.9
3	Chili's	Cheese Pizza, 6" (1,180), Rice (580) & 1% Chocolate Milk (310)	2,070	0.9
4	Jack in the Box	Grilled Chicken Strips, 2 (540), Frank's Hot Buffalo Sauce (840), Fries (410) & 1% Chocolate Milk (200)	1,990	0.9
5	KFC	Extra Crispy Tenders, 3 (940), Potato Wedges (810), Sargento Light String Cheese (160) & Capri Sun Roarin' Waters Tropical Fruit (15)	1,925	0.8
6	Red Lobster	Snow Crab Legs (790), Wild Rice Pilaf (650), Cheddar Bay Biscuit, (350) & Strawberry Smoothie (130)	1,920	0.8
7	Jack in the Box	Crispy Chicken Strips, 2 (790), Teriyaki Dipping Sauce (530), Fries (410) & Dr Pepper, small (85)	1,815	0.8
8	Denny's	Chicken Nuggets w/ BBQ Sauce (1,040), Mashed Potato w/ Gravy (650) & 2% Milk (100)	1,790	0.8
9	Sonic	Grilled Cheese (1,040), Tater Tots, small (560) & 1% Milk (130)	1,730	0.7
10	Dairy Queen	Iron Grilled Cheese Sandwich w/ French Fries (1,590) & 2% Milk (115)	1,705	0.7

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*Conversion used: 2,325 mg/1 tsp salt.

Ten of the Least Salty Meals in America

Rank	Chain	Meal & Sodium Content of Each Component (mg)	Total Sodium (mg)	Teaspoons of Salt*
1	Panera Bread	Full Classic Café Salad w/ Reduced Fat Balsamic Dressing (150), Apple (0) & Orange Juice (0)	150	0.1
2	Subway	Veggie Delite Sandwich, 6" (280), Apple Slices (0) & Coke (15)	295	0.1
3	Burger King	Hamburger (460), Apple Slices (0) & Minute Maid Cherry Icee (10)	470	0.2
4	Taco Bell	Crunchy Taco (310), Cinnamon Twists (200) & Pink Lemonade Freeze (5)	515	0.2
5	McDonald's	Hamburger (480), Fruit 'n Yogurt Parfait (70) & Dasani Water (0)	550	0.2
6	Wendy's	Crispy Chicken Sandwich (680), Apple Slices (0) & Dasani Water (0)	680	0.3
7	Jack in the Box	Hamburger (680), Apple Bites (55) & Aquafina Spring Water (0)	735	0.3
8	Chick-fil-A	Southwest Chargrilled Salad w/o Tortilla Strips & Dressing (820), Fruit Cup, large (5) & Orange Juice (0)	825	0.4
9	Sonic	Corn Dog (570), French Fries, medium (370) & Minute Maid Lemonade, small (60)	1,000	0.4
10	Dairy Queen	Grilled Chicken Wrap (760), Side Salad w/ Fat Free French Dressing (375) & Orange Juice (0)	1,135	0.5

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*Conversion used: 2,325 mg/1 tsp salt.

Ten of the Least Salty **Kids'** Meals in America

Rank	Chain	Meal & Sodium Content of Each Component (mg)	Total Sodium (mg)	Teaspoons of Salt*
1	Subway	Roast Beef Mini Sub (410), Apple Slices (0) & Juice Box (15)	425	0.2
2	KFC	Grilled Drumstick (290), Corn on the Cob, 3" (0), Sargento Light String Cheese (160) & Capri Sun Roarin' Waters Tropical Fruit (15)	465	0.2
3	Sonic	Chicken Strips, 2 (470), Apple Slices (0) & Minute Maid Apple Juice Box (15)	485	0.2
4	Subway	Ham Mini Sub (470), Apple Slices (0) & Juice Box (15)	485	0.2
5	McDonald's	Hamburger (480), Apple Slices (0) & Apple Juice Box (15)	495	0.2
6	Olive Garden	Spaghetti & Tomato Sauce (365) & 1% Milk (130)	495	0.2
7	Panera Bread	Peanut Butter & Jelly Sandwich on All Natural White Loaf (470), Organic Yogurt (40) & Orange Juice (0)	510	0.2
8	Wendy's	Hamburger (530), Apple Slices (0) & Orange Fanta (15)	545	0.2
9	Chili's	Little Mouth Burger (540), Mandarin Oranges (15) & Apple Juice Box (5)	560	0.2
10	Chick-fil-A	Chicken Nuggets, 4 (500), Honey Roasted BBQ Dipping Sauce (70), Fruit Cup, small (0) & Lemonade, small (5)	575	0.2

A number of factors contribute to variation in the sodium content of beverage brands among restaurant chains, including the size of the beverage containers used and the amount of ice in the cup. The sodium numbers in the above chart are self-reported data provided by the restaurant chains.

*Conversion used: 2,325 mg/1 tsp salt.

Introduction

It's no secret that Americans today are eating far too much sodium—mostly from salt—for their health and well-being. The average American consumes about 4,000 mg of sodium daily, more than twice the daily limit recommended by the U.S. government for the majority of the adult population. According to the government's 2010 Dietary Guidelines for Americans, adults should consume no more than 2,300 mg of sodium per day.¹ For people with hypertension, adults 51 years and older, and African-Americans, the government recommends an even lower limit of 1,500 mg per day. According to the Centers for Disease Control and Prevention, those groups account for the majority of adults.²

Reducing sodium intake remains one of the single best ways to prevent high blood pressure, heart attacks, and strokes. Researchers estimate that reducing current sodium consumption rates by 1,200 mg a day would eliminate 60,000 to 120,000 cases of coronary heart disease and save 44,000 to 92,000 lives per year. Such a shift

in sodium consumption is also estimated to reduce medical costs by \$10 billion to \$24 billion annually.³ Based on the same study, lowering daily sodium from 4,000 to 2,000 mg would save about 100,000 lives per year.

Because the vast majority (about three-quarters) of all sodium in the American diet comes from processed foods and restaurant meals, health advocates have urged the restaurant industry to reduce the sodium content of its offerings. In recent years, some companies have responded by making public pledges to reduce sodium content over time. In 2011, Subway joined New York City's National Salt Reduction Initiative, pledging to reduce the sodium content of its products by 25% by 2014. Olive Garden has pledged to cut sodium levels by 10% by 2016 and 20% by 2021, and McDonald's has pledged a 15% reduction by 2015. In 2009, Yum! Brands Inc., the parent company of KFC, Pizza Hut, and Taco Bell, also announced that it was working to reduce sodium in its restaurants. This report tracks the changes in sodium levels between 2009 and 2013 in a sampling

of meals from 17 of the most popular chain restaurants in America.

Methods

We collected sodium data from the same 17 U.S. chain restaurants that we studied in our 2009 report: *Heart Attack Entrées and Side Orders of Stroke*.⁴ Those restaurants are:

- Arby's
- Burger King
- Chick-fil-A
- Chili's
- Dairy Queen
- Denny's
- Jack in the Box
- KFC
- McDonald's
- Olive Garden
- Panera Bread
- Pizza Hut
- Red Lobster
- Sonic
- Subway
- Taco Bell
- Wendy's

¹ U.S. Department of Health and Human Services, U.S. Department of Agriculture. "Dietary Guidelines for Americans." 2010. <http://health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf>

² Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and

Health Promotion, Division for Heart Disease and Stroke Prevention. "Most Americans Consume Too Much Sodium." April 12, 2013.

<http://www.cdc.gov/bloodpressure/sodium.htm>

³ Bibbins-Domingo, Kirsten, et al. "Projected effect of dietary salt reductions on future cardiovascular

disease." *New England Journal of Medicine* 362(7) (2010): 590-599.

⁴ Center for Science in the Public Interest. "Heart Attack Entrées and Side Orders of Stroke: The Salt in Restaurant Meals is Sabotaging your Health." 2009. <http://cspinet.org/new/pdf/cspirestaurantsaltreport.pdf>

In 2009, we identified six adult meals and four kids' meals from each chain; they included some of the meal combinations that were highest and lowest in sodium. We obtained the 2013 sodium levels for the same meals evaluated in the 2009 report using nutrition information from restaurants' websites and from phone calls to the companies. We then compared the 2009 sodium levels for those meals with the 2013 levels. We note in parentheses in the listings beginning on page seven the instances where a food item was re-named but remained basically the same product. In cases where a food item was discontinued completely, we substituted an equivalent item where possible (for example, mandarin peach iced tea was replaced with plain iced tea). We removed the entire meal from the study when there was no reasonable substitution available on the menu. In total, we dropped 26 of the 162 meals evaluated in 2009 from the current study because a key item was discontinued and no item on the 2013 menu was comparable. When necessary, we used factors of 28.35 g/oz, 30 g/fl oz, and 1g/mL to convert portion sizes to grams.

The sodium levels of meals used in this report are not necessarily the very highest or lowest possible at these restaurants. The meals included are merely a sample of meal combinations that could be created from the restaurants' menu options.

Results

Our analysis suggests that progress in making sustained, significant reductions in sodium content has been slow and

inconsistent. While companies have made reductions in some products, many meals from popular fast food or sit-down restaurants still provide patrons with more

Table 1: Changes in Sodium Content across All Meals from 2009 to 2013						
Restaurant (Number of Meals Evaluated)	Meals with Lower Sodium Content in 2013	Avg. Change in Sodium from 2009 to 2013	Range of Reductions in a Single Meal		Range of Increases in a Single Meal	
			Largest	Smallest	Smallest	Largest
Arby's (6)	67%	-8.2%	-16%	-8%	1%	6%
Burger King (7)	100%	-27.1%	-44%	-13%	NI*	NI*
Chick-fil-A (10)	50%	-3.0%	-23%	-7%	7%	16%
Chili's (5)	40%	2.0%	-43%	-9%	5%	29%
Dairy Queen (10)	50%	1.5%	-57%	-3%	2%	38%
Denny's (7)	43%	2.6%	-36%	-2%	12%	23%
Jack in the Box (8)	38%	7.2%	-6%	-4%	3%	34%
KFC (7)	14%	12.4%	-22%	-22%	0%	52%
McDonald's (10)	100%	-17.0%	-34%	-5%	NI*	NI*
Olive Garden (8)	75%	-13.5%	-24%	-1%	0%	1%
Panera Bread (10)	80%	-13.4%	-71%	-5%	9%	13%
Pizza Hut (6)	100%	-11.3%	-22%	-1%	NI*	NI*
Red Lobster (9)	33%	4.3%	-32%	-6%	0%	47%
Sonic (8)	50%	1.3%	-19%	-1%	0%	34%
Subway (10)	100%	-27.5%	-41%	-10%	NI*	NI*
Taco Bell (5)	100%	-10.4%	-17%	-5%	NI*	NI*
Wendy's (10)	50%	2.7%	-11%	-1%	4%	13%
All Meals (136)	64%	-6.0%	*NI=No increases			

than an entire day's worth of sodium. Some single meals even contain two or three days' worth of sodium. The sodium content of the meals examined declined by an average of 6.0% (see Table 1).

Of the 17 restaurant chains profiled, five (Burger King, McDonald's, Pizza Hut, Taco Bell, and Subway) made sodium reductions in all of the adult and kids' meals that we first evaluated in 2009. The changes were accomplished by reducing sodium levels in particular meal components, substituting lower-sodium components in place of higher-sodium components, and reducing portion sizes. Though those companies made across-the-board reductions, the degree of those reductions varied considerably across meals (see Table 1). For example, the sodium reductions in McDonald's meals ranged from 5% to 34%. Pizza Hut's sodium reductions ranged from 1% to 22%.

The apparent randomness of the changes is further seen by the three chains that managed sodium reductions in two-thirds of their meals. For instance, Panera Bread reduced sodium in one meal by 71% (by reducing the portion size and using a lower-sodium salad dressing), but raised sodium by 13% in another meal. Four of the 17

chains had sodium reductions in half of their meals, but again for each step forward there was a step backward. Dairy Queen reduced sodium by 57% in one meal, but increased it by 38% in another. Red Lobster's meals swung between a 32% decrease and a 47% increase. Jack in the Box reduced sodium in only three of the eight meals evaluated—the largest reduction was a mere 6%. The chain increased sodium in five other meals by up to 34% (due to a saltier hamburger sandwich). Similarly, although KFC reduced sodium by 22% in one meal, it raised sodium in all the other meals evaluated.

As important is to understand what the reductions actually meant for the consumer. Twelve of the chains reduced sodium by at least 20% in at least one of their meals, but that still meant far more than a day's worth of sodium: reductions of 20% and more still left three meals at Olive Garden with 4,965 mg, 4,525 mg, and 3,870 mg, respectively. While eight chains reduced sodium by more than 30% in one meal, that still left one McDonald's meal with 2,360 mg and two Subway meals with more than 1,800 mg.

Average Change in Sodium

The average change in sodium content from 2009 to 2013 varied widely across the 17 restaurants evaluated (see Table 1). Just more than half (9 out of 17) of the restaurants had reductions in sodium on average, while the others (8 out of 17) had increases. Some restaurants showed marked progress on sodium reduction, such as Subway (-27.5%) and Burger King (-27.1%). Burger King made the most progress with its kids' meals. Other restaurants showed a moderate average increase in sodium, such as KFC (12.4%) and Jack in the Box (7.2%).

Changes in sodium content were even inconsistent across restaurants within the same parent company. Although KFC, Pizza Hut, and Taco Bell are all units of Yum! Brands, Pizza Hut and Taco Bell had average reductions of 11.3% and 10.4% respectively, while the average sodium content of the seven KFC meals we examined actually increased by 12.4%, with one kids' meal increasing by 52%. Ironically, in Australia, sodium in KFC products decreased between 2009 and 2012, yet increased for Pizza Hut,⁵ just the opposite of what occurred in the sampling of American meals included in this report.

⁵ Garcia, Julianne, et al. "Changes in the sodium content of leading Australian fast-food products

between 2009 and 2012." *The Medical journal of Australia* 200 (2014): 340-344.

Adult Meals

Across all 81 adult meals, sodium content declined by 8.3% over four years (not shown in tables). However, many meals in which sodium levels decreased still contained more than a day's worth of sodium for the majority of American adults. Of the adult meals evaluated in 2013, 79% still contained more than 1,500 mg of sodium, only a two-percentage-point drop from 2009. The number of super-salty meals offered by these chains declined moderately. In 2009, 32 of the surveyed meals (20%) contained more than two days' worth of sodium (3,000 mg); in 2013, 26 meals (19%) contained that much sodium. The number of meals containing more than three days' worth of sodium rose from six to seven, but no meals in 2013 offered four days' worth of sodium. In 2009, by contrast, Chili's, Olive Garden, and Red Lobster offered meals that were loaded with more than 6,000 mg of sodium. One Red Lobster meal had 6,736 mg of sodium in 2009. Those chains reduced the sodium content of those meals to below 6,000 mg by 2013 (Chili's eliminated its two 6,000 mg-plus entrées, so we dropped them from our study), but the remaining offending meals at Olive Garden and Red Lobster still contain more than three days' worth of sodium today.

Restaurant (Number of Kids' Meals Evaluated)	Avg. Sodium Content in 2013	Avg. Change in Sodium from 2009 to 2013
Arby's (1)	1,175 mg	-16%
Burger King (3)	993 mg	-40%
Chick-fil-A (4)	1,109 mg	9%
Chili's (4)	1,523 mg	5%
Dairy Queen (4)	1,384 mg	16%
Denny's (3)	1,027 mg	0%
Jack in the Box (3)	1,765 mg	7%
KFC (4)	1,370 mg	14%
McDonald's (4)	880 mg	-12%
Olive Garden (3)	953 mg	-7%
Panera Bread (4)	1,005 mg	1%
Pizza Hut (0)	N/A	N/A
Red Lobster (4)	1,755 mg	2%
Sonic (4)	1,110 mg	-8%
Subway (4)	600 mg	-29%
Taco Bell (2)	1,015 mg	-9%
Wendy's (4)	915 mg	6%
Avg. of all 55 Kids' Meals	1,164 mg	-2.6%

*Excludes Pizza Hut, which did not offer kids' meals

Kids' Meals

The average sodium content of the 55 kids' meals examined decreased by 2.6% over four years. The percentage of those meals that contained more than a day's worth of sodium for four- to eight-year-olds (1,200 mg, according to the Institute of Medicine)

declined by 17% between 2009 and 2013. Of all the chains studied, Subway had the lowest average sodium content for kids' meals (600 mg) (see Table 2). Subway reduced the sodium content of four of its kids' meals by at least 24%, with an average reduction of 29%, and all the meals reviewed in 2013 contained less than 800 mg of sodium.

