

THINGS TO LOOK FOR

BEFORE YOU ORDER FROM A MENU

Calorie labels are now on menus at chain restaurants with 20 or more locations! You'll also see calories listed at chain movie theaters, convenience stores, and supermarkets. Here's what to pay attention to on the new menus:

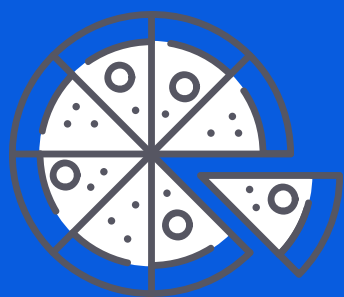
RANGES



1

If you see a single item listed with a range of calories (like a chicken sandwich with 960-1,250 cals), keep in mind that the range depends on sides, sauces, toppings, beverages, etc.

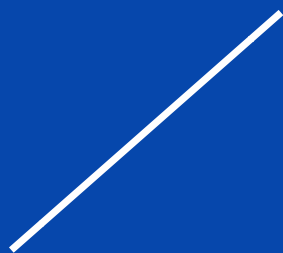
UNIT FOODS



2

For foods that come in pieces, slices, etc., companies get to decide what a "unit" is. For example, at Domino's, it's one slice of pizza, half an order of wings (4 wings), or a quarter of an order of bread bites (4 bites). Divide or multiply to find the calories in your serving.

SLASHES



3

Menus use a slash when you have two choices. So, for example, if a sirloin steak & shrimp combo is listed as 370/580 calories, the entrée would be 370 calories with grilled shrimp or 580 with coconut shrimp. Other slashes could indicate grilled vs. fried chicken or a half vs. a full serving of pasta.

SALADS



4

If a salad comes with a standard dressing, its calories will likely be folded into the count. If you can choose your own dressing, you'll have to tack on the calories.

ADDITIONAL INFO



5

Menus will also include a statement regarding the availability of additional info on sugar, fat, salt & more ("Additional nutrition information available upon request") and a statement putting calories in context of your day ("2,000 calories a day is used for general nutrition advice, but calorie needs vary").