# Heart Attack Entrées and Side Orders of Stroke <br> The Salt in Restaurant Meals is Sabotaging Your Health 

Public Interest

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The Center for Science in the Public Interest (CSPI), founded in 1971, is a nonprofit health advocacy organization. CSPI conducts innovative research and advocacy programs in the areas of nutrition, food safety, and alcoholic beverages and provides consumers with current information about their own health and well-being. CSPI is supported by 850,000 subscribers in the United States and Canada to its Nutrition Action Healthletter and by foundation grants

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* Ten of the Saltiest Meals in America *

| Rank | Where | What <br> (mg of sodium) | Total Sodium | Teaspoons of Salt |
| :---: | :---: | :---: | :---: | :---: |
| 1 | Red Lobster | Admiral's Feast (4 662), Caesar Salad w Caesar Dressing (930), Creamy Lobster Topped Mashed Potato (1,110), Cheddar Ba Topped Mashed Potato (1,110), Chedd Biscuit (350), Lemonade (54) | 7,106 mg | 3.1 |
| 2 | Chili's | Buffalo Chicken Fajitas w/ Tortillas \& Condiments (6,846), Dr Pepper (70) | 6,916 mg | 3.0 |
| 3 | Chili's | Honey-Chipotle Ribs (5,150), Mashed Potatoes w/ Gravy ( 1,050 ), Seasonal | 6,440 mg | 2.8 |
| 4 | Olive Garden | Tour of Italy (lasagna) (3,830), 1 Breadstick (350), Garden Fresh Salad w/ Hous Dressing $(1,990)$, Coca Cola (6) | 6,176 mg | 2.7 |
| 5 | Olive Garden | Chicken Parmigiana (3,380), 1Breadstick <br> (350), Garden Fresh Salad w/ Hous <br> Dressing ( 1,990 ), Raspberry Lemonade (15) | 5,735 mg | 2.7 |
| 6 | Denny's | Double Cheeseburger (3,880), Onion Rings (980), Tomato Juioe (680) | 5,540 mg | 2.4 |
| 7 | Denny's | Spicy Chicken Buffalal Melt (3,870), Rice Pilaf $(820), 2 \%$ Mik (116) | 4,806 mg | 2.1 |
| 8 | KFC | Half Chicken Meal ( 2,400 ), Biscuit ( 530 ), Macaroni \&Chese (880), Mean Greens | 4,770 mg | 2.1 |
| 9 | Dairy Queen | Spicy Chili Bowl $(3,900)$, Side Salad w/ Fat Free Ranch Dressing (450), Mountain Dew (150) | 4,500 mg | 2.0 |
| 10 | Arby's | Large Beef 'n Cheddar Sandwich (2,309), Large Mozzarella Sticks w/ Marinara Sauce (2,047), Dr Pepper (120) | 4,476 mg | 1.9 |

## * Ten of the Saltiest KI DS Meals in America *

| Rank | Where | What (mg of sodium) | Total Sodium | Teaspoons of Salt |
| :---: | :---: | :---: | :---: | :---: |
| 1 | Red Lobster | Chicken Fingers (1,320), Biscuit (350), Fries <br> (740), Raspberry Lemonade (20) | 2,430 mg | 1.0 |
| 2 | Chili's | Country Fried Chicken Crispers (1, 1,600$)$, Rice ( 660$), 1 \%$ Milk ( 125 ) | 2,385mg | 1.0 |
| 3 | KFC | Popcorn Chicken (850), Macaroni \&Cheese (880), Teddy Grahams ( 95 ), 2\%Milk (180) | 2,005 mg | 0.9 |
| 4 | J ack in the Box | Chicken Strips Grilled (630), Buffalo Sauce (840), Fries (380), 1\% Milk (130) | 1,980 mg | 0.9 |
| 5 | Olive Garden | Chicken Fingers (940), Fries (880), Raspberry Lemonade(15) | 1,835 mg | 0.8 |
| 6 | Burger King | Chicken Tenders (730), Buffalo Sauce (360), Fries (salted) (590), $1 \%$ Milk (130) | 1,810 mg | 0.8 |
| 7 | Sonic | Grilled Cheese (1.014), Tator Tots (527), $\underset{\substack{\text { Milk } \\ \text { (210) }}}{(1 \%}$ | 1,751 mg | 0.7 |
| 8 | Denny's | Little Dipper Sampler (1,200), Ranch Dressing (189), Goldfish Side (260), Lemonade (38) | 1,687 mg | 0.7 |
| 9 | Taco Bell | Bean Burnito (1,240), Cinnamon Twists (200), Mountain Dew Baja Blast (70) | 1,510 mg | 0.6 |
| 10 | Arby's | Jr. Roast Beef Sandwich (740), Curly Fries | 1,404 mg | 0.6 |

## Introduction

Eating less salt is one of the single best ways to prevent high blood pressure, heart attacks, and strokes. Yet, most restaurant meals are loaded with salt.

The amount of salt-sodium chloridein typical restaurant meals is astonishing. Many popular meals in fast-food or table-service restaurants have well over a day's worth of the recommended sodium limits for both adults and children-and sometimes two or three days' worth.