Burger King also has made consistent progress in its kids' meals, reducing sodium content to less than 1,200 mg in the three meals reviewed. Burger King achieved most of its reductions by replacing French Fries as the default option with Apple Slices (according to their nutrition-information website). That move alone cut 590 mg of sodium from each meal, and helped the chain achieve an average reduction of 40% across the three meals evaluated (see Table 2). McDonald's reduced sodium in the four kids' meals we examined largely by replacing half the French Fries with Apple Slices. However, 44% of kids' meals still contained more than a day's worth of sodium in 2013. Chili's, Jack in the Box, and Red Lobster had some of the saltiest kids' meals, with several offerings exceeding 2,000 mg.

The Worst Offenders

Even without side dishes, many restaurant entrées continue to have extraordinarily high

sodium levels. Examples include Chili's Crispy Honey-Chipotle Chicken Crispers with Ranch Dressing (4,100 mg), Red Lobster's North Pacific King Crab Legs (4,070 mg), Red Lobster's Admiral's Feast (3,830 mg), Olive Garden's Tour of Italy Lasagna (3,830 mg), and Dairy Queen's Popcorn Shrimp Basket (3,510 mg).

Sides and extras can significantly increase a meal's total sodium content. A large side of Seasoned Curly Fries at Jack in the Box adds 1,280 mg of sodium. At Sonic, a large side of Tater Tots adds 1,450 mg of sodium—almost a full day's worth of sodium and 660 mg more than the Tots contained in 2009. Sodium consumed from complimentary items can also add up quickly. Red Lobster's Cheddar Bay Biscuits continue to provide 350 mg of sodium each, and Olive Garden's complimentary Breadsticks provide 370 mg each (up from 350 mg in 2009).

Better Choices

Many restaurants are now offering lower-sodium (and often lower-calorie) options. Examples of such entrées include Panera Bread's Full Classic Café Salad w/ Reduced Fat Balsamic Dressing (150 mg), Subway's

Veggie Delite Sandwich, 6" (280 mg), and Taco Bell's Crunchy Taco (310 mg). Sides and extras can also be low in sodium, and some have no sodium at all. Apple slices offered at Burger King, McDonald's, Sonic, Subway, and Wendy's contain 0 mg of sodium, as do sides of whole fruits and vegetables, available at Panera Bread (Apple) and KFC (Corn on the Cob). Those fresh sides are increasingly being offered, especially on children's menus.

Recommendations

Consumers remain largely in the dark about the sodium content of their favorite restaurant meals, unless they actively seek out that nutrition information on their own. Although chain restaurants will have to list calorie information on menu boards and menus nationwide under provisions of the Affordable Care Act of 2010, the law does not require restaurants to post information on sodium content. It does, however, require companies to provide brochures with complete nutrition information.

Though some chain restaurants have decreased sodium levels—sometimes quite significantly—much larger and faster reductions are needed to help curb

hypertension and cardiovascular disease. In 2010, the Institute of Medicine (IOM) recommended a comprehensive approach to sodium reduction in the food supply, including the restaurant industry. The IOM called for the Food and Drug Administration to mandate in a reasonable and graduated way standards for the industry to meet, saying:⁶

Manufacturers and restaurants/foodservice operators need to meet these standards so that all sources in the food supply are involved and so that the consumer's taste preferences can be changed over time to the lower amounts of salt in food. The goal is to slowly, over time, reduce the sodium content of the food supply in a way that goes unnoticed by most consumers as individuals' taste sensors adjust to the lower levels of sodium.

We recommend:

1. Consumers should check the sodium content of foods by reading the Nutrition Facts labels on packaged foods and by researching the nutrient content of chain-restaurant meals online or asking for information at the restaurants. Using

⁶ IOM. "Strategies to Reduce Sodium Intake in the United States." Report Brief (2010). <http://www.iom.edu/Reports/2010/Strategies-to-Reduce-Sodium-Intake-in-the-United-States/Report->

[Brief-Strategies-to-Reduce-Sodium-Intake-in-the-United-States.aspx](http://www.iom.edu/Reports/2010/Strategies-to-Reduce-Sodium-Intake-in-the-United-States.aspx)

that information, consumers should choose lower-sodium foods when eating at home or at restaurants.

2. Restaurants should continue to voluntarily decrease sodium levels in their foods and increase the pace of those reductions. Restaurants should provide a variety of meals that contain no more than 800 mg of sodium for adult meals and 500 mg for kids' meals.
3. The Food and Drug Administration (for most foods) and the U.S. Department of Agriculture (for meat and poultry products) should set limits on the sodium content of processed and restaurant foods.



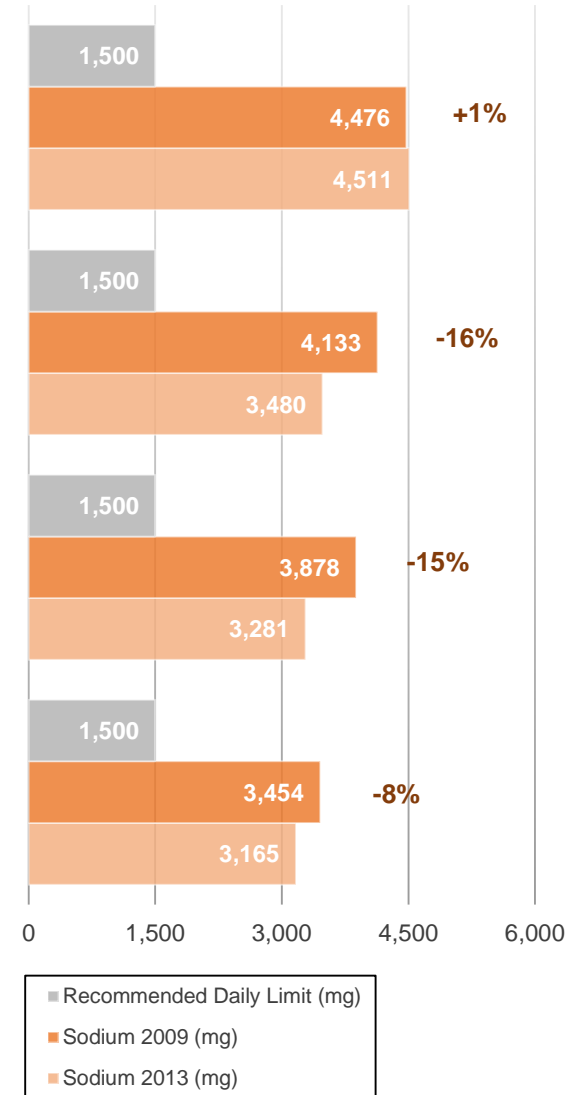
Arby's Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Beef 'n Cheddar Mid (2009 Beef 'n Cheddar Sandwich, large)	329	251	657	560	2,309	1,760
Mozzarella Sticks, large w/ Marinara Sauce (6)	248	234	667	645	2,047	2,670
Dr Pepper, large	907	790	360	324	120	81
Total	1,484	1,275	1,684	1,529	4,476	4,511

French Dip & Swiss Sub	296	286	533	450	2,169	2,140
Homestyle Cheddar Fries, medium w/ Cheese Sauce	241	213	597	530	1,889	1,340
Pepsi, large	907	788	300	324	75	0
Total	1,444	1,287	1,430	1,304	4,133	3,480

Roast Beef Max (2009 Roast Beef Sandwich, large)	281	267	547	560	1,869	1,860
Homestyle Cheddar Fries, medium w/ Cheese Sauce	241	213	597	530	1,889	1,340
Dr Pepper, large	907	790	360	324	120	81
Total	1,429	1,270	1,504	1,414	3,878	3,281

Chicken Cordon Bleu Sandwich, crispy	244	241	577	620	1,936	1,700
Curly Fries, large	190	201	604	630	1,413	1,420
Mountain Dew, large	907	817	330	360	105	45
Total	1,341	1,259	1,511	1,610	3,454	3,165



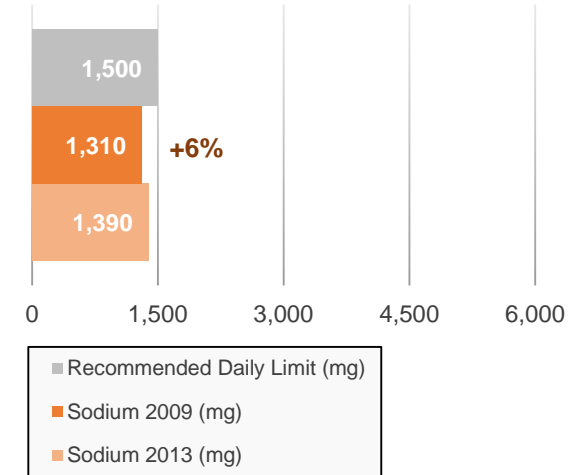
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Arby's Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Arby's Melt (2009 Swiss Melt)	146	146	303	340	919	930
Potato Cakes (2)	100	100	246	230	391	460
Brewed Iced Tea (2009 Mandarin Peach Iced FruiT _e a)	551	358	90	5	0	0
Total (Low Sodium Option)	797	604	639	575	1,310	1,390

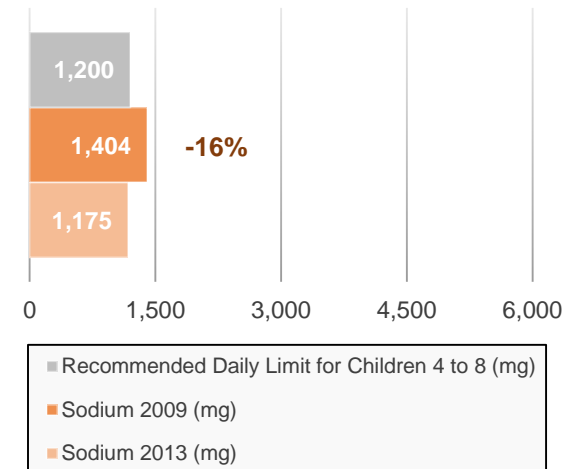
One adult meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.



Arby's Kids' Meal

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Jr. Roast Beef Sandwich	125	87	272	210	740	530
Curly Fries, kids'	74	77	234	240	548	540
Milk, 1% (2009 Milk, 2%)	227	214	118	90	116	105
Total	426	378	624	540	1,404	1,175

One kids' meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.





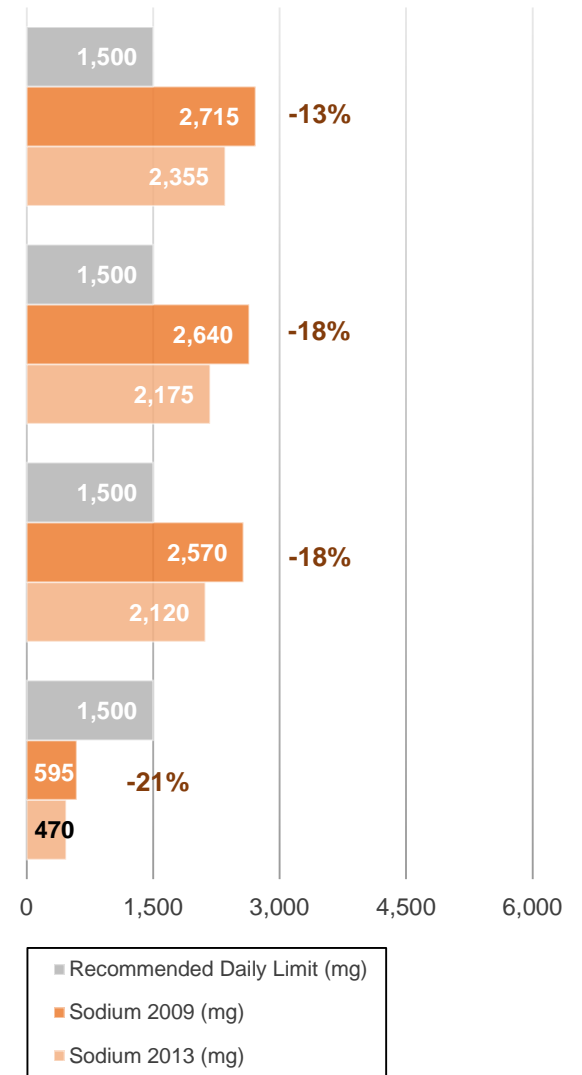
Burger King Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Tendercrisp Chicken Sandwich w/ Mayonnaise	284	264	800	750	1,640	1,560
French Fries, salted, large	194	190	580	500	990	710
Sprite, large	1,260	1,200	390	380	85	85
Total	1,738	1,654	1,770	1,630	2,715	2,355

Double Whopper w/ Cheese*	398	398	1,010	990	1,530	1,480
French Fries, salted, medium	160	153	480	410	820	570
Seattle's Best Coffee Iced Coffee, Mocha, large (2009 Mocha BK Joe Iced Coffee)	N/A	N/A	360	340	290	125
Total	N/A	N/A	1,850	1,740	2,640	2,175

BK Quad Stacker	311	240	1,010	760	1,800	1,270
Cheesy Tots Potatoes, small	77	120	220	280	630	700
Hershey's Lowfat Chocolate Milk, 1%	240	240	180	160	140	150
Total	628	600	1,410	1,200	2,570	2,120

Hamburger	121	101	290	240	550	460
Apple Slices (2009 Apple Fries w/ Caramel Sauce)	71	57	70	30	35	0
Minute Maid Cherry Icee	660	600	140	140	10	10
Total (Low Sodium Option)	852	758	500	410	595	470



*The original "Heart Attack" report featured the Triple Whopper w/ Cheese, which is absent from the 2013 menu. We replaced it with data for the Double Whopper w/ Cheese from the 2009 and 2013 menus.

Two adult meals evaluated in 2009 were dropped from the study because key items were discontinued and no items on the 2013 menu were comparable.



Burger King Kids' Meals

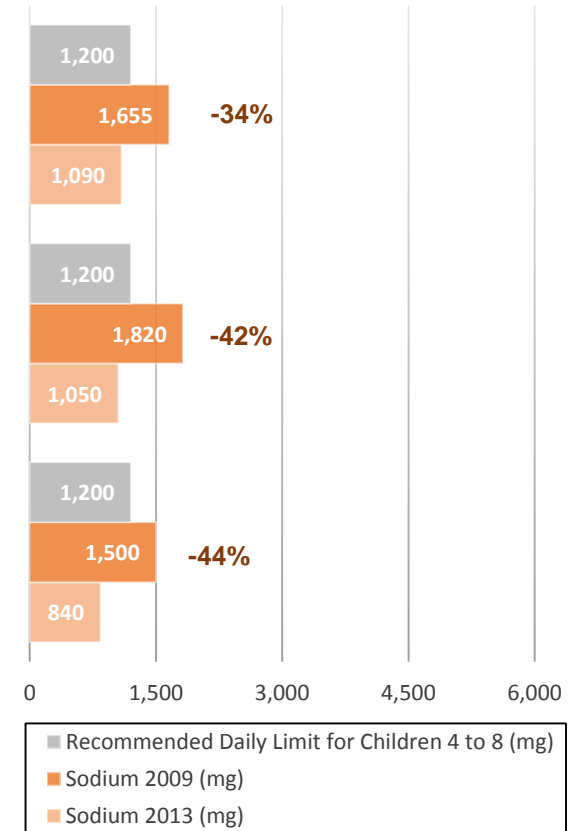
Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Double Cheeseburger	189	148	510	370	1,020	720
Fries, salted, kids' (2009 Fries, salted, small)	116	89	340	240	590	330
Sprite, small	660	600	210	190	45	40
Total	965	837	1,060	800	1,655	1,090

Chicken Nuggets (6) (2009 Chicken Tenders)	92	105	270	280	730	540
Buffalo Dipping Sauce	28	28	80	80	360	360
Apple Slices (2009 Fries, salted, small)	116	57	340	30	590	0
Hershey's Low Fat Chocolate Milk, 1%	240	240	180	160	140	150
Total	476	430	870	550	1,820	1,050

Cheeseburger	133	116	340	280	770	690
Apple Slices (2009 Fries, salted, small)	116	57	340	30	590	0
Hershey's Low Fat Chocolate Milk, 1%	240	240	180	160	140	150
Total	489	413	860	470	1,500	840

One kids' meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.

In 2013, the default option for a kids' meal replaced French Fries with Apple Slices.





