



Fast Food Nutrition Facts

Sandwiches	Serving size	Total fat grams
Hamburger	3.5 oz.	9
Cheeseburger	4 oz.	12
Quarter-pound hamburger	6 oz.	19
Quarter-pound hamburger with cheese	7 oz.	26
Double-burger with cheese and special sauce	7.5 oz.	29
Fried fish sandwich	5.1 oz.	18
Grilled chicken sandwich	5.2 oz.	16
Fried chicken sandwich	8.1 oz.	17
Fried chicken ranch snack wrap	4.1 oz.	16
Chicken nuggets (4)	2.3 oz.	10
Fries	Serving size	Total fat grams
Small	2.6 oz.	13
Medium	4 oz.	20
Large	6 oz.	30
Drinks	Serving size	Total fat grams
1 percent milk	One carton	2.5
1 percent chocolate milk	One carton	3
Orange juice (medium)	16 fl oz.	0
Soda pop	16 fl oz.	0
Unsweetened iced tea	16 fl oz.	0
Water	16 fl oz.	0

Salads and fruit	Serving size	Total fat grams
Southwest salad with grilled chicken	12.3 oz.	9
Asian salad with grilled chicken	12.8 oz.	10
Bacon ranch salad with grilled chicken	11.3 oz.	9
Caesar salad with grilled chicken	11 oz.	6
Side salad	3.1 oz.	0
Snack size fruit & walnut salad	One package	8
Fruit and yogurt parfait	5.3 oz.	2
Apple dippers	One package	0
Low-fat caramel dip	0.8 oz.	.5
Southwest dressing	1.5 fl oz.	6
Caesar dressing	2 fl oz.	18
Low-fat Italian dressing	1.5 fl oz.	2.5
Ranch dressing	1.5 fl oz.	15
Low-fat balsamic vinaigrette	1.5 fl oz.	3

Family Nutrition Education Programs

Funded in part by USDA SNAP.
 For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
 Running out of money for food?
 Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