According to the government's 2005 Dietary Guidelines for Americans, people with hypertension, people who are middle-aged or older, and African Americans should consume no more $1,500 \mathrm{mg}$ of sodium daily. ${ }^{1}$ Those groups account for about 70 percent of

[^0]the population, according to the Centers for Disease Control and Prevention (CDC). ${ }^{2}$ Other adults should consume no more than $2,300 \mathrm{mg}$ of sodium (about a teaspoon of salt). The Institute of Medicine (IOM), a unit of the National Academy of Sciences, recommends that children aged 4-8 consume no more than $1,200 \mathrm{mg}$ a day. Children 9 to 18 should consume no more than $1,500 \mathrm{mg}$ a day. ${ }^{3}$

Unfortunately, Americans consume about twice the recommended levels of sodium. The 2005-06 National Health and Nutrition Examination Survey (NHANES) found that average daily consumption was about $3,400 \mathrm{mg}$ for adults. ${ }^{4}$ Actual daily consumption is

[^1]probably closer to $4,000 \mathrm{mg},{ }^{5}$ since NHANES estimates omit salt added at the table or in cooking, and the NHANES respondents often underestimate their actual consumption.

The extraordinary importance of lowering sodium consumption was highlighted in a 2004 article coauthored by Claude Lenfant, then the Director of the National Heart, Lung and Blood Institute (NHLBI), and two colleagues. They estimated that reducing the sodium content of packaged and restaurant foods by 50 percent would prevent at least 150,000 deaths annually, mostly due to cardiovascular disease. ${ }^{6}$ Consuming less sodium

[^2]would not only save thousands of lives, but also billions of dollars in medical costs. A preliminary RAND Corp. study estimates that reducing sodium consumption from 3,400 mg to 2,300 mg per day would reduce direct medical costs by $\$ 18$ billion per year. A further reduction to $1,500 \mathrm{mg}$ per day would reduce medical costs by $\$ 26$ billion per year. ${ }^{7}$

Contrary to popular belief, most of the sodium we consume is not from the salt shaker. Three-quarters of all sodium comes from the salt and other sodiumcontaining additives (MSG, baking powder, sodium phosphate, and others) in processed and restaurant foods. This report summarizes restaurant industry data on the sodium levels in adult and children's meals at popular chain restaurants. The graphs compare the

[^3]sodium contents of typical meals to the sodium limits recommended by the Dietary Guidelines for Americans and Institute of Medicine.

## Methods

We ascertained the sodium levels of adult and children's meals from the 25 largest U.S. chain restaurants (by revenue in 2008). ${ }^{8}$ Of those chains, five did not have special children's menus: Starbucks, Domino's Pizza, Dunkin Donuts, 7-Eleven, and Pizza Hut. However, we included Pizza Hut in our evaluation because it is the sixthlargest chain and because pizza is popular with kids. Of the remaining 20 restaurants (21 including Pizza Hut), 17 provided sodium information. Applebee's, Outback Steakhouse, T.G.I. Friday's, and IHOP did not provide nutrition information.

We considered the basic format of a meal to be one entrée, one side dish,
${ }^{8}$ Reed Elsevier Inc. 2008 R\&I Top 400 Chain Restaurants.
www.rimag.com/info/CA6574478.html
and one beverage, unless the menu indicated otherwise. For example, a specific entrée may come with two sides, or it may come with one side from a list of options. When an entrée came with two sides, we avoided choosing dishes that were similar, such as potatoes and pasta.

The sodium totals used in this report are not necessarily the very highest or lowest possibilities at these restaurants. The meals included are merely representative meal combinations created from the restaurants' menu options.

All nutrition information used in this report was gathered from the nutrition guides and calculators posted on the restaurants' websites or from phone calls to the companies.

## Results

For each chain (excluding Pizza Hut) we chose four kids' meals, including three high in sodium and one lowersodium meal. (Arby's and Taco Bell
only have two kids' meals on their menus.) Of the 60 kids' meals we evaluated, 31 meals had $1,200 \mathrm{mg}$ of sodium or more-a whole day's worth of sodium for children aged 4-8. ${ }^{9}$

We identified five high-sodium adult meals at each chain restaurant, and one lower in sodium. Almost all of the meals we evaluated had much more sodium than recommended. Of the 102 adult meals, 85 had over $1,500 \mathrm{mg}$ of sodium, the recommended daily limit for the majority of Americans; 49 meals had over 2 days' worth of sodium ( $3,000 \mathrm{mg}$ of sodium or more); 17 meals had over 3 days' worth of sodium ( $4,500 \mathrm{mg}$ of sodium or more); and Chili's, Denny's, Olive Garden and Red Lobster all offered at least one meal that included over four days' worth of sodium ( $6,000 \mathrm{mg}$ of sodium or more).

## Toxic Offerings?

Many entrées, without any sides or a drink, exceeded a day's worth of

[^4]sodium and in some instances two days' worth. Examples include Olive Garden's Chicken Parmigiana (3,380 mg ), Meaty P’Zone Pizza ( $3,680 \mathrm{mg}$ ) at Pizza Hut, and Chili’s Honey Chipotle Ribs ( $5,150 \mathrm{mg}$ ).

Salty side dishes and even some drinks boost sodium into the stratosphere. A combo meal at Denny's that included a double cheeseburger, onion rings, and tomato juice contained $5,540 \mathrm{mg}$ of sodium. (Replacing the salty tomato juice with a soda would reduce sodium by 680 mg .) Chili's Buffalo Chicken Fajitas with a soda had 6,916 mg. That's about three times as much sodium as healthy, young, adults should consume in one day. The highest-sodium meal we identified was Red Lobster's Admiral's Feast, served with Caesar Salad, a Creamy Lobster Topped Mashed Potato, and a lemonade ( $7,106 \mathrm{mg}$ ). For an AfricanAmerican, a person over 40, or a person with high blood pressure, that is more sodium than should be consumed in four-and-a-half days!