Chick-fil-A Adult Meals

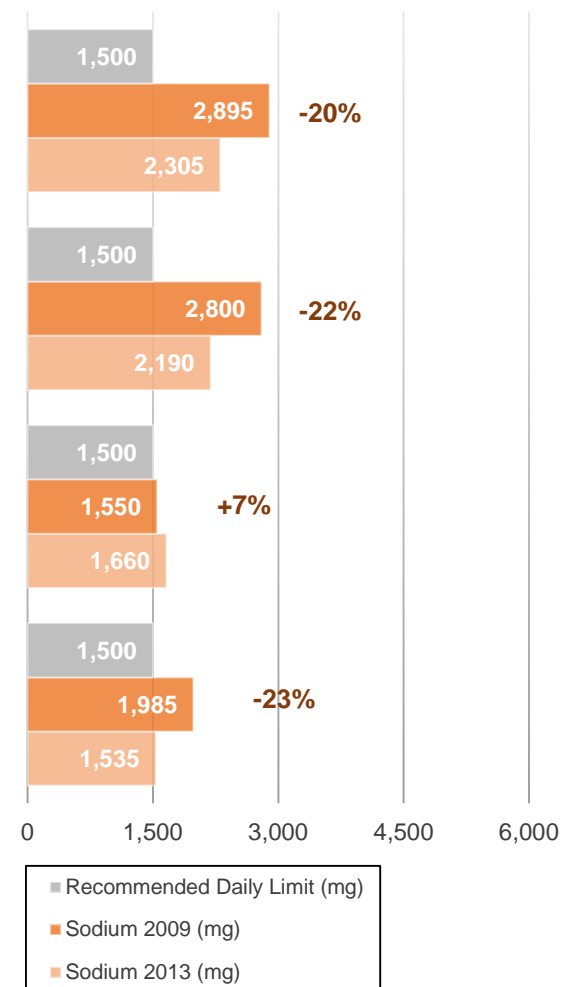
Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chicken Caesar Cool Wrap	232	N/A	480	470	1,810	1,290
Hearty Breast of Chicken Soup, small	278	N/A	150	120	1,060	990
Coca-Cola, large	638	N/A	250	250	25	25
Total	1,148	N/A	880	840	2,895	2,305

Chargrilled Chicken Club Sandwich	250	N/A	380	400	1,650	1,110
Hearty Breast of Chicken Soup, small	278	N/A	150	120	1,060	990
Dr Pepper, large	638	N/A	260	260	90	90
Total	1,166	N/A	790	780	2,800	2,190

Chicken Sandwich	179	N/A	430	440	1,370	1,400
Waffle Potato Fries, large	128	N/A	420	520	120	200
Dr Pepper, medium	434	N/A	180	180	60	60
Total	741	N/A	1,030	1,140	1,550	1,660

Chargrilled Chicken Cool Wrap	291	N/A	410	410	1,510	1,070
Cole Slaw, large	298	N/A	600	580	460	450
Iced Tea, Sweetened, large	595	N/A	220	220	15	15
Total	1,184	N/A	1,230	1,210	1,985	1,535

Note: "small" sides on the 2009 menu were re-labeled "medium" on the 2013 menu, but portion sizes remained the same.



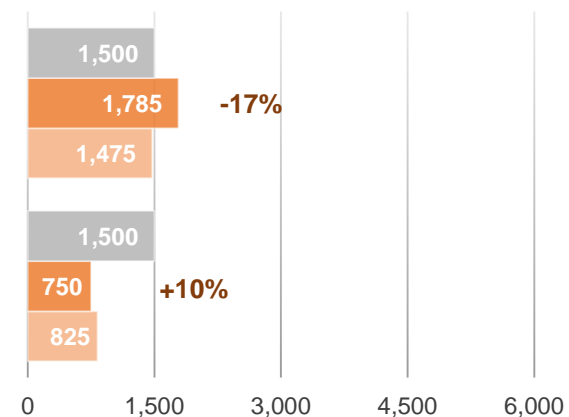
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Chick-fil-A Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chicken Strips (4)	215	N/A	470	470	1,390	1,100
Cole Slaw, small	184	N/A	370	360	280	280
Milk	198	N/A	110	90	115	95
Total	597	N/A	950	920	1,785	1,475

Southwest Chargrilled Salad w/o Tortilla Strips & Dressing	326	N/A	240	250	750	820
Fruit Cup, large	194	N/A	100	110	0	5
Orange Juice	283	N/A	140	190	0	0
Total (Low Sodium Option)	803	N/A	480	550	750	825



Note: "small" sides on the 2009 menu were re-labeled "medium" on the 2013 menu, but portion sizes remained the same.





Chick-fil-A Kids' Meals

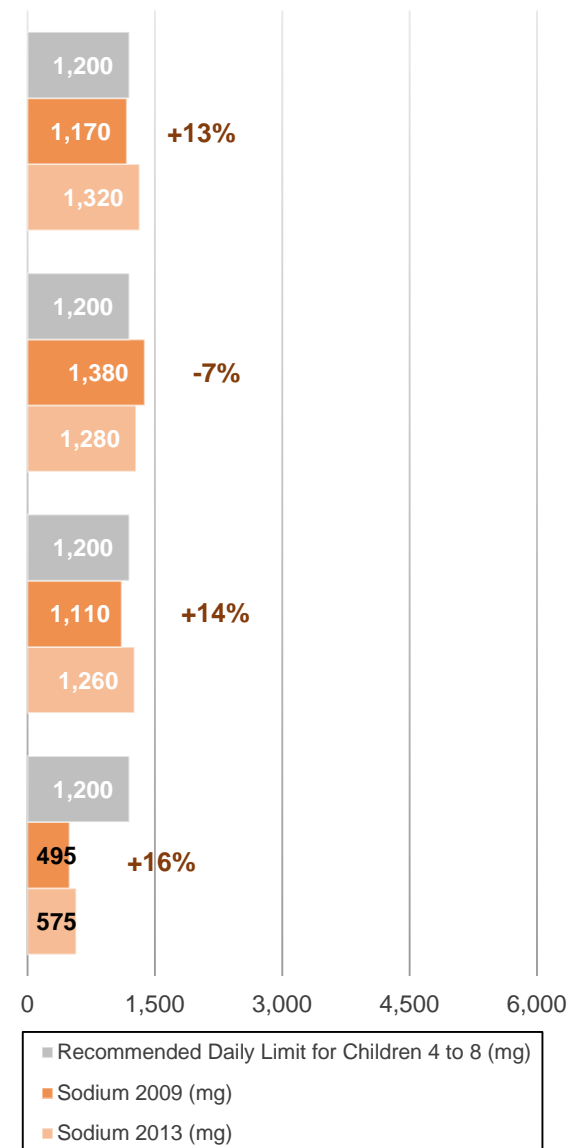
Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chicken Nuggets (6)	85	N/A	200	200	630	740
Buffalo Dipping Sauce	21	N/A	10	10	420	420
Waffle Fries, small	128	N/A	280	300	80	120
Dr Pepper, kids'	272	N/A	110	110	40	40
Total	506	N/A	600	620	1,170	1,320

Chicken Strips (2)	106	N/A	230	230	690	550
Buffalo Dipping Sauce	21	N/A	10	10	420	420
Waffle Fries, small	128	N/A	280	300	80	120
Chocolate Milk	198	N/A	160	160	190	190
Total	453	N/A	680	700	1,380	1,280

Chicken Nuggets (6)	85	N/A	200	200	630	740
Polynesian Dipping Sauce	28	N/A	110	110	210	210
Waffle Fries, small	128	N/A	280	300	80	120
Chocolate Milk	198	N/A	160	160	190	190
Total	439	N/A	750	770	1,110	1,260

Chicken Nuggets (4)	57	N/A	130	130	420	500
Honey Roasted BBQ Dipping Sauce	12	N/A	60	60	70	70
Fruit Cup, small	93	N/A	50	50	0	0
Lemonade, small	272	N/A	150	150	5	5
Total (Low Sodium Option)	434	N/A	390	390	495	575

Note: "small" sides on the 2009 menu were re-labeled "medium" on the 2013 menu, but portion sizes remained the same.

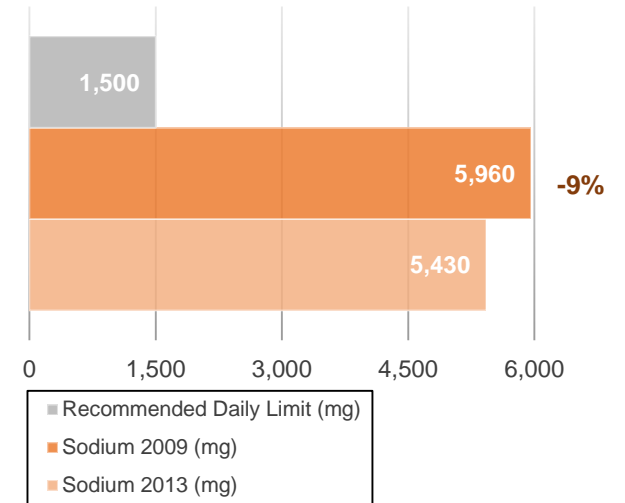




Chili's Grill & Bar Adult Meal

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Crispy Honey-Chipotle Chicken Crispers w/ Ranch	N/A	N/A	1,960	1,700	4,780	4,100
Steamed Broccoli (2009 Seasonal Vegetables)	N/A	N/A	60	80	170	450
Loaded Mashed Potatoes	N/A	N/A	390	350	940	810
Dr Pepper	N/A	N/A	200	200	70	70
Total	N/A	N/A	2,610	2,330	5,960	5,430

Five adult meals evaluated in 2009 were dropped from the study because key items were discontinued and no items on the 2013 menu were comparable.





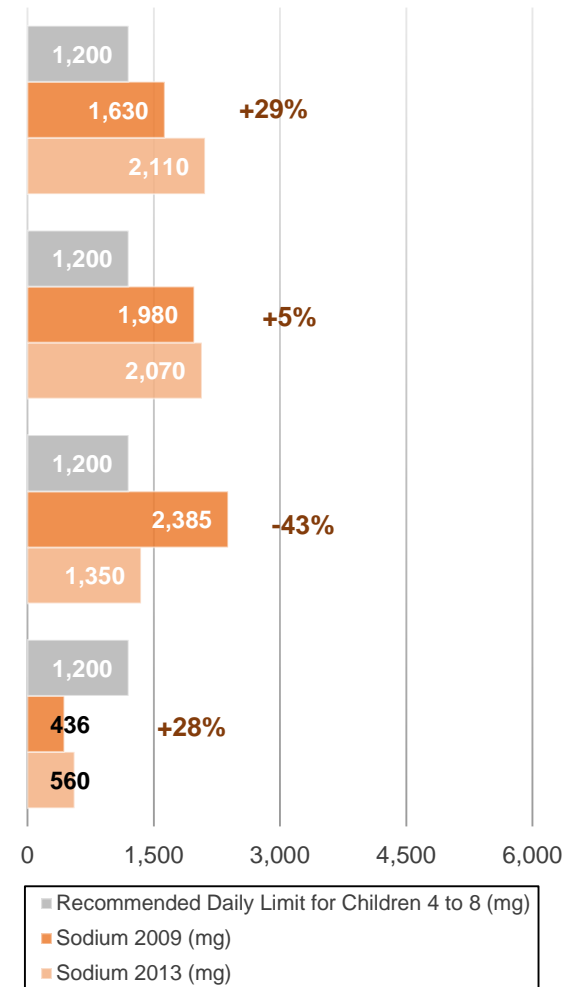
Chili's Grill & Bar Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Little Chicken Crispers	N/A	N/A	600	340	1,300	1,130
Homestyle Fries	N/A	N/A	240	200	140	670
Chocolate Milk, 1%	N/A	N/A	160	260	190	310
Total	N/A	N/A	1,000	800	1,630	2,110

Cheese Pizza (6")	N/A	N/A	560	670	1,130	1,180
Rice	N/A	N/A	220	190	660	580
Chocolate Milk, 1%	N/A	N/A	160	260	190	310
Total	N/A	N/A	940	1,120	1,980	2,070

Crispy Chicken Crispers (2009 Country Fried Chicken Crispers)	N/A	N/A	560	380	1,600	630
Rice	N/A	N/A	220	190	660	580
Milk, 1%	N/A	N/A	130	150	125	140
Total	N/A	N/A	910	720	2,385	1,350

Little Mouth Burger	N/A	N/A	440	330	420	540
Mandarin Oranges	N/A	N/A	70	80	10	15
Apple Juice Box	N/A	191	110	50	6	5
Total (Low Sodium Option)	N/A	N/A	620	460	436	560





Dairy Queen Adult Meals

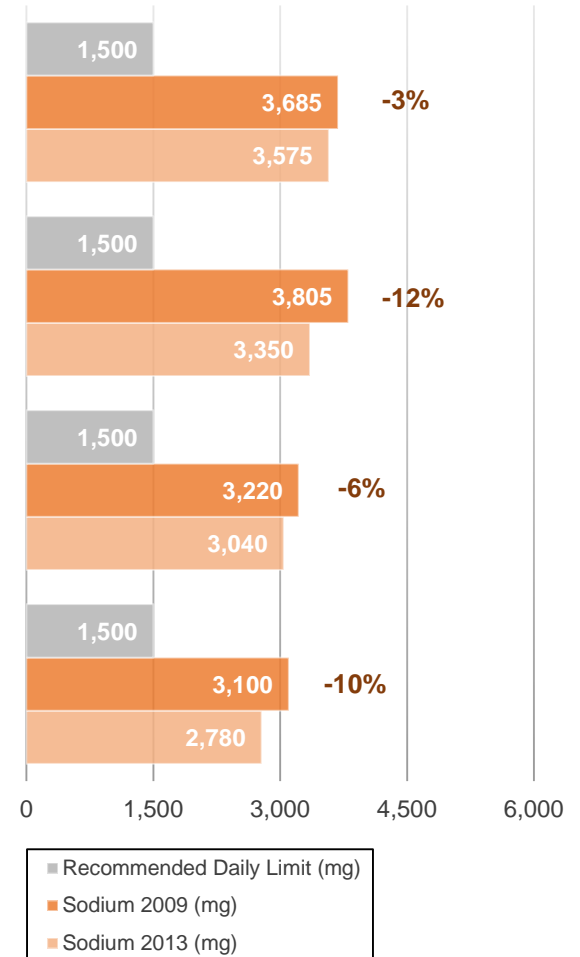
Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Popcorn Shrimp Basket*	425	425	990	950	3,630	3,510
Sierra Mist, medium	618	630	210	260	55	65
Total	1,043	1,055	1,200	1,210	3,685	3,575

Chicken Strip Basket (6) w/ Country Gravy*	517	503	1,640	1,250	3,690	3,210
Dr Pepper, large	960	984	320	400	115	140
Total	1,477	1,487	1,960	1,650	3,805	3,350

Foot-Long Chili Cheese Dog (2009 All Beef Chili Cheese Foot-Long Hot Dog)	284	284	840	860	2,050	1,850
Fries, large	186	184	500	490	1,040	1,030
Mug Root Beer, large	962	987	320	400	130	160
Total	1,432	1,455	1,660	1,750	3,220	3,040

1/2 lb. Flame Thrower Grill Burger	337	321	1,060	1,010	1,980	1,670
Fries, large	186	184	500	490	1,040	1,030
Pepsi, large	941	996	320	400	80	80
Total	1,464	1,501	1,880	1,900	3,100	2,780

*Nutrition total for adult basket meals includes entrée and side item.