Red Lobster also made the highestsodium children's meal: Chicken

Fingers, French fries, a biscuit, and lemonade had $2,430 \mathrm{mg}$ of sodium, twice as much as a young child should consume in an entire day. At Olive Garden, a kid's meal that included Chicken Fingers, French fries, and a Raspberry Lemonade had $1,835 \mathrm{mg}$ of sodium. A high-salt diet in childhood may increase blood pressure and train kids' taste buds to want salty foods for their entire life. ${ }^{10}$

Also, some restaurants offer complimentary items that can easily increase sodium intake. For example, Red Lobster's Cheddar Bay biscuit had 350 mg of sodium, and one breadstick at Olive Garden also contained 350 mg . Each McDonald's ketchup packet contained 110 mg of sodium.

## Better Choices

A few restaurants offered lower-sodium options. Subway had the lowestsodium adult meal with its Veggie

[^5]Delite 6" sandwich, Apple Slices, and a Coke ( 500 mg ). Panera’s Full Classic Café Salad with dressing, an apple, and large orange juice had 511 mg of sodium. Chili’s Guiltless Grilled Salmon with Marinated Portobello Mushrooms and a Sprite had 534 mg.

At Panera, a kid's Peanut Butter and Jelly sandwich with a yogurt and small orange juice had 450 mg of sodium. KFC's kids' combo meal consisting of a Grilled Drumstick, corn on the cob, apple Juice, and Teddy Grahams had 305 mg of sodium.

The average consumer, however, cannot determine the sodium content of foods or meals, because the sodium levels are typically not listed on menu boards or menus.

## Some Good News

Several restaurants have made commitments to lower sodium in their foods. For example, Burger King has said it would reduce sodium in its kids' meals. Also, YUM! Brands Inc., the parent company of KFC, Pizza Hut,
and Taco Bell, said it would try to reduce sodium. ${ }^{11}$

Several restaurants deserve praise for offering real fruits and vegetables: Wendy's Mandarin Orange slices, Subway's Apple Slices, Sonic's Banana, Panera's Apple, KFC's Corn on the Cob, Jack in the Box's and Chick-fil-A's Fruit Cups, and Denny's Grapes.

## The United Kingdom Is Doing It - Why Can't We?

In contrast to the U.S. Government, the United Kingdom's Food Standards Agency has made salt reduction a top priority and is both making consumers more aware of the health threat posed by excessive salt intake and pressuring the food and restaurant industries to gradually lower sodium levels to specified targets. An interim survey

[^6]found a 9 percent reduction in sodium intake. The government's goal is a one-third reduction in five years.

Consider McDonald's Chicken McNuggets, French Fries, Big Mac, and Sausage and Egg McMuffin. On average, those products in the U.S. contain 57 percent more sodium (per 100 grams) than in the U.K.

Salt reduction should be a top health priority of our government also.

## Recommendations

- Restaurants, as rapidly as possible, should decrease sodium levels in their foods and offer a variety of adult meals that contain under 800 mg of sodium and kids meals that contain under 500 mg .
- Governments should require chain restaurants to disclose on menus (and in other point-ofpurchase formats) the sodium content of all their foods and meals.
- Health officials should pressure food manufacturers and restaurants to cut sodium levels to specified targets in the coming years.
- The Food and Drug

Administration and the U.S.
Department of
Agricultures should set limits on the sodium content of at least those foods that provide the most sodium to the average diet.

- Consumers should read

Nutrition Facts labels on packaged foods and information at restaurants or on restaurants' Internet sites, and then choose lower-sodium foods.

## Arby's



## Arby's Kids Meals


*Arby's only has 2 Kids Meals options.

## Burger King



## Burger King Kids Meals



Note: Burger King is developing 2 Kids Meals options with 600 mg of Sodium or less to be made available by September 2009.

Chick-fil-A

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Chams | Calories | Sodium mg |  |
| Chicken Caesar Cool Wrap | 277 | 480 | 1,810 |
| Hearty Breast of Chicken Soup, small | 278 | 150 | 1,060 |
| Coca Cola, large | 638 | 250 | 35 |
| Total | 1,193 | 880 | $\mathbf{2 , 9 0 5}$ |


| Chargrilled Chicken Club Sandwich | 250 | 380 | 1,650 |
| :--- | :---: | :---: | :---: |
| Hearty Breast of Chicken Soup, small | 278 | 150 | 1,060 |
| Dr Pepper, large | 638 | 260 | 90 |
| Total | $\mathbf{1 , 1 6 6}$ | $\mathbf{7 9 0}$ | $\mathbf{2 , 8 0 0}$ |


| Chargrilled Chicken Cool Wrap | 291 | 410 | 1,510 |
| :--- | :---: | :---: | :---: |
| Cole Slaw, large | 184 | 370 | 280 |
| Iced Tea, Sweetened, large | 595 | 220 | 15 |
| Total | 1,070 | 1,000 | $\mathbf{1 , 8 0 5}$ |


| Chicken Strips, 4 | 215 | 470 | 1,390 |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
| Cole Slaw, small | 184 | 370 | 280 |  |  |
| Milk | 198 | 100 | 90 |  |  |
| Total | 597 | 940 |  |  | $\mathbf{1 , 7 6 0}$ |


| Chicken Sandwich | 179 | 430 | 1,370 |
| :--- | :---: | :---: | :---: |
| Waffle Potato Fries, large | 128 | 420 | 120 |
| Dr Pepper, medium | 434 | 180 | 60 |
| Total | 741 | 1,030 | $\mathbf{1 , 5 5 0}$ |


| Southwest Chargrilled Salad w/ tortilla strips | 340 | 240 | 750 |
| :--- | :---: | :---: | :---: |
| Fruit Cup, large | 194 | 100 | 0 |
| Orange Juice | 283 | 140 | 0 |
| Total (Low Sodium Option) | 817 | 480 | 750 |

## Chick-fil-A Kids Meals

| Geals |  |  |  |
| :--- | :---: | :---: | :---: |
| Chicken Strips (2) | 106 | 230 | 690 |
| Buffalo Dipping Sauce | 21 | 10 | 420 |
| Waffle Fries | 128 | 280 | 80 |
| Chocolate Milk | 198 | 140 | 200 |
| Total | 453 | 660 | $\mathbf{1 , 3 9 0}$ |


| Chicken Nuggets (6) | 85 | 200 | 630 |
| :--- | :---: | :---: | :---: |
| Buffalo Dipping Sauce | 21 | 10 | 420 |
| Waffle Fries | 128 | 280 | 80 |
| Dr Pepper | 272 | 110 | 40 |
| Total | 506 | 600 | $\mathbf{1 , 1 7 0}$ |


| Chicken Nuggets (6) | 85 | 200 | 630 |
| :--- | :---: | :---: | :---: |
| Polynesian Dipping Sauce | 28 | 110 | 210 |
| Waffle Fries | 128 | 280 | 80 |
| Chocolate Milk | 198 | 140 | 200 |
| Total | 439 | 730 | $\mathbf{1 , 1 2 0}$ |


| Chicken Nuggets (4) | 57 | 130 | 420 |
| :--- | :---: | :---: | :---: |
| Honey Roasted BBQ Dipping Sauce | 12 | 60 | 70 |
| Fruit Cup, small | 93 | 50 | 0 |
| Lemonade, small | 272 | 350 | 5 |
| Total (Low Sodium Option) | 434 | 590 | 495 |

## Chili's



## Chili's Kids Meals

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Country Fried Chicken Crispers | n/a | 560 | 1,600 |
| Rice | n/a | 240 | 660 |
| Milk, 1\% | 224 | 130 | 125 |
| Total | n/a | 930 | $\mathbf{2 , 3 8 5}$ |



| Cheese Pizza | n/a | 550 | 1,130 |
| :--- | :---: | :---: | :---: |
| Rice | n/a | 240 | 660 |
| Chocolate Milk, 1\% | 224 | 160 | 190 |
| Total | n/a | 950 | $\mathbf{1 , 9 8 0}$ |


| Little Chicken Crispers | n/a | 600 | 1,300 |
| :--- | :---: | :---: | :---: |
| Homestyle Fries | n/a | 260 | 140 |
| Chocolate Milk, 1\% | 224 | 160 | 190 |
| Total | n/a | 1,020 | $\mathbf{1 , 6 3 0}$ |


| Little Mouth Burger | $\mathrm{n} / \mathrm{a}$ | 440 | 420 |
| :--- | :---: | :---: | :---: |
| Mandarin Oranges | $\mathrm{n} / \mathrm{a}$ | 60 | 10 |
| Apple Juice Box | 224 | 110 | 6 |
| Total (Low Sodium Option) | $\mathrm{n} / \mathrm{a}$ | 610 | $\mathbf{4 3 6}$ |



## Dairy Queen

| Meals | Grams | Calories | Sodium mg | 4,500 mg |
| :---: | :---: | :---: | :---: | :---: |
| Spicy Chili Bowl | 336 | 710 | 3,900 |  |
| Side Salad w/ Fat Free Ranch Dressing | 224 | 80 | 450 |  |
| Mountain Dew, large | 941 | 360 | 150 |  |
| Total | 1,501 | 1,150 | 4,500 |  |


*Nutrition Total for Adult Basket Meals Includes Entrée and Side Item.

## Dairy Queen Kids Meals


*Nutrition Total for Kid's Meals Includes Entrée and Side Item.

## Denny's

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Grams Calories |  |  |  |
| Sodium mg |  |  |  |
| Oouble Cheeseburger | 560 | 1,540 | 3,880 |
| Tomion Rings | 140 | 520 | 980 |
| Tota Juice | 280 | 56 | 680 |
| 980 |  |  |  |



| Spicy Buffalo Chicken Melt | 392 | 940 | 3,870 |
| :--- | :---: | :---: | :---: |
| Vegetable Rice Pilaf | 140 | 200 | 820 |
| $2 \%$ milk | 280 | 141 | 116 |
| Total | 812 | 1,281 | 4,806 |


| Country Fried Steak | * | 367 | 1,000 |
| :--- | :---: | :---: | :---: |
| Coleslaw | 140 | 260 | 520 |
| Onion Rings | 140 | 520 | 980 |
| Coca Cola | 448 | 198 | 66 |
| Total | 1,095 | 1,978 | $\mathbf{4 , 1 4 6}$ |


| Chicken Ranch Melt | 336 | 920 | 2,800 |
| :--- | :---: | :---: | :---: |
| Vegetable Rice Pilaf | 140 | 200 | 820 |
| Ruby Red Grapefruit Juice | 280 | 164 | 41 |
| Total | 1,284 |  |  |


| Meatloaf Dinner ${ }^{\star}$ | 312 | 880 | 2,450 |
| :--- | :---: | :---: | :---: |
| Country Fried Potatoes | 140 | 390 | 560 |
| Coca Cola | 448 | 198 | 66 |
| Total | 1,468 |  |  |



| Grilled Chicken Salad Deluxe | 476 | 970 | 770 |
| :--- | :---: | :---: | :---: |
| Apple Sauce, Musselman's | 112 | 80 | 13 |
| Cranberry Juice | 280 | 162 | 0 |
| Total (Low Sodium Option) | 868 |  |  |

*This entrée comes with 2 sides.