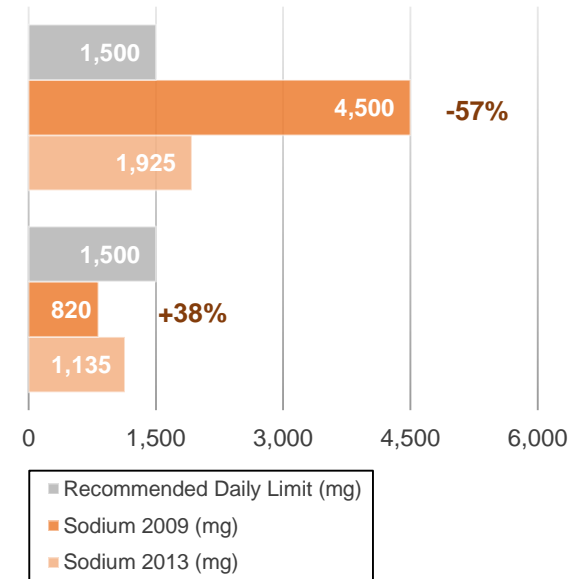


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Dairy Queen Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chili, Bowl (2009 Spicy Chili Bowl)	336	368	710	330	3,900	1,340
Side Salad w/ Fat Free Ranch Dressing	224	156	80	85	450	425
Mountain Dew, large	941	1,004	360	440	150	160
Total	1,501	1,528	1,150	855	4,500	1,925
Grilled Chicken Wrap	85	115	200	290	450	760
Side Salad w/ Fat Free French Dressing	224	156	85	85	370	375
Orange Juice	372	372	170	170	0	0
Total (Low Sodium Option)	681	643	455	545	820	1,135





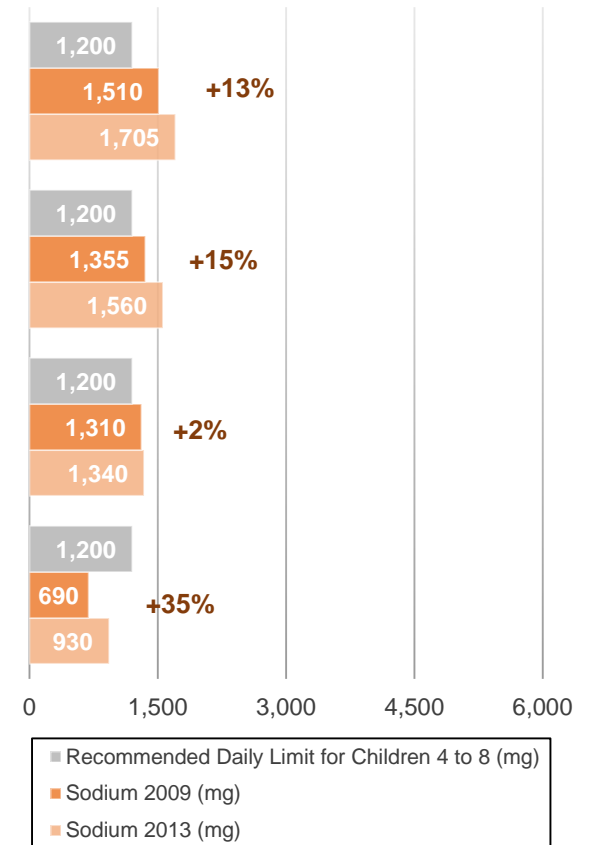
Dairy Queen Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Iron Grilled Cheese Sandwich w/ French Fries	174	222	510	620	1,410	1,590
Milk, 2% (2009 Milk, whole)	244	244	150	120	100	115
Total	418	466	660	740	1,510	1,705

Cheeseburger w/ French Fries	227	255	590	640	1,290	1,480
Mug Root Beer, small	481	493	160	200	65	80
Total	708	748	750	840	1,355	1,560

All Beef Hot Dog w/ French Fries	177	198	470	560	1,270	1,300
Pepsi, small	470	498	160	200	40	40
Total	647	696	630	760	1,310	1,340

Cheeseburger w/ Apple Sauce (2009 Hamburger w/ Apple Sauce)	270	269	450	460	690	930
Orange Juice	372	372	170	170	0	0
Total (Low Sodium Option)	642	641	620	630	690	930





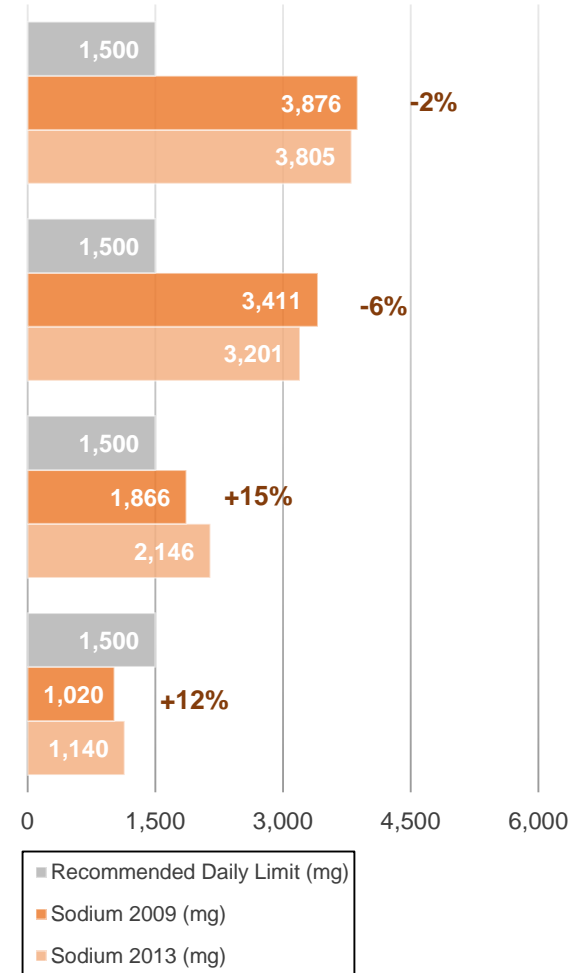
Denny's Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Country Fried Steak w/ Gravy and Bread	369	369	1,000	760	2,580	1,920
Corn	113	113	130	130	250	0
Onion Rings	142	N/A	520	816	980	1,819
Coca-Cola	454	454	198	198	66	66
Total	1,077	936	1,848	1,904	3,876	3,805

Super Bird Sandwich	283	283	560	540	2,360	2,150
Seasoned Fries	142	N/A	510	630	1,010	1,010
Ruby Red Grapefruit Juice	283	283	164	160	41	41
Total	709	567	1,234	1,330	3,411	3,201

Fish & Chips	369	652	1,080	1,330	1,650	1,930
Garden Salad w/o Dressing	198	198	113	120	150	150
Coca-Cola	454	454	198	198	66	66
Total	1,021	1,304	1,391	1,648	1,866	2,146

Grilled Chicken Salad Deluxe	482	482	290	420	770	1,140
Corn	113	113	130	130	250	0
Cranberry Juice	283	283	162	160	0	0
Total (Low Sodium Option)	879	879	582	710	1,020	1,140



Two adult meals evaluated in 2009 were dropped from the study because key items were discontinued and no items on the 2013 menu were comparable.



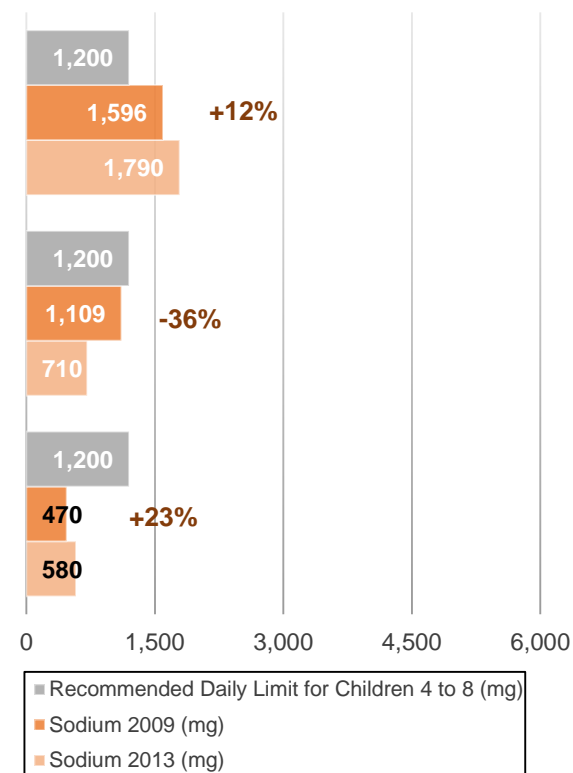
Denny's Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chicken Nuggets w/ BBQ Sauce	113	113	290	340	830	1,040
Mashed Potato w/ Gravy	142	142	140	140	650	650
Milk, 2%	283	283	141	130	116	100
Total	539	539	571	610	1,596	1,790

Macaroni & Cheese	198	198	340	300	830	570
French Fries	142	170	450	510	250	110
Apple Juice	283	283	141	140	29	30
Total	624	652	931	950	1,109	710

Pizza	113	198	320	410	470	580
Grapes	85	85	55	55	0	0
Cranberry Juice	283	283	162	160	0	0
Total (Low Sodium Option)	482	566	537	625	470	580

One kids' meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.





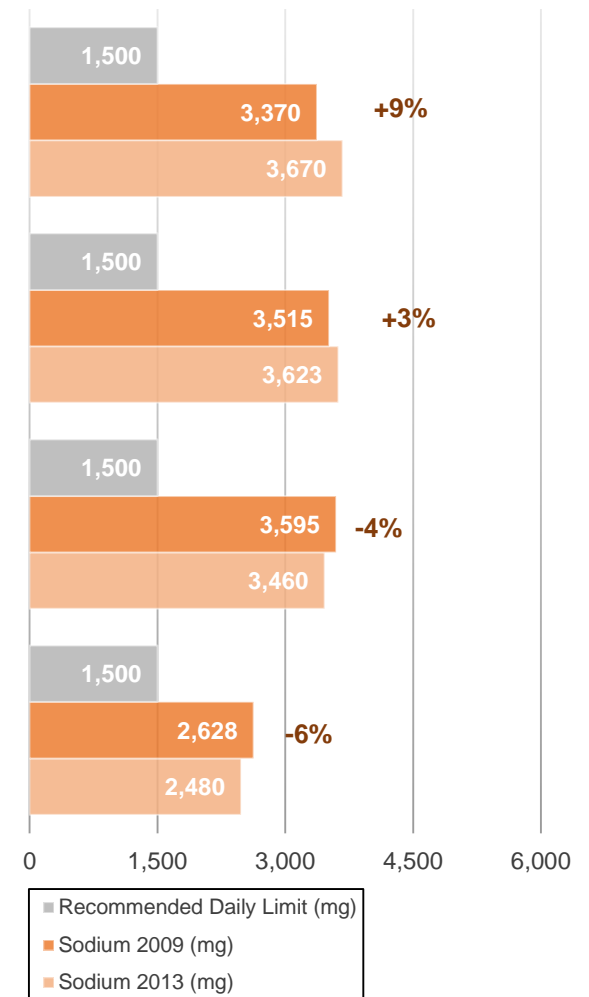
Jack in the Box Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Bacon Ultimate Cheeseburger	315	284	980	910	1,880	2,190
Seasoned Curly Fries, large	177	177	570	580	1,260	1,280
Chocolate Milk, 1%	240	227	200	180	230	200
Total	732	688	1,750	1,670	3,370	3,670

Sirloin Cheeseburger w/ Bacon	392	388	1,010	1,030	2,270	2,400
Natural Cut Fries, large	229	196	620	610	1,150	1,120
Iced Coffee, Original	675	680	160	268	95	103
Total	1,296	1,264	1,790	1,908	3,515	3,623

Sirloin Swiss & Grilled Onions Burger w/ Bacon	392	390	990	1,020	2,230	2,080
Seasoned Curly Fries, large	177	177	570	580	1,260	1,280
Strawberry Smoothie (2009 Pomegranate Berry Smoothie)	606	569	430	400	105	100
Total	1,175	1,136	1,990	2,000	3,595	3,460

Sirloin Swiss & Grilled Onion Burger	380	371	930	930	1,880	1,670
Stuffed Jalapenos (3)	72	71	230	220	690	730
Barq's Root Beer, medium	896	907	284	400	58	80
Total	1,348	1,349	1,444	1,550	2,628	2,480



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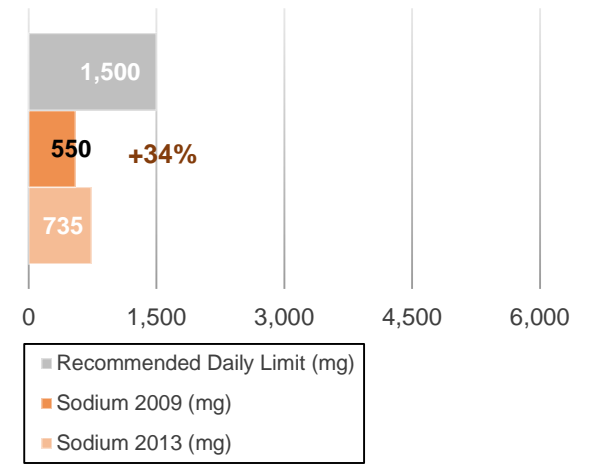


in the box

Jack in the Box Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Hamburger	106	105	280	280	540	680
Apple Bites (2009 Fruit Cup)	116	76	50	70	10	55
Aquafina Spring Water (2009 Dannon Spring Water)	500	500	0	0	0	0
Total (Low Sodium Option)	722	681	330	350	550	735

One adult meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.





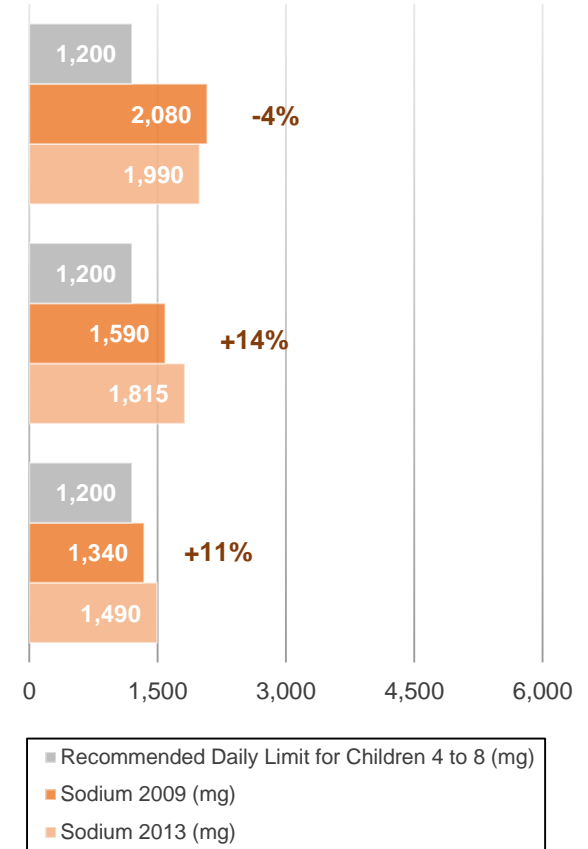
Jack in the Box Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Grilled Chicken Strips (2)	100	100	250	130	630	540
Frank's Hot Buffalo Sauce	28	28	10	10	840	840
Fries, kids'	77	72	210	230	380	410
Chocolate Milk, 1%	240	227	200	180	230	200
Total	445	427	670	550	2,080	1,990

Crispy Chicken Strips (2)	100	98	250	280	630	790
Teriyaki Dipping Sauce	28	28	60	60	530	530
Fries, kids'	77	72	210	230	380	410
Dr Pepper, small	420	567	150	230	50	85
Total	625	765	670	800	1,590	1,815

Hamburger w/ Cheese	118	116	320	320	730	880
Fries, kids'	77	72	210	230	380	410
Chocolate Milk, 1%	240	227	200	180	230	200
Total	435	415	730	730	1,340	1,490

One kids' meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.



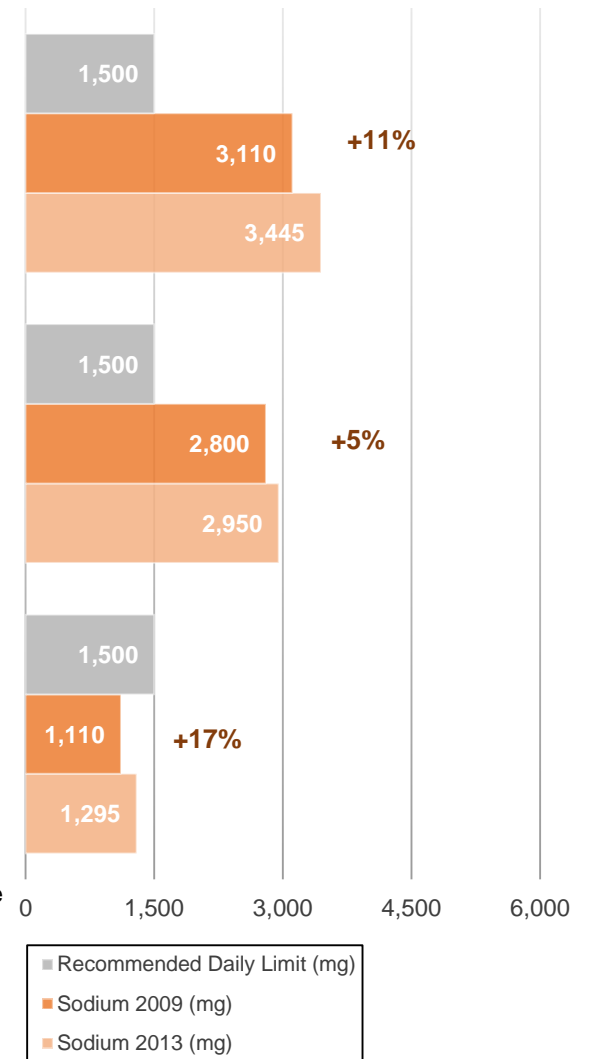


KFC Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Extra Crispy Chicken Breast	181	181	490	490	1,080	1,140
Extra Crispy Whole Wing	48	58	150	210	320	490
Biscuit	54	54	180	180	530	530
BBQ Baked Beans	130	138	200	210	680	780
Macaroni Salad	107	117	180	190	400	430
Pepsi, medium	960	900	400	380	100	75
Total	1,480	1,448	1,600	1,660	3,110	3,445

Extra Crispy Strips (3) (2009 Crispy Strips)	152	155	380	380	720	940
Biscuit	54	54	180	180	530	530
Mashed Potatoes w/ Gravy	153	145	130	120	550	530
Macaroni and Cheese	137	135	180	170	880	830
Mug Root Beer, large	1,920	1,920	800	800	120	120
Total	2,416	2,409	1,670	1,650	2,800	2,950

Grilled Drumsticks (2)	78	100	140	180	400	580
Biscuit	54	54	180	180	530	530
Corn on the Cob (3")	71	71	70	70	0	0
Cole Slaw (2009 Three Bean Salad)	87	114	70	170	170	170
Capri Sun Roarin' Waters Tropical Fruit (2009 Mott's 100% Apple Juice)	195	180	100	30	10	15
Total (Low Sodium Option)	485	519	560	630	1,110	1,295



Three adult meals evaluated in 2009 were dropped from the study because key items were discontinued and no items on the 2013 menu were comparable.