## Denny's Kids Meals



## Jack in the Box



## Jack in the Box Kids Meals



## KFC

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Grams | Calories | Sodium mg |  |
| 2 Extra Crispy Thighs | 226 | 740 | 1,680 |
| 2 Extra Crispy Drumsticks | 116 | 300 | 720 |
| Biscuit | 54 | 180 | 530 |
| Macaroni and Cheese | 137 | 180 | 880 |
| KFC Mean Greens | 128 | 30 | 400 |
| Lipton Brisk Green Peach Tea | 1,792 | 0 | 560 |
| Total (1/2 Chicken Meal*) | 2,453 | 1,430 | $\mathbf{4 , 7 7 0}$ |



| 8 Fiery Buffalo Wings | 208 | 640 | 1,840 |
| :--- | :---: | :---: | :---: |
| BBQ Baked Beans | 130 | 200 | 680 |
| Biscuit | 54 | 180 | 530 |
| Seasoned Rice | 99 | 140 | 560 |
| Miranda Strawberry large | 1,792 | 880 | 400 |
| Total (8 Wings Meal*) | 2,283 | 2,040 | $\mathbf{4 , 0 1 0}$ |



| Extra Crispy Chicken Breast | 181 | 490 | 1,080 |
| :--- | :---: | :---: | :---: |
| Extra Crispy Whole Wing | 48 | 150 | 320 |
| Biscuit | 54 | 180 | 530 |
| BBQ Baked Beans | 130 | 200 | 680 |
| Macaroni Salad | 107 | 180 | 400 |
| Pepsi, medium | 896 | 400 | 100 |
| Total (Breast \& Wing Meal*) | $\mathbf{y y y}$ | $\mathbf{3 , 4 1 6}$ | 1,600 |


*This entree comes with 2 sides.

## KFC Continued


*This entree comes with 2 sides.

## KFC Kids Meals

| Meals | Grams | Calories | Sodium mg |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Popcorn Chicken | 85 | 290 | 850 |  |  |  |  |  |
| Mac and Cheese | 136 | 180 | 880 |  |  |  |  |  |
| Milk 2\% | 280 | 170 | 180 | 2,005 mg |  |  |  |  |
| Teddy Grahams | 21 | 90 | 95 |  |  |  |  |  |
| Total | 522 | 730 | 2,005 |  |  |  |  |  |
| Crispy Strips (3) | 146 | 380 | 720 |  |  |  |  |  |
| Potato Wedges | 102 | 260 | 740 | 1565 mg |  |  |  |  |
| Mott's Apple Juice | 182 | 100 | 10 |  |  |  |  |  |
| Teddy Grahams | 21 | 90 | 95 |  |  |  |  |  |
| Total | 451 | 830 | 1,565 |  |  |  |  |  |
| Extra Crispy Drumstick | 60 | 150 | 360 |  |  |  |  |  |
| Mac and Cheese | 136 | 180 | 880 | 1,515 mg |  |  |  |  |
| Milk 2\% | 280 | 170 | 180 |  |  |  |  |  |
| Teddy Grahams | 21 | 90 | 95 |  |  |  |  |  |
| Total | 497 | 590 | 1,515 |  |  |  | -KFC Kids Meal |  |
| Grilled Drumstick | 39 | 70 | 200 | 305 mg |  |  |  |  |
| Corn on the Cob 3" | 71 | 70 | 0 | 305 mg |  |  | $\square$ Recommended Daily |  |
| Mott's Apple Juice | 182 | 100 | 10 |  |  |  | Sodium Limit for Children 4 to 8 Years Old ( $1,200 \mathrm{mg}$ ) |  |
| Teddy Grahams | 21 | 90 | 95 |  |  |  |  |  |
| Total (Low Sodium Option) | 313 | 330 | 305 |  |  |  |  |  |
|  |  |  |  |  | 2,000 | 4,000 | 6,000 | 8,000 |

## McDonald's

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Grams | Calories |  |  |
| Selects Breast Strips (5pc) | 219 | 660 | 1,680 |
| Spicy Buffalo Dipping Sauce | 43 | 70 | 960 |
| Side Salad w/ Balsamic Dressing | 185 | 60 | 730 |
| Powerade Mountain Blast, large | 896 | 220 | 190 |
| Total | 1,343 | 1,010 | 3,560 |



| Grilled Chicken Ranch BLT | 237 | 470 | 1,500 |
| :--- | :---: | :---: | :---: |
| Side Salad w/ Italian Dressing | 131 | 80 | 740 |
| Sprite, large | 896 | 310 | 80 |
| Total | $\mathbf{1 , 2 6 4}$ | 860 | $\mathbf{2 , 3 2 0}$ |



| Caesar Salad w/ Grilled Chicken \& Dressing | 360 | 410 | 1,390 |
| :--- | :---: | :---: | :---: |
| French Fries, large | 154 | 500 | 350 |
| Ketchup Packet (2) | 20 | 30 | 220 |
| Iced Coffee, Hazelnut, large | 121 | 270 | 85 |
| Total | 655 | $\mathbf{1 , 2 1 0}$ | $\mathbf{2 , 0 4 5}$ |



| Bacon Ranch Salad w/ Grilled Chicken | 370 | 260 | 1,540 |
| :--- | :---: | :---: | :---: |
| French Fries, large | 154 | 500 | 350 |
| Powerade Mountain Blast, medium | 588 | 150 | 130 |
| Total | 1,112 | 910 |  |



| Southwest Salad w/ Grilled Chicken | 399 | 420 | 1,300 |
| :--- | :---: | :---: | :---: |
| French Fries, medium | 117 | 380 | 270 |
| Diet Coke, large | 896 | 0 | 45 |
| Total | 1,412 | 800 | $\mathbf{1 , 6 1 5}$ |



| Hamburger | 100 | 250 | 520 |
| :--- | :---: | :---: | :---: |
| Fruit \& Walnut Salad \& Yogurt | 163 | 50 | 60 |
| Dasani Water | 476 | 0 | 0 |
| Total (Low Sodium Option) | 739 |  |  |


$\square$ McDonald's Meal
-Recommended Daily Sodium Limit for Most Adults (1,500 mg)

## McDonald's Kids Meals



## Olive Garden



## Olive Garden Kids Meals



## Panera



Panera Kids Meals


## Pizza Hut

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Grams | Calories |  |  |
| Meaty P'Zodium mg |  |  |  |
| 1 Breadstick Pizza | 436 | 1,480 | 3,680 |
| Mountain Dew, large | 47 | 140 | 240 |
| Total | 896 | 440 | 140 |


| All Natural Pepperoni P'Zone Pizza | 470 | 1,260 | 3,160 |
| :--- | :---: | :---: | :---: |
| 1 Cheese Breadstick | 63 | 180 | 370 |
| Sierra Mist, large | 896 | 400 | 80 |
| Total | 1,429 |  |  |



| 2 Large Meat Lover's Pan Pizza Slices | 336 | 940 | 2,340 |
| :--- | :---: | :---: | :---: |
| 1 Breadstick | 47 | 140 | 240 |
| Mountain Dew, medium | 616 | 300 | 100 |
| Total | 1,380 |  |  |



| Meat Lovers 6" Personal Pan Pizza | 322 | 480 | 2,250 |
| :--- | :---: | :---: | :---: |
| Pepsi, medium | 896 | 400 | 100 |
| Total | $\mathbf{1 , 2 1 8}$ | 880 | $\mathbf{2 , 3 5 0}$ |



| 2 Large Supreme Hand Tossed Pizza Slices | 332 | 760 | 1,940 |
| :--- | :---: | :---: | :---: |
| Diet Pepsi, medium | 616 | 0 | 100 |
| Total | 948 | 760 | $\mathbf{2 , 0 4 0}$ |



| Veggie Lovers 6" Personal Pan Pizza | 280 | 580 | 1,280 |
| :--- | :---: | :---: | :---: |
| Sierra Mist, small | 448 | 100 | 40 |
| Total (Low Sodium Option) | 728 | 680 | $\mathbf{1 , 3 2 0}$ |


*Pizza Hut does not offer any special kids meals.

## Red Lobster

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Grams |  |  |  |
| Cheddar Bay Biscuit* | $\mathrm{n} / \mathrm{a}$ | 150 | 350 |
| Admiral's Feast** | $\mathrm{n} / \mathrm{a}$ | 1,506 | 4,662 |
| Caesar Salad w/ Caesar Dressing | $\mathrm{n} / \mathrm{a}$ | 470 | 930 |
| Creamy Lobster Toped Mashed Potato | $\mathrm{n} / \mathrm{a}$ | 360 | 1,110 |
| Minute Maid Light Lemonade | $\mathrm{n} / \mathrm{a}$ | 3 | 54 |
| Total | $\mathrm{n} / \mathrm{a}$ | 2,339 | 7,106 |


| 1 Cheddar Bay Biscuit* | $\mathrm{n} / \mathrm{a}$ | 150 | 350 |
| :--- | :---: | :---: | :---: |
| Seaside Shrimp Trio Entrée** | $\mathrm{n} / \mathrm{a}$ | 1,030 | 3,490 |
| Garden Salad w/ Fat Free Ranch dressing | $\mathrm{n} / \mathrm{a}$ | 130 | 445 |
| Creamy Lobster Topped Baked Potato | $\mathrm{n} / \mathrm{a}$ | 370 | 1,110 |
| Dr Pepper | $\mathrm{n} / \mathrm{a}$ | 150 | 35 |
| Total | $\mathrm{n} / \mathrm{a}$ | 1,680 | 5,080 |


| 1 Cheddar Bay Biscuit* $^{*}$ | n/a | 150 | 350 |
| :--- | :---: | :---: | :---: |
| North Pacific King Crab Legs** | n/a | 390 | 3,570 |
| Garden Salad w/ French Dressing | n/a | 210 | 405 |
| Baked Potato w/ Butter, Sour Cream | n/a | 310 | 990 |
| Coke | n/a | 105 | 35 |
| Total | n/a | 1,015 | 5,000 |


| 1 Cheddar Bay Biscuit* | $\mathrm{n} / \mathrm{a}$ | 150 | 350 |
| :--- | :---: | :---: | :---: |
| Fried Oysters | $\mathrm{n} / \mathrm{a}$ | 590 | 1,100 |
| Fried Crawfish | $\mathrm{n} / \mathrm{a}$ | 755 | 1,395 |
| Garlic Shrimp Scampi | $\mathrm{n} / \mathrm{a}$ | 195 | 1,035 |
| Caesar Salad w/ Caesar Dressing | $\mathrm{n} / \mathrm{a}$ | 290 | 930 |
| Sprite | $\mathrm{n} / \mathrm{a}$ | 98 | 47 |
| Total (Create Your Own Feast: pick 3 options*) | $\mathrm{n} / \mathrm{a}$ | 1,928 | $\mathbf{4 , 5 0 7}$ |


*Complimentary basket of Cheddar Bay Biscuits is given to each table; Kids Meals come with a Cheddar Bay Biscuit.
**This entree comes with 2 sides.