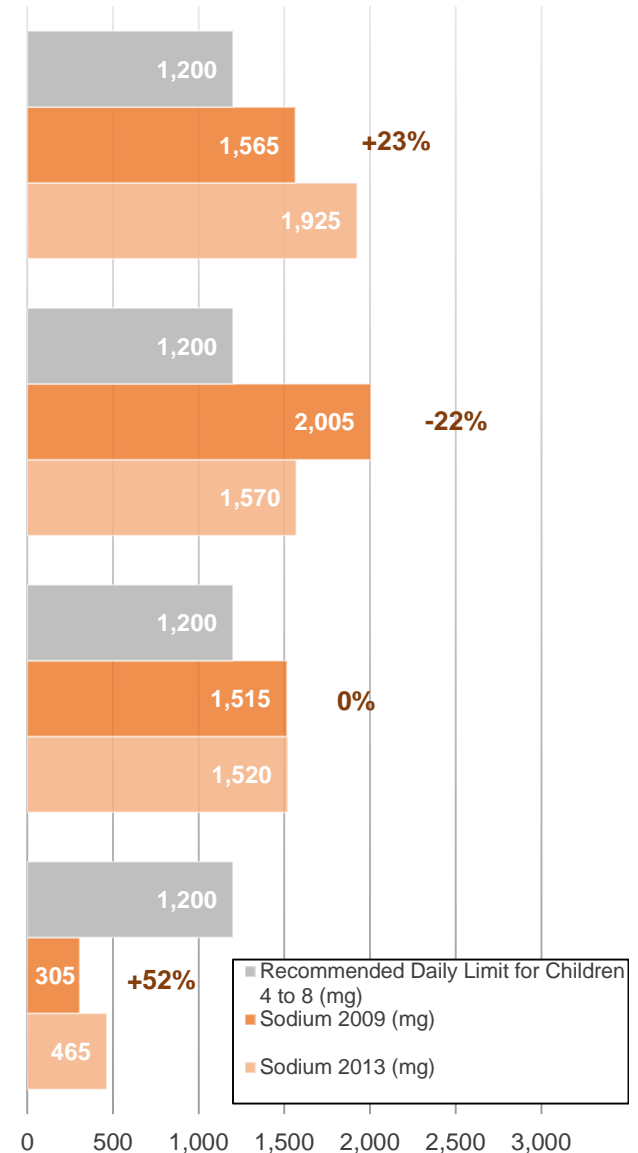
KFC Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Extra Crispy Tenders (3) (2009 Crispy Strips)	152	155	380	380	720	940
Potato Wedges	102	108	260	290	740	810
Sargento Light String Cheese (2009 Teddy Grahams)	21	21	90	50	95	160
Capri Sun Roarin' Waters Tropical Fruit (2009 Mott's 100% Apple Juice)	195	180	100	30	10	15
Total	470	464	830	750	1,565	1,925

Original Recipe Bites, kids' (4) (2009 Popcorn Chicken)	85	67	290	130	850	440
Macaroni and Cheese	137	135	180	170	880	830
Sargento Light String Cheese (2009 Teddy Grahams)	21	21	90	50	95	160
Milk, 1% (2009 Milk, 2%)	300	210	170	110	180	140
Total	543	433	730	460	2,005	1,570

Extra Crispy Drumstick	58	57	150	160	360	390
Macaroni and Cheese	137	135	180	170	880	830
Sargento Light String Cheese (2009 Teddy Grahams)	21	21	90	50	95	160
Milk, 1% (2009 Milk, 2%)	300	210	170	110	180	140
Total	516	423	590	490	1,515	1,520

Grilled Drumstick	39	50	70	90	200	290
Corn on the Cob (3")	71	71	70	70	0	0
Sargento Light String Cheese (2009 Teddy Grahams)	21	21	90	50	95	160
Capri Sun Roarin' Waters Tropical Fruit (2009 Mott's 100% Apple Juice)	195	180	100	30	10	15
Total (Low Sodium Option)	326	322	330	240	305	465





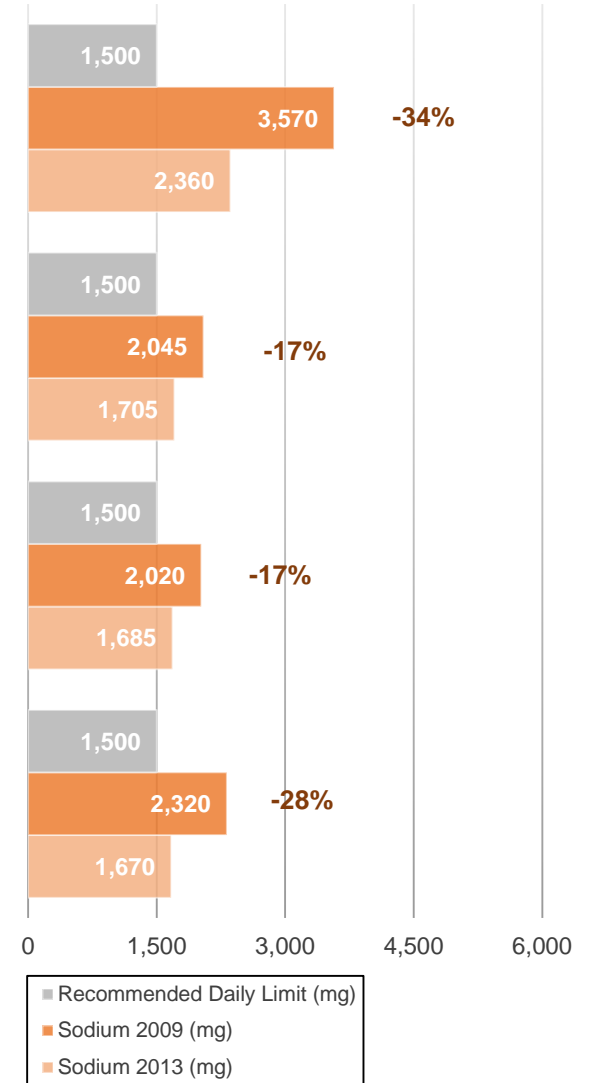
McDonald's Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chicken Premium Selects Breast Strips (5)	219	206	660	640	1,680	1,240
Spicy Buffalo Dipping Sauce	43	22	70	35	960	540
Side Salad w/ Low Fat Balsamic Dressing	131	131	60	55	740	430
Powerade Mountain Blast, large	960	900	220	160	190	150
Total	1,353	1,259	1,010	890	3,570	2,360

Caesar Salad w/ Grilled Chicken & Creamy Caesar Dressing	360	355	410	380	1,390	1,080
French Fries, large	154	154	500	500	350	350
Ketchup Packet (2)	20	20	30	20	220	200
Iced Coffee, Hazelnut, large	121	960	270	250	85	75
Total	655	1,489	1,210	1,150	2,045	1,705

Bacon Ranch Salad w/ Grilled Chicken & Ranch Dressing	370	365	430	400	1,540	1,230
French Fries, large	154	154	500	500	350	350
Powerade Mountain Blast, medium	630	630	150	120	130	105
Total	1,154	1,149	1,080	1,020	2,020	1,685

Grilled Chicken Ranch BLT	237	214	470	440	1,500	1,210
Side Salad w/ Low Fat Italian Dressing	131	131	80	70	740	400
Sprite, large	960	900	310	280	80	60
Total	1,328	1,245	860	790	2,320	1,670



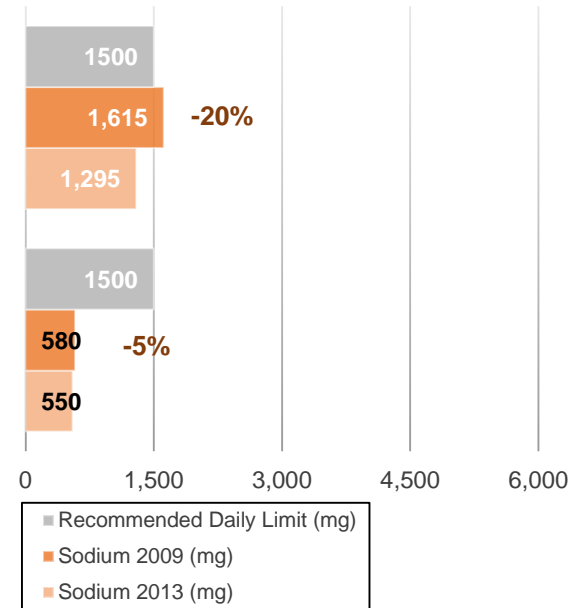
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McDonald's Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Southwest Salad w/ Grilled Chicken & Creamy Southwest Dressing	394	379	420	390	1,300	990
French Fries, medium	117	117	380	380	270	270
Diet Coke, large	960	900	0	0	45	35
Total	1,471	1,396	800	770	1,615	1,295

Hamburger	100	100	250	250	520	480
Fruit 'n Yogurt Parfait (2009 Fruit and Walnut Salad)	163	149	210	150	60	70
Dasani Water	507	507	0	0	0	0
Total (Low Sodium Option)	770	756	460	400	580	550





McDonald's Kids' Meals

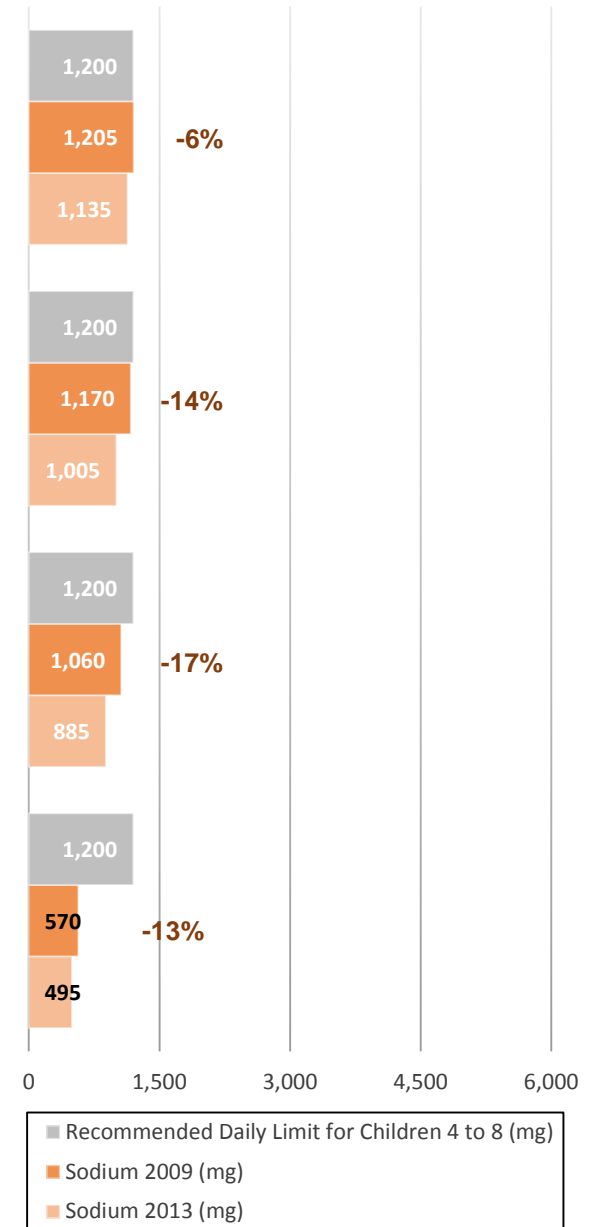
Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
McDouble	151	151	390	390	920	850
French Fries, small	71	71	230	230	160	160
Milk, 1%	236	236	100	100	125	125
Total	458	458	720	720	1,205	1,135

Chicken McNuggets (6)	95	97	280	280	600	540
BBQ Dipping Sauce	28	28	50	50	260	260
French Fries, kids' (2009 French Fries, small)	71	31	230	100	160	70
Apple Slices (added in 2013 default kids' meal)	N/A	34	N/A	15	N/A	0
Chocolate Milk, fat free (2009 Chocolate Milk, 1%)	236	236	170	130	150	135
Total	430	426	730	575	1,170	1,005

Cheeseburger	114	114	300	300	750	680
French Fries, kids' (2009 French Fries, small)	71	31	230	100	160	70
Apple Slices (added in 2013 default kids' meal)	N/A	34	N/A	15	N/A	0
Chocolate Milk, fat free (2009 Chocolate Milk, 1%)	236	236	170	130	150	135
Total	421	415	700	545	1,060	885

Hamburger	100	100	250	250	520	480
Apple Slices (2009 Apple Dippers w/ Low Fat Caramel Dipping Sauce)	89	34	105	15	35	0
Apple Juice Box	200	200	90	100	15	15
Total (Low Sodium Option)	389	334	445	365	570	495

In 2013, the default option for a kids' meal included kids' French Fries and Apple Slices.





Olive Garden Adult Meals

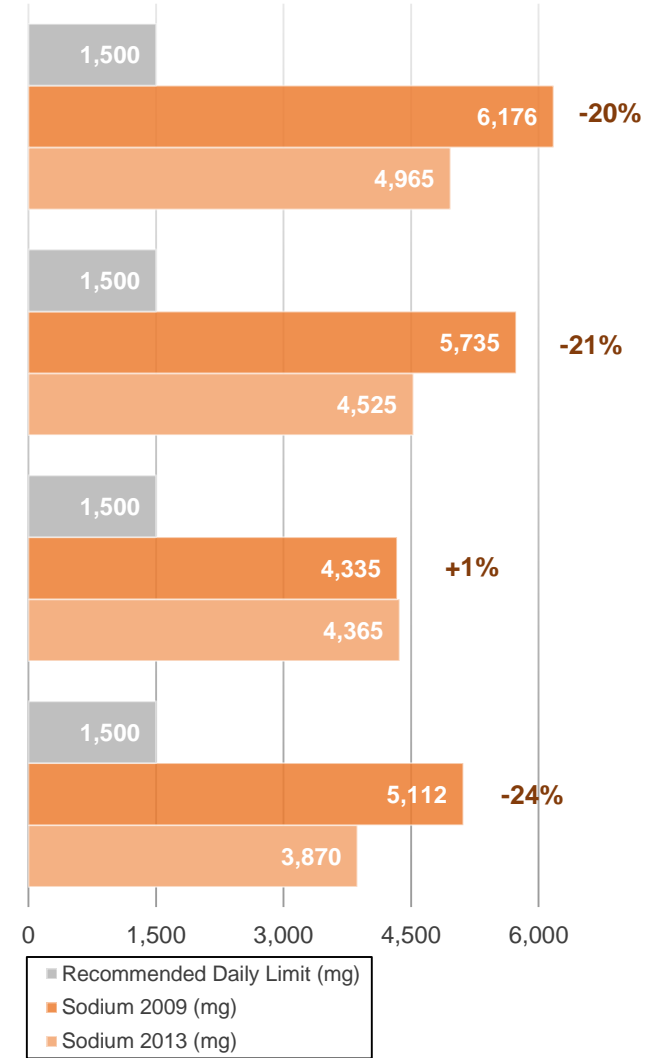
Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Breadstick (1)*	N/A	N/A	150	140	350	370
Tour of Italy Lasagna	N/A	N/A	1,450	1,450	3,830	3,830
Garden Fresh Salad w/ House Dressing	N/A	N/A	350	150	1,990	760
Coca-Cola	N/A	N/A	99	100	6	5
Total	N/A	N/A	2,049	1,840	6,176	4,965

Breadstick (1)*	N/A	N/A	150	140	350	370
Chicken Parmigiana	N/A	N/A	1,090	1,090	3,380	3,380
Garden Fresh Salad w/ House Dressing	N/A	N/A	350	150	1,990	760
Raspberry Lemonade	N/A	N/A	110	110	15	15
Total	N/A	N/A	1,700	1,490	5,735	4,525

Breadstick (1)*	N/A	N/A	150	140	350	370
Chicken & Shrimp Carbonara	N/A	N/A	1,440	1,440	3,000	3,000
Zuppa Toscana	N/A	N/A	170	170	950	960
Dr Pepper	N/A	N/A	100	100	35	35
Total	N/A	N/A	1,860	1,850	4,335	4,365

Spaghetti & Italian Sausage	N/A	N/A	1,270	1,270	3,100	3,090
Garden Fresh Salad w/ House Dressing	N/A	N/A	350	150	1,990	760
Sprite	N/A	N/A	97	100	22	20
Total	N/A	N/A	1,717	1,520	5,112	3,870

*Complimentary basket of breadsticks is given to each table.

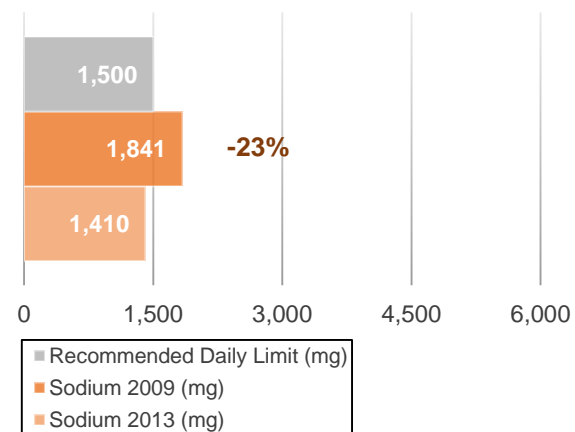


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Olive Garden Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Breadstick (1)*	N/A	N/A	150	140	350	370
Herb Grilled Salmon	N/A	N/A	510	480	760	360
Pasta e Fagioli Soup	N/A	N/A	130	130	730	680
Fresh Brewed Iced Tea	N/A	N/A	0	0	1	0
Total (Low Sodium Option)	N/A	N/A	790	750	1,841	1,410



*Complimentary basket of breadsticks is given to each table.

One adult meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.



Olive Garden Kids' Meals

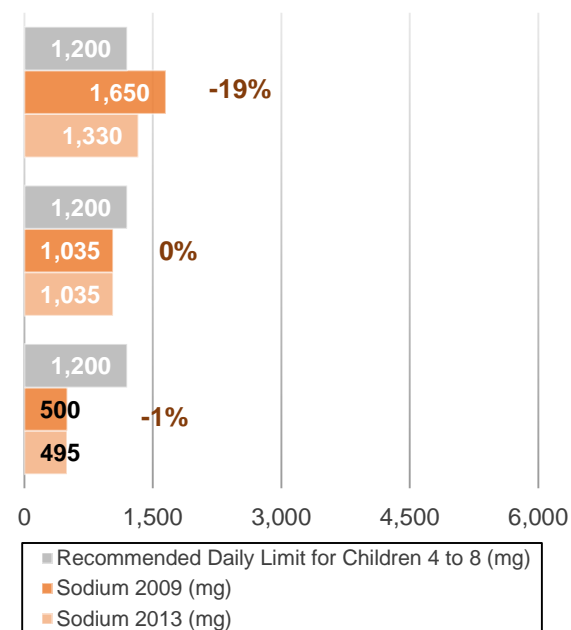
Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Breadstick (1)*	N/A	N/A	150	140	350	370
Cheese Pizza	N/A	N/A	470	420	1,170	830
Milk, 1% (2009 Milk, 2%)	N/A	N/A	100	110	130	130
Total	N/A	N/A	570	670	1,650	1,330

Macaroni & Cheese	N/A	N/A	340	340	1,000	1,000
Dr Pepper	N/A	N/A	100	100	35	35
Total (w/o Breadstick)	N/A	N/A	400	440	1,035	1,035

Spaghetti & Tomato Sauce	N/A	N/A	250	250	370	365
Milk, 1% (2009 Milk, 2%)	N/A	N/A	100	110	130	130
Total (w/o Breadstick) (Low Sodium Option)	N/A	N/A	350	360	500	495

*Complimentary basket of breadsticks is given to each table.

One kids' meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.





Panera Bread Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Full Italian Combo Sandwich on Ciabatta	503	488	1,050	980	3,050	2,810
Baked Lay's Potato Chips	28	32	130	130	200	200
Organic Chocolate Milk	227	238	180	150	160	160
Total	758	758	1,360	1,260	3,410	3,170

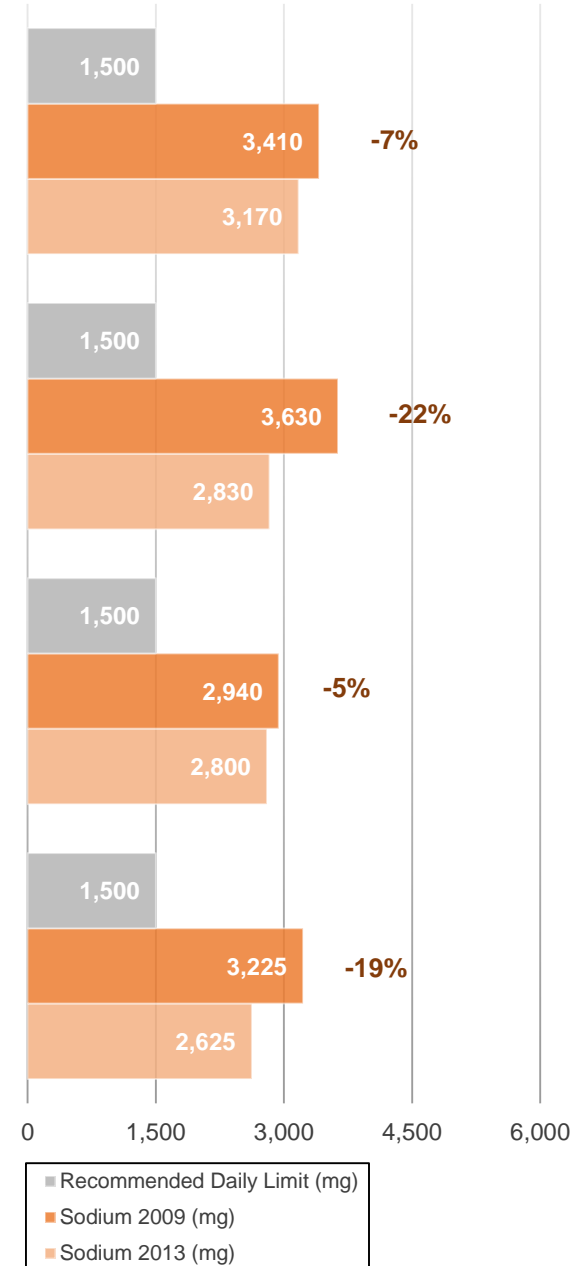
Half Italian Combo Sandwich on Ciabatta*	248	244	520	490	1,530	1,400
All Natural Bistro Onion topped w/ Croutons & Gruyere (2009 French Onion Soup w/ Cheese & Croutons)*	262	281	210	190	1,670	1,140
Baked Lay's Potato Chips	28	32	130	130	200	200
Low Fat Strawberry Smoothie w/ Ginseng (2009 Strawberry Smoothie, largo)	645	460	290	260	230	90
Total	1,183	1,017	1,150	1,070	3,630	2,830

Full Smokehouse Turkey on Three Cheese Panini	347	331	790	710	2,640	2,460
Kettle Chips (2009 Classic Lay's Potato Chips)	28	32	160	130	130	170
Caramel Frozen Drink, grande	480	465	580	590	170	170
Total	855	828	1,530	1,430	2,940	2,800

Half Bacon Turkey Bravo on Tomato Basil*	198	202	420	400	1,460	1,410
All Natural Bistro Onion w/o Croutons & Gruyere (2009 French Onion Soup w/o Cheese & Croutons)*	227	255	90	100	1,560	970
Kettle Chips (2009 Classic Lay's Potato Chips)	28	32	160	130	130	170
Iced Chai Tea Latte	480	454	150	160	75	75
Total	933	943	820	790	3,225	2,625

*Part of Panera's "You Pick Two" menu option.

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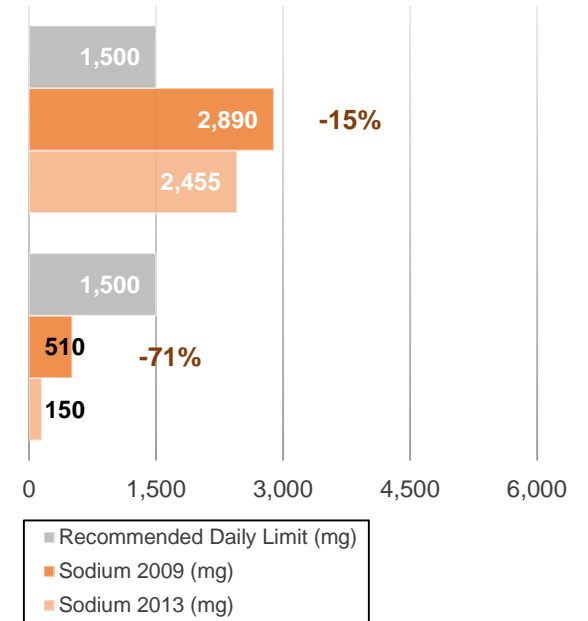




Panera Bread Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Full Chipotle Chicken on Artisan French	411	373	1,070	840	2,570	2,140
Baked Lay's Potato Chips	28	32	130	130	200	200
Organic Milk	227	240	120	120	120	115
Total	666	645	1,320	1,090	2,890	2,455

Full Classic Café Salad w/ Reduced Fat Balsamic Dressing	326	279	300	170	510	150
Apple	100	154	80	80	0	0
Orange Juice	227	357	110	160	0	0
Total (Low Sodium Option)	604	790	490	410	510	150





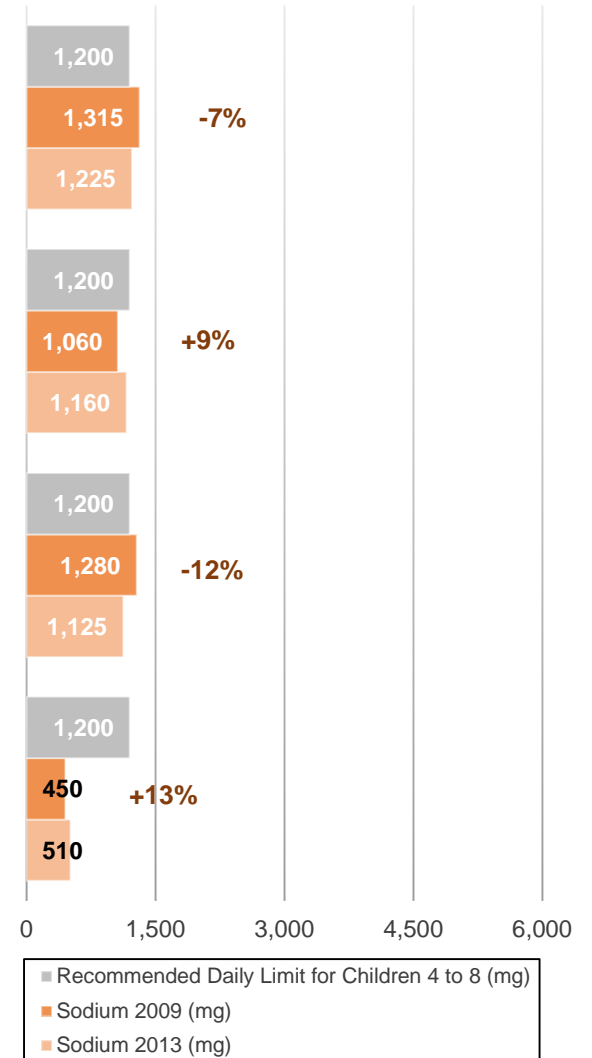
Panera Bread Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Smoked Ham Deli Sandwich on All Natural White Loaf	142	139	310	290	1,250	1,160
Organic Yogurt	57	57	70	60	40	40
Apple Juice	227	255	120	120	25	25
Total	420	451	500	470	1,315	1,225

Grilled Cheese Sandwich on All Natural White Loaf	106	143	310	400	900	1,000
Apple	100	154	80	80	0	0
Organic Chocolate Milk	227	238	180	150	160	160
Total	429	535	570	630	1,060	1,160

Smoked Turkey Sandwich on All Natural White Loaf	142	139	310	280	1,160	1,010
Apple	100	154	80	80	0	0
Organic Milk	227	240	120	120	120	115
Total	464	533	510	480	1,280	1,125

Peanut Butter & Jelly Sandwich on All Natural White Loaf	128	118	410	400	410	470
Organic Yogurt	57	57	70	60	40	40
Orange Juice	227	357	110	160	0	0
Total (Low Sodium Option)	406	532	590	620	450	510





Pizza Hut Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Meaty P'Zone Pizza	536	374	1,480	1,100	3,680	2,760
Breadstick (1)	47	43	140	140	240	260
Mountain Dew, large	907	907	440	440	140	140
Total	1,479	1,324	2,060	1,680	4,060	3,160

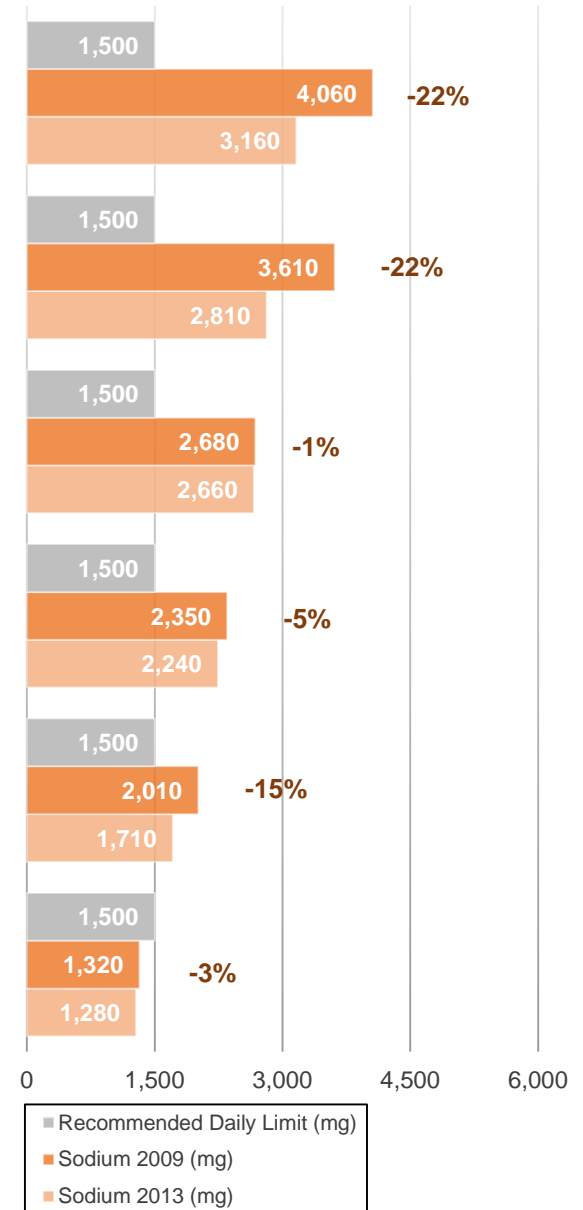
All Natural Pepperoni P'Zone Pizza	470	314	1,260	920	3,160	2,340
Cheese Breadstick (1)	63	56	180	170	370	390
Sierra Mist, large	907	907	400	400	80	80
Total	1,429	1,277	1,840	1,490	3,610	2,810

Large Meat Lover's Pan Pizza Slices (2)	336	306	940	940	2,340	2,300
Breadstick (1)	47	43	140	140	240	260
Mountain Dew, medium	624	624	300	300	100	100
Total	999	973	1,380	1,380	2,680	2,660

Meat Lovers Personal Pan Pizza (6")	322	262	900	850	2,250	2,140
Pepsi, large	907	907	400	400	100	100
Total	1,218	1,169	1,300	1,250	2,350	2,240

Large Supreme Hand Tossed Pizza Slices (2)	332	274	760	680	1,940	1,640
Diet Pepsi, medium	624	624	0	0	70	70
Total	948	898	760	680	2,010	1,710

Veggie Lovers Personal Pan Pizza (6")	280	230	580	540	1,280	1,240
Sierra Mist, small	454	454	200	200	40	40
Total (Low Sodium Option)	728	684	780	740	1,320	1,280