## Red Lobster Continued


*Complimentary basket of Cheddar Bay Biscuits is given to each table; Kids Meals come with a Cheddar Bay Biscuit.
**This entree comes with 2 sides.

## Red Lobster Kids Meals


*Complimentary basket of Cheddar Bay Biscuits is given to each table; Kids Meals come with a Cheddar Bay Biscuit.

## Sonic

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Jumbo Popcorn Chicken | 170 | 560 | 1,890 |
| Tater Tots, large | 126 | 365 | 790 |
| Powerade Mountain Blast, large | 668 | 180 | 150 |
| Total | 964 | 1,105 | $\mathbf{2 , 8 3 0}$ |



| Extra Long Chili Cheese Coney | 237 | 660 | 1,856 |
| :--- | :---: | :---: | :---: |
| Tater Tots, medium | 84 | 243 | 527 |
| Powerade Mtn. Blast Slush, large | 898 | 454 | 122 |
| Total | $\mathbf{1 , 2 1 9}$ | $\mathbf{1 , 3 5 7}$ | $\mathbf{2 , 5 0 5}$ |



| Grilled Chicken Wrap | 253 | 382 | 1,444 |
| :--- | :---: | :---: | :---: |
| Tater Tots, large | 126 | 365 | 790 |
| Strawberry Banana Smoothie, large | 597 | 870 | 120 |
| Total | 1,617 |  |  |



| Chicken Club Toaster Sandwich | 257 | 742 | 1,742 |
| :--- | :---: | :---: | :---: |
| French Fries, medium | 92 | 265 | 355 |
| Lime Fruit Slush, medium | 577 | 286 | 45 |
| Total | $\mathbf{9 2 6}$ |  |  |



| Bacon Cheeseburger Toaster Sandwich | 243 | 671 | 1,444 |  |
| :--- | :---: | :---: | :---: | :---: |
| French Fries, large | 98 | 379 | 508 |  |
| Powerade Mountain Blast, medium | 561 | 286 | 95 |  |
| Total | 902 | 1,336 |  |  |



| Corn Dog | 74 | 215 | 528 |
| :--- | :---: | :---: | :---: |
| French Fries, medium | 75 | 265 | 355 |
| Minute Maid Light Lemonade, small | 341 | 7 | 6 |
| Total (Low Sodium Option) | 490 | 487 | $\mathbf{8 8 9}$ |




## Sonic Kids Meals

|  | Grams Calories Sodium mg |  |  |
| :--- | :---: | :---: | :---: |
| Grilled Cheese | 118 | 379 | 1,014 |
| Tater Tots, medium | 84 | 243 | 527 |
| Milk, 1\% | 244 | 110 | 210 |
| Total | 446 | 732 | $\mathbf{1 , 7 5 1}$ |
|  |  |  |  |


| Jr. Cheeseburger | 135 | 377 | 930 |
| :--- | :---: | :---: | :---: |
| French Fries, medium | 92 | 265 | 355 |
| Barq's Root Beer | 1,168 | 544 | 81 |
| Total | $\mathbf{1 , 3 9 5}$ | $\mathbf{1 , 1 8 6}$ | $\mathbf{1 , 3 6 6}$ |



| Jr. Burger | 117 | 313 | 611 |
| :--- | :---: | :---: | :---: |
| Tater Tots, medium | 84 | 243 | 527 |
| Milk, 1\% | 244 | 110 | 210 |
| Total | 445 | 666 | $\mathbf{3}, 348$ |



| Chicken strips (2) | 70 | 198 | 470 |
| :--- | :---: | :---: | :---: |
| Fresh Banana | 120 | 107 | 1 |
| Minute Maid Apple Juice Box | 275 | 124 | 17 |
| Total (Low Sodium Option) | 465 |  |  |



[^7]
## Subway



Note: All nutrition information for Chili's beverages is taken from www.cococolacompany.com.

## Subway Kids Meals



Note: All nutrition information for Chili's beverages is taken from www.cococolacompany.com.

## Taco Bell

| Meals |  |  |  |
| :--- | :---: | :---: | :---: |
| Grams | Calories | Sodium mg |  |
| Grilled Stuft Burrito Chicken | 325 | 640 | 2,190 |
| Cheesy Fiesta Potatoes | 135 | 270 | 830 |
| Tropicana Pink Lemonade, large | 1,176 | 525 | 550 |
| Total | 1,636 | 1,435 | $\mathbf{3 , 5 7 0}$ |



| Southwest Steak Border Bowl | 439 | 620 | 2,170 |
| :--- | :---: | :---: | :---: |
| Nachos Supreme | 191 | 440 | 820 |
| Tropicana Pink Lemonade, medium | 560 | 400 | 420 |
| Total | $\mathbf{1 , 1 9 0}$ | $\mathbf{1 , 4 6 0}$ | $\mathbf{3 , 4 1 0}$ |



| Grilled Stuft Burrito Steak | 325 | 690 | 1,960 |
| :--- | :---: | :---: | :---: |
| Pintos 'n Cheese | 128 | 180 | 730 |
| Mountain Dew, large | 1,176 | 580 | 180 |
| Total | $\mathbf{1 , 6 2 9}$ | $\mathbf{1 , 4 5 0}$ | $\mathbf{2 , 8 7 0}$ |