Red Lobster Adult Meals

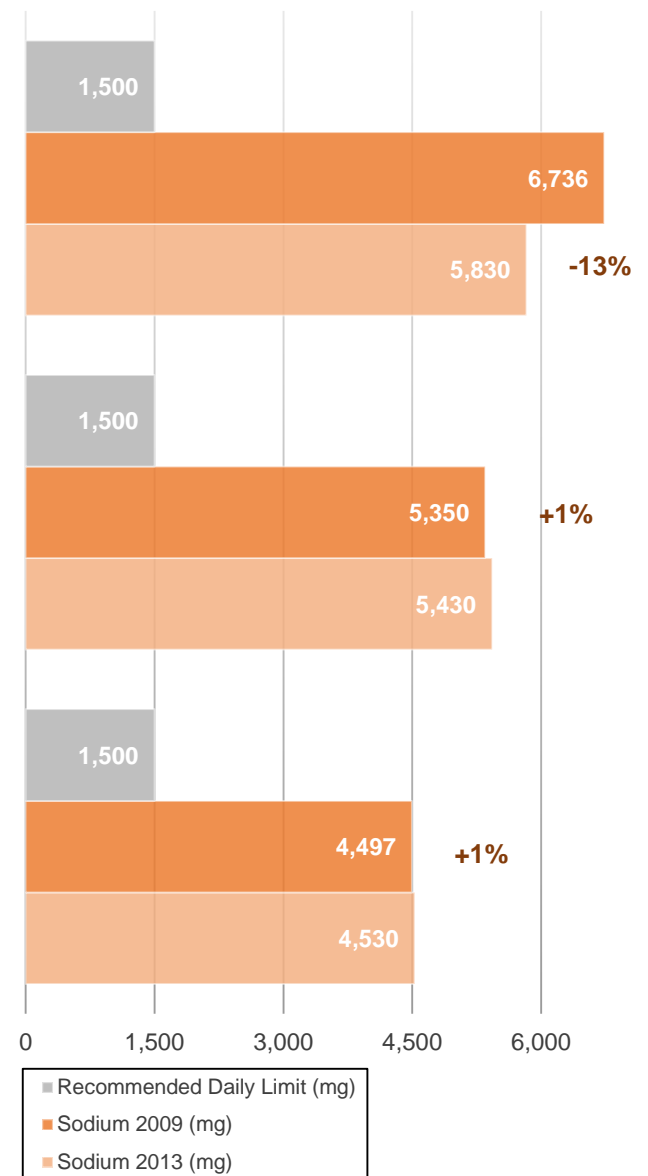
Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Admiral's Feast**	N/A	N/A	1,506	1,270	4,662	3,830
Caesar Salad	N/A	N/A	270	270	560	560
Creamy Lobster Topped Mashed Potato	N/A	N/A	360	370	1,110	1,000
Minute Maid Light Lemonade	N/A	N/A	3	5	54	90
Total	N/A	N/A	2,289	2,065	6,736	5,830

Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
North Pacific King Crab Legs**	N/A	N/A	390	700	3,570	4,070
Garden Salad w/ French Dressing	N/A	N/A	210	260	405	550
Baked Potato w/ Butter, Sour Cream	N/A	N/A	310	320	990	400
Coca-Cola	N/A	N/A	105	180	35	60
Total	N/A	N/A	1,165	1,610	5,350	5,430

Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Fried Oysters (From the "Create your Own Feast" Menu)	N/A	N/A	590	590	1,110	1,100
Fried Crawfish (From the "Create your Own Feast" Menu)	N/A	N/A	755	750	1,395	1,480
Garlic Shrimp Scampi (From the "Create your Own Feast" Menu)	N/A	N/A	195	150	1,035	960
Caesar Salad	N/A	N/A	270	270	560	560
Sprite	N/A	N/A	98	160	47	80
Total	N/A	N/A	2,058	2,070	4,497	4,530

*Complimentary basket of Cheddar Bay Biscuits is given to each table.

**This entrée comes with two sides.



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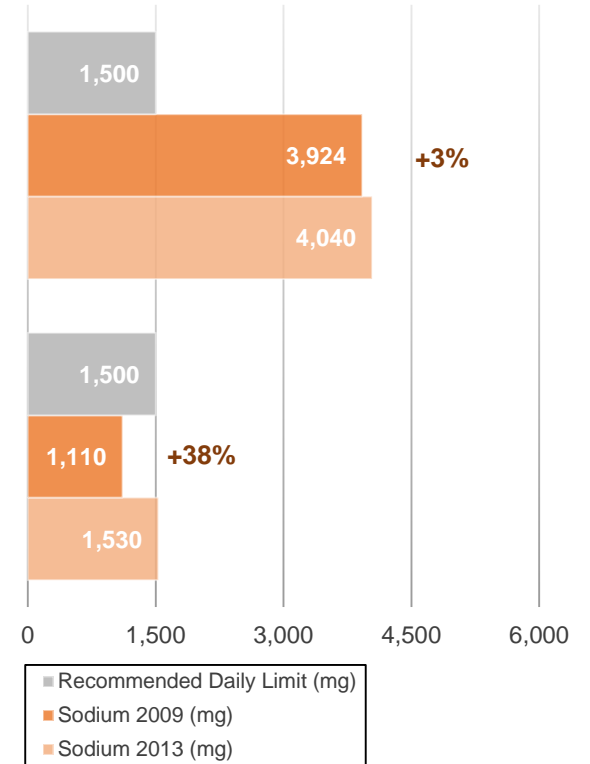
Red Lobster Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Fried Shrimp	N/A	N/A	190	210	1,010	860
Coconut Shrimp Bites	N/A	N/A	290	300	830	760
Shrimp Scampi	N/A	N/A	130	130	690	990
Coleslaw	N/A	N/A	200	200	250	250
Fries	N/A	N/A	330	330	740	740
Minute Maid Light Lemonade	N/A	N/A	3	5	54	90
Total	N/A	N/A	1,293	1,325	3,924	4,040

Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Rock Lobster Tail**	N/A	N/A	90	170	300	540
Coleslaw	N/A	N/A	200	200	250	250
Fresh Broccoli	N/A	N/A	45	40	200	390
Classic Cranberry Iced Tea (2009 Boston Iced Tea)	N/A	N/A	50	80	10	0
Total (Low Sodium Option)	N/A	N/A	535	640	1,110	1,530

*Complimentary basket of Cheddar Bay Biscuits is given to each table.

One adult meal evaluated in 2009 was dropped from the study because a key item was discontinued and no item on the 2013 menu was comparable.





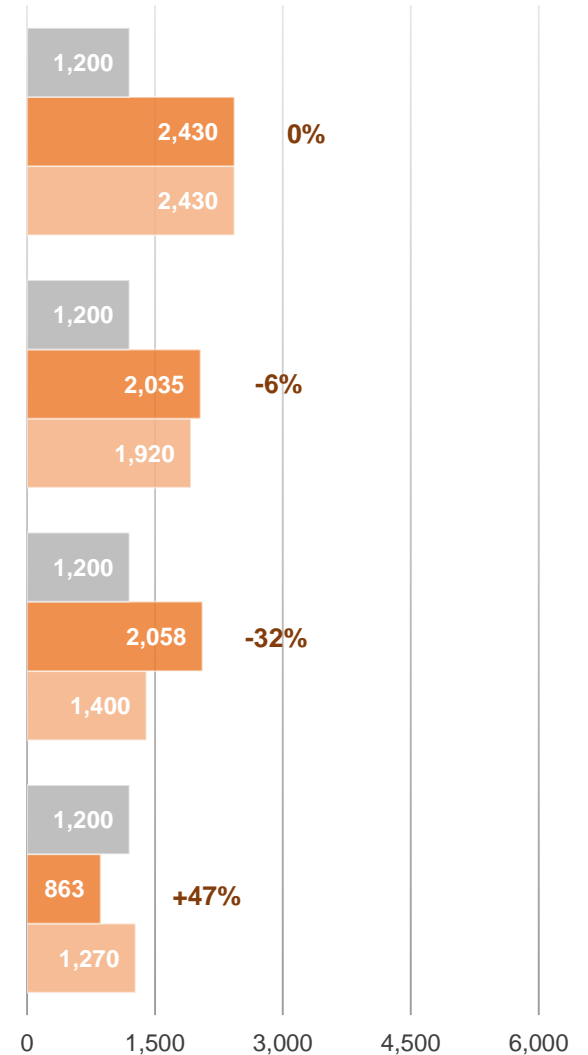
Red Lobster Kids' Meals

Kids' Meals	Grams		Calories		Sodium	
	2009	2013	2009	2013	2009	2013
Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Chicken Fingers	N/A	N/A	414	410	1,320	1,320
Fries	N/A	N/A	330	330	740	740
Raspberry Lemonade	N/A	N/A	178	170	20	20
Total	N/A	N/A	992	1,060	2,430	2,430

Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Snow Crab Legs	N/A	N/A	80	90	950	790
Wild Rice Pilaf	N/A	N/A	180	180	650	650
Strawberry Smoothie (2009 Berry Strawberry Banana Smoothie)	N/A	N/A	340	290	85	130
Total	N/A	N/A	750	710	2,035	1,920

Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Popcorn Shrimp	N/A	N/A	140	140	620	530
Fresh Broccoli (2009 Baked Potato w/ Butter, Sour Cream)	N/A	N/A	310	40	990	390
Milk	N/A	N/A	146	110	98	130
Total	N/A	N/A	746	440	2,058	1,400

Cheddar Bay Biscuit (1)*	N/A	N/A	150	150	350	350
Broiled Fish	N/A	N/A	150	140	150	380
Garden Salad w/ Honey Mustard Dressing	N/A	N/A	190	290	265	410
Milk	N/A	N/A	146	110	98	130
Total (Low Sodium Option)	N/A	N/A	636	690	863	1,270



*Kids' meals come with a Cheddar Bay Biscuit.



Sonic Adult Meals

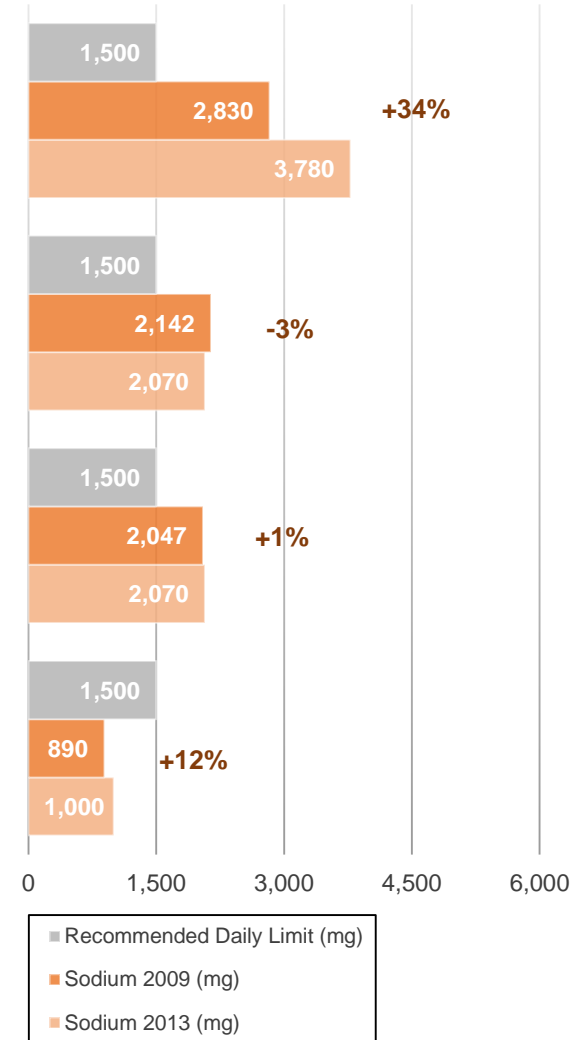
Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Jumbo Popcorn Chicken, large	170	196	560	650	1,890	2,180
Tater Tots, large	126	234	356	580	790	1,450
Powerade Mountain Blast, large	668	669	180	180	150	150
Total	964	1,099	1,096	1,410	2,830	3,780

Chicken Club Toaster Sandwich	257	269	742	730	1,742	1,810
French Fries, small (2009 French Fries, regular)	92	71	265	220	355	220
Lime Fruit Slush, medium	577	574	286	270	45	40
Total	926	914	1,293	1,220	2,142	2,070

Bacon Cheeseburger Toaster Sandwich	243	316	671	850	1,444	1,490
French Fries, large	98	156	379	470	508	490
Powerade Mountain Blast, medium	425	426	110	110	95	90
Total	766	898	1,160	1,430	2,047	2,070

Corn Dog	74	72	215	230	528	570
French Fries, medium (2009 French Fries, regular)	92	120	265	360	355	370
Minute Maid Lemonade, small (2009 Minute Maid Light Lemonade, small)	341	354	7	140	7	60
Total (Low Sodium Option)	507	546	487	730	890	1,000

Two adult meals evaluated in 2009 were dropped from the study because key items were discontinued and no items on the 2013 menu were comparable.





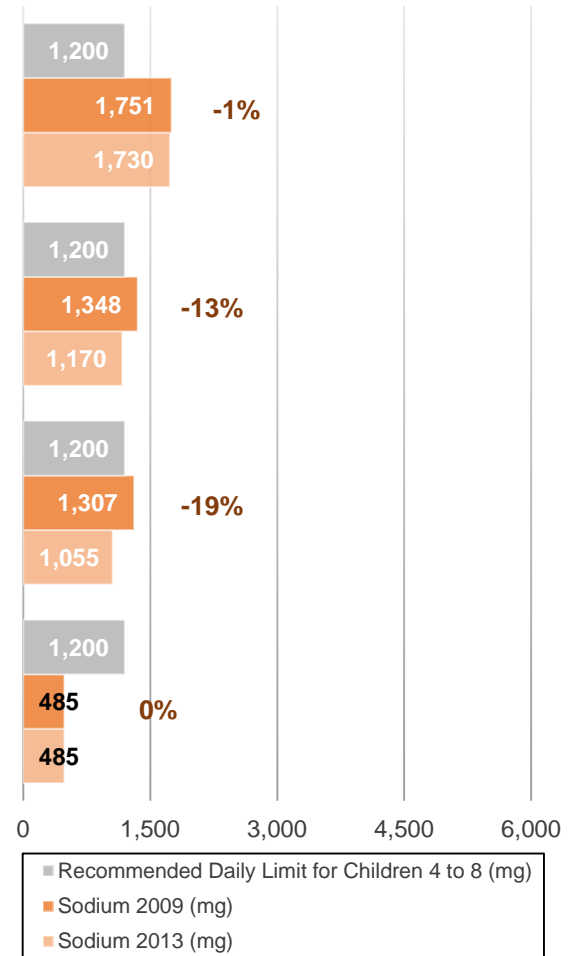
Sonic Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Grilled Cheese	110	121	379	410	1,014	1,040
Tater Tots, small (2009 Tater Tots, regular)	84	90	243	220	527	560
Milk, 1%	244	244	110	110	210	130
Total	438	455	732	740	1,751	1,730

Jr. Burger	117	113	313	330	611	480
Tater Tots, small (2009 Tater Tots, regular)	84	90	243	220	527	560
Milk, 1%	244	244	110	110	210	130
Total	445	447	666	660	1,348	1,170

Jr. Cheeseburger	135	131	377	390	925	810
French Fries, small (2009 French Fries, regular)	92	71	265	220	355	220
Barq's Root Beer	278	281	125	130	27	25
Total	505	483	767	740	1,307	1,055

Chicken Strips (2)	70	70	198	200	467	470
Apple Slices (2009 Fresh Banana)	120	68	107	35	1	0
Minute Maid Apple Juice Box	275	192	124	100	17	15
Total (Low Sodium Option)	465	330	429	335	485	485





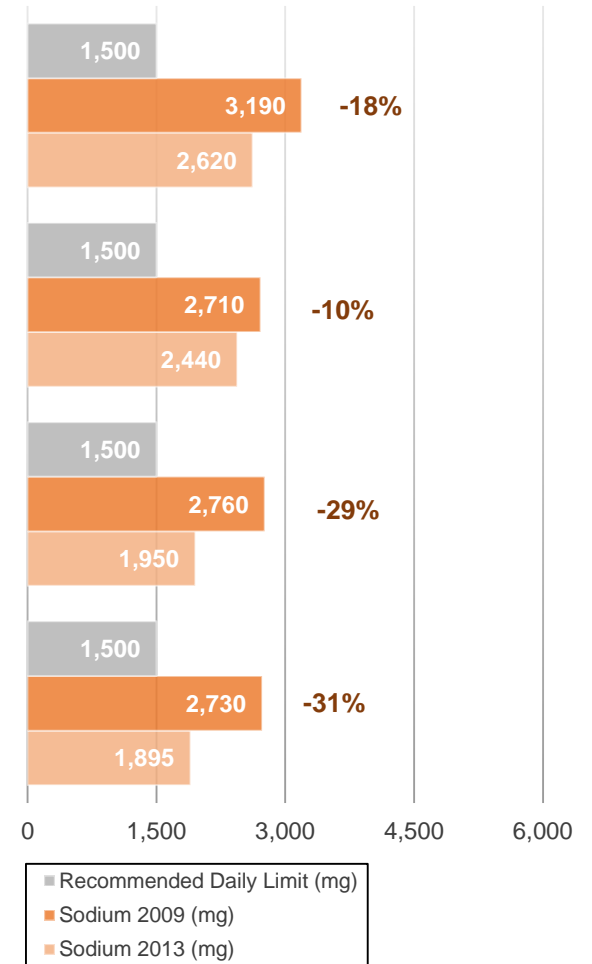
Subway Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Double Italian BMT Sub	306	290	630	590	2,850	2,250
Doritos, Nacho Cheese (2009 Doritos, Diablo)	33	50	150	250	310	310
Sprite	448	595	194	260	30	60
Total	787	935	974	1,100	3,190	2,620

Double Subway Melt Sub	330	316	490	515	2,500	2,110
Lay's Classic Potato Chips	28	43	150	230	180	270
Sprite	448	595	194	260	30	60
Total	806	954	834	1,005	2,710	2,440

Footlong Turkey Breast & Ham Sandwich	467	438	580	560	2,420	1,580
Doritos, Nacho Cheese (2009 Doritos, Diablo)	33	50	150	250	310	310
Sprite	448	595	194	260	30	60
Total	948	1,083	924	1,070	2,760	1,950

Footlong Ham Sandwich	448	438	570	580	2,520	1,600
Lay's Classic Potato Chips	28	43	150	230	180	270
Diet Coke	448	595	1	0	30	25
Total	924	1,076	721	810	2,730	1,895



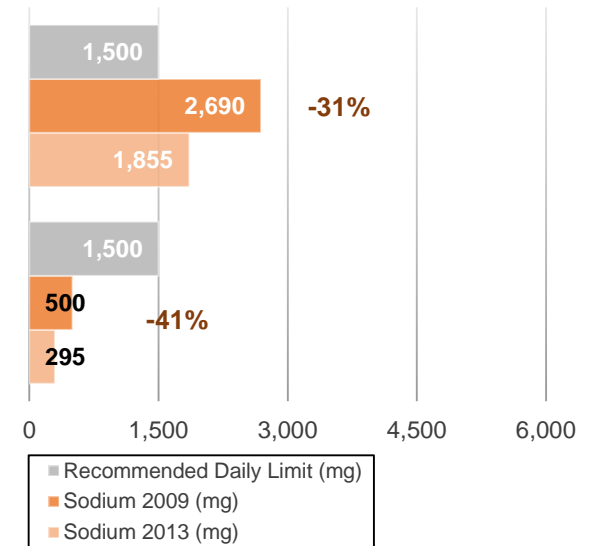
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Subway Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Double Meatball Marinara Sub	575	440	860	740	2,480	1,560
Lay's Classic Potato Chips	28	43	150	230	180	270
Diet Coke	448	595	1	0	30	25
Total	1,051	1,078	1,011	970	2,690	1,855

Veggie Delite Sandwich (6")	167	162	230	230	500	280
Apple Slices	71	71	35	35	0	0
Coke	448	595	198	260	0	15
Total (Low Sodium Option)	686	828	463	525	500	295





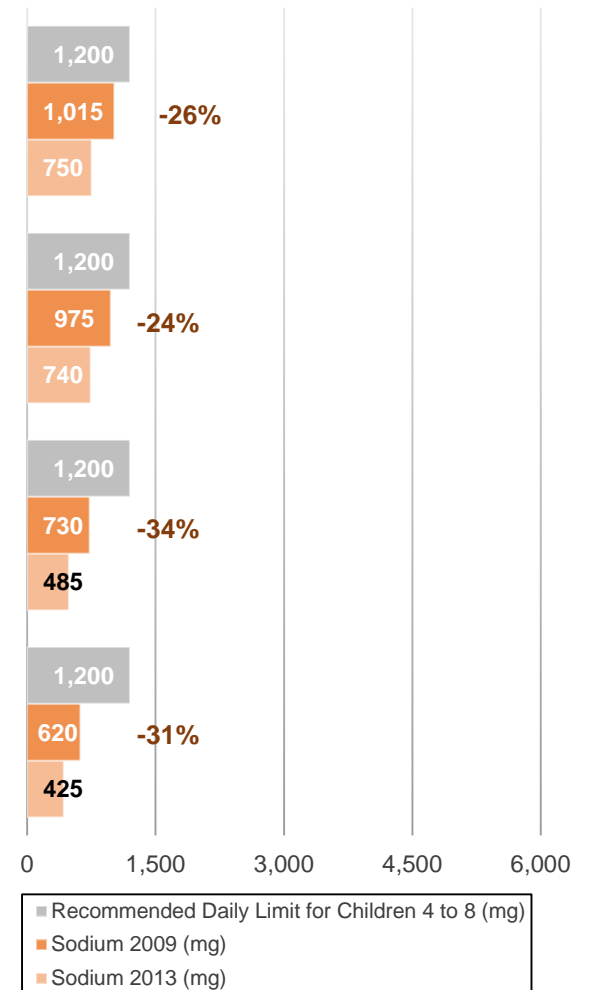
Subway Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Ham Mini Sub	137	136	180	180	710	470
Greek Strawberry Yogurt Parfait (2009 Dannon Strawberry Yogurt)	113	170	110	190	65	100
Milk, 1%	366	340	240	160	240	180
Total	616	646	530	530	1015	750

Turkey Breast Mini Sub	147	136	190	180	670	460
Greek Strawberry Yogurt Parfait (2009 Dannon Strawberry Yogurt)	113	170	110	190	65	100
Milk, 1%	366	340	240	160	240	180
Total	626	646	540	530	975	740

Ham Mini Sub	137	136	180	180	710	470
Apple Slices (2009 Raisins)	43	71	140	35	0	0
Juice Box (2009 Minute Maid Apple Juice)	240	170	120	100	20	15
Total	420	377	440	315	730	485

Roast Beef Mini Sub	147	146	190	200	600	410
Apple Slices	71	71	35	35	0	0
Juice Box (2009 Minute Maid Apple Juice)	240	170	120	100	20	15
Total (Low Sodium Option)	458	387	345	335	620	425





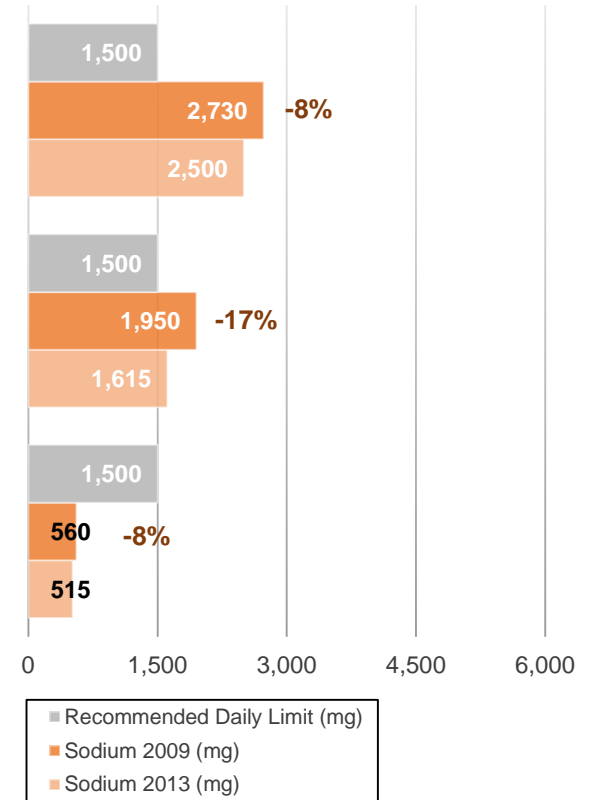
Taco Bell Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chicken Fiesta Taco Salad w/ Salsa and Sour Cream	630	563	905	785	2,070	1,940
Nachos	99	102	330	320	520	430
Dr Pepper, medium	907	851	400	380	140	130
Total	1,636	1,516	1,635	1,485	2,730	2,500

Fresco Burrito Supreme, Chicken	241	232	330	340	1,360	1,090
Cheese Roll-Up	64	57	200	180	490	430
Diet Pepsi, medium	907	851	0	0	100	95
Total	1,212	1,140	530	520	1,950	1,615

Crunchy Taco	78	78	170	170	350	310
Cinnamon Twists	35	35	170	170	200	200
Pink Lemonade Freeze (2009 Mango Strawberry Fruitista Freeze)	479	499	250	270	10	5
Total (Low Sodium Option)	592	612	590	610	560	515

Three adult meals evaluated in 2009 were dropped from the study because key items were discontinued and no items on the 2013 menu were comparable.

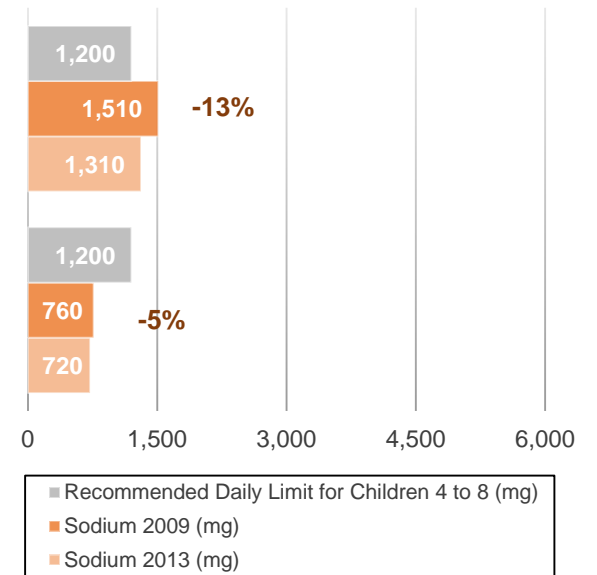




Taco Bell Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Bean Burrito	198	190	360	380	1,240	1,050
Cinnamon Twists	35	35	170	170	200	200
Mountain Dew Baja Blast, kids'	454	454	220	200	70	60
Total	687	679	750	750	1,510	1,310

Crunchy Taco	78	78	170	170	350	310
Cinnamon Twists	35	35	170	170	200	200
Tropicana Pink Lemonade, kids'	454	454	200	200	210	210
Total (Low Sodium Option)	567	567	540	540	760	720





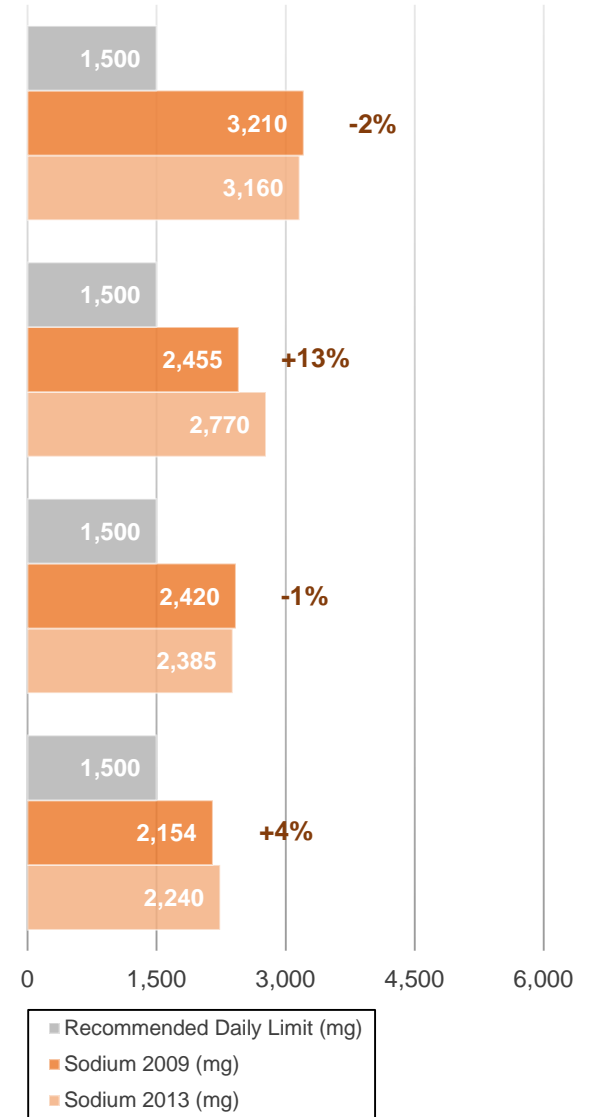
Wendy's Adult Meals

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Triple Cheeseburger w/ Everything & Cheese	410	423	960	1,090	2,010	1,990
Chili, small	340	227	190	180	830	790
Chocolate Fudge Frosty Shake, large	452	496	540	870	370	380
Total	1,202	1,146	1,690	2,140	3,210	3,160

Baja Chili Salad w/ Tortilla Strips & Red Jalapeno Dressing (2009 Southwest Taco Salad w/ Tortilla Strips, Chipotle Ranch Dressing, & Sour Cream)	520	568	645	710	1,565	1,905
Chili, small	340	227	190	180	830	790
Barq's Root Beer, large	681	822	300	360	60	75
Total	1,541	1,617	1,135	1,250	2,455	2,770

Baconator	276	295	830	940	1,880	1,890
Caesar Salad w/ Caesar Dressing & Croutons, side	142	155	260	250	495	440
Sprite, medium	507	613	195	240	45	55
Total	925	1,063	1,285	1,430	2,420	2,385

Double Cheeseburger w/ Everything	318	329	700	820	1,440	1,510
French Fries, large	184	176	550	500	480	540
Vanilla Frosty, medium	298	285	403	400	234	190
Total	800	790	1,653	1,720	2,154	2,240



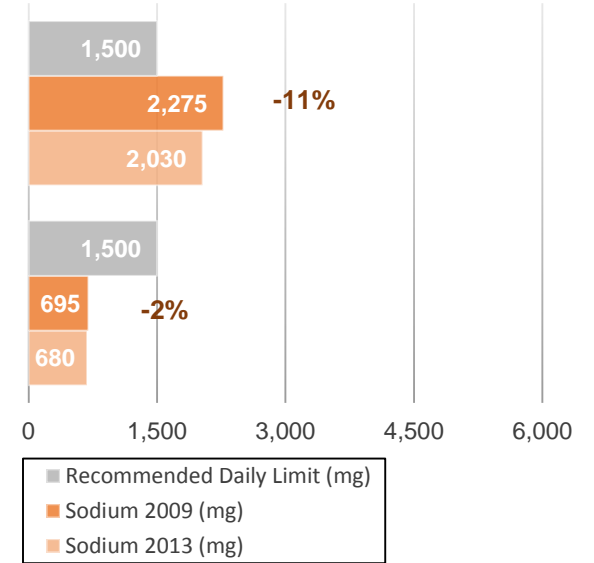
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Wendy's Adult Meals (continued)

Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Chicken BLT Cobb Salad w/ Avocado Ranch Dressing (2009 Chicken BLT Salad w/ Honey Dijon Dressing & Croutons)	417	416	790	480	1,735	1,410
French Fries, large	184	176	550	500	480	540
Dr Pepper, large	624	781	250	310	60	80
Total	1,225	1,373	1,590	1,290	2,275	2,030

Crispy Chicken Sandwich	142	142	330	380	680	680
Apple Slices (2009 Mandarin Orange Cup)	142	68	80	40	15	0
Dasani Water	479	479	0	0	0	0
Total (Low Sodium Option)	763	689	410	420	695	680





Wendy's Kids' Meals

Kids' Meals	Grams		Calories		Sodium (mg)	
	2009	2013	2009	2013	2009	2013
Cheeseburger	103	106	260	290	700	730
French Fries	71	77	210	220	180	240
Low Fat Chocolate Milk	244	227	170	120	160	160
Total	418	410	640	630	1,040	1,130

Cheeseburger	103	106	260	290	700	730
French Fries	71	77	210	220	180	240
Jr. Chocolate Frosty	113	143	160	200	75	90
Total	287	326	630	710	955	1,060

Chicken Nuggets (4)	60	60	190	180	420	350
Honey Mustard Dipping Sauce	29	28	130	80	220	220
French Fries	71	77	210	220	180	240
Low Fat Milk	244	227	100	100	120	115
Total	404	392	630	580	940	925

Hamburger	98	94	220	250	490	530
Apple Slices (2009 Mandarin Orange Cup)	142	68	80	40	15	0
Orange Fanta (2009 Strawberry Fanta)	201	247	90	110	0	15
Total	441	409	390	400	505	545