| Chicken Fiesta Taco Salad w/ Salsa and Sour <br> Cream | 630 | 800 | 2,070 |
| :--- | :---: | :---: | :---: |
| Nachos | 99 | 330 | 520 |
| Dr Pepper, medium | 896 | 400 | 140 |
| Total | $\mathbf{1 , 6 2 5}$ | $\mathbf{1 , 5 3 0}$ | $\mathbf{2 , 7 3 0}$ |



| Chicken Border Bowl w/ Zesty Dressing | 397 | 660 | 1,850 |
| :--- | :---: | :---: | :---: |
| Cheese Roll-up | 64 | 200 | 490 |
| Diet Pepsi, medium | 896 | 0 | 100 |
| Total | $\mathbf{y y y}$ | $\mathbf{1 , 3 5 7}$ | 860 |



| Crunchy Taco | 78 | 150 | 350 |
| :--- | :---: | :---: | :---: |
| Cinnamon Twists | 35 | 170 | 200 |
| Mango Strawberry Frutista Freeze | 479 | 250 | 10 |
| Total (Low Sodium Option) | 592 | 570 | $\mathbf{5 6 0}$ |



Taco Bell Kids Meals

*Taco Bell only has 2 Kids Meals options.

## Wendy's

|  | Grams Calories |  |  |
| :--- | :---: | :---: | :---: |
| Triple Cheeseburger w/ Everything \& Cheese | 410 | 960 | 2,010 |
| Small Chili | 340 | 190 | 830 |
| Chocolate Fudge Frosty Shake, Large | 452 | 540 | 370 |
| Total | 1,202 | 1,690 | $\mathbf{3 , 2 1 0}$ |



| Southwest Taco Salad, Chipotle Dressing | 520 | 645 | 1,565 |
| :--- | :---: | :---: | :---: |
| Small Chili | 340 | 190 | 830 |
| Barq's Root Beer, large | 681 | 300 | 60 |
| Total | 1,541 | 1,135 | $\mathbf{2 , 4 5 5}$ |


| Baconator | 276 | 830 | 1,880 |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
|  <br> Croutons | 142 | 260 | 495 |  |  |
| Sprite, medium | 507 | 200 | 45 |  |  |
| Total | 1,290 |  |  |  | $\mathbf{2 , 4 2 0}$ |


| Chicken BLT Salad | 417 | 790 | 1,735 |
| :--- | :---: | :---: | :---: |
| French Fries, large | 184 | 550 | 480 |
| Dr Pepper, large | 624 | 250 | 60 |
| Total | 1,225 | 1,590 | $\mathbf{2 , 2 7 5}$ |


| Double Cheeseburger w/ Everything | 318 | 700 | 1,440 |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
| French Fries, large | 184 | 550 | 480 |  |  |
| Vanilla Frosty, medium | 298 | 410 | 240 |  |  |
| Total | 800 | 1,660 |  |  | $\mathbf{2 , 1 6 0}$ |



| Crispy Chicken Sandwich | 142 | 330 | 680 |
| :--- | :---: | :---: | :---: |
| Mandarin Orange Cup | 142 | 80 | 15 |
| Dasani Water | 479 | 0 | 0 |
| Total | 763 | 410 |  |

$\square$ Wendy's Meal
$\square$ Recommended Daily Sodium Limit for Most Adults (1,500 mg )

## Wendy's Kids Combos




[^0]:    ${ }^{1}$ U.S. Department of Health and Human Services, U.S. Department of Agriculture. Dietary Guidelines for Americans. 2005. www.health.gov/dietaryguidelines/dga2005/do cument/html/chapter8.htm

[^1]:    ${ }^{2}$ Centers for Disease Control and Prevention, MMWR, March 27, 2009, Vol. 58, No. 11
    ${ }^{3}$ Institute of Medicine. "Dietary Reference Intakes for Water, Potassium, Sodium,
    Chloride, and Sulfate." Washington DC: National Academy Press, p 307, 2004.
    ${ }^{4}$ NHANES, 2005-06. "What We Eat in
    America." http://www.ars.usda.gov/foodsurvey

[^2]:    ${ }^{5}$ Zhou BF, Stamler J, Dennis B, et al. Nutrient intakes of middle-aged men and women in China, Japan, United Kingdom, and United States in the late 1990s: The INTERMAP study. J Hum Hypertens. 2003;17:623-30. Kumanyika SK, Cook NR, Cutler JA, et al. Sodium reduction for hypertension prevention in overweight adults: further results from the Trials of Hypertension Prevention Phase II. J Hum Hypertens. 2005;19:33-45.
    ${ }^{6}$ Havas, S, Rocella EJ, Lenfant C. Reducing the public health burden from elevated blood pressure levels in the United States by lowering

[^3]:    intake of dietary sodium. Am J Pub Health. 2004; 94:19-22.
    ${ }^{7}$ Palar, K, Sturm, R. The Benefits of Reducing Sodium Consumption in the US Adult Population. Rand Health, Academy Health Annual Research Meeting Presentation, June 9, 2008.

[^4]:    9 "Adequate Intake" for Children. Institute of Medicine, 2004.

[^5]:    ${ }^{10}$ He FJ, MacGregor GA. Importance of salt in determining blood pressure in children. Hypertension. 2006; 48:861.

[^6]:    ${ }^{11}$ Elan, Elissa. No grain of salt: fast feeders say sodium reduction a top priority. Nation's Restaurant News. www.nrn.com/article.aspx?coll id=\&keyword =\%20sodium\%20reduction\&id=361836 (accessed April 2008).

[^7]:    - Sonic Kids Meal

    Recommended Daily Sodium Limit for Children 4 to 8 Years Old (1,200 mg)

