

calories. Salad dressing can add as much as 700 calories to a salad. Choose light salad dressing and use a small amount. Save calories when eating out by making sensible choices.

## How many calories do you need each meal?

### Meal Plan Example:

A 32-year-old woman, who weighs 130 pounds and is 5 feet, 3 inches tall, needs 1,800 calories to maintain her weight. A good way for her to spread her calories out might be:

**Breakfast = 400 calories**  
**Morning Snack = 200 calories**  
**Lunch = 400 calories**  
**Dinner = 600 calories**  
**Evening Snack = 200 calories**

When you know how many daily calories you need, you can use them in a way that best fits your life.

## What are calories and why are they important?

The food we eat and the beverages we drink are the fuel that provides us energy, which is measured in the form of calories. The amount of calories (energy) our bodies need should be the same amount that we get from food and beverages to stay at a healthy weight.

## Menu labeling can help you make healthier choices

Menu labeling can help you track how many calories you eat and drink. If calories are not listed on the menu, just ask your server or the manager.

### ArCOP Mission

Improve the health of all Arkansas communities by increasing physical activity and healthy eating to reduce and prevent obesity.

### ArCOP Vision

All Arkansans value and practice healthy lifestyles through created and supported opportunities for physical activity and healthy eating.



**Website:** <http://arkansasobesity.org>

**Email:** [Arkansasobesity@yahoo.com](mailto:Arkansasobesity@yahoo.com)

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This brochure was created by the Menu Labeling Workgroup of the Access to Healthy Foods Committee, Arkansas Coalition for Obesity Prevention (ArCOP). Publication was made possible by funding from the Centers for Disease Control and Prevention Cooperative Agreement DP08-805.

# Calorie Labeling:

## What Does it Mean for You?

A close-up photograph of a menu. The text is slightly out of focus but legible. It lists items such as "HOT SPOT COLE", "Chicken Fingers", "Mozzarella Sticks", "POTATO SKINS", and "Bacon and Melted Cheese". The price "\$5.25" is visible at the bottom of the list.

Arkansas Coalition  
for Obesity Prevention



## Be in the know... Just ask!

About half of the money spent on food in America is spent on food eaten away from home. Many restaurants offer healthy options, but it is not always easy to decide which foods are the best choices. One thing that would make choosing easier is to have the number of calories for each food listed on the menu. Some restaurants, especially chain restaurants, include calories on their menus. If calories aren't listed, just ask the server or manager for the information. If restaurant managers realize calorie information is important to enough people, maybe they will start listing calories on their menus.

## How many calories do you need a day?

The amount of calories you need depends on your age, gender, weight, height and activity level. Weight gain occurs when you take in more calories than your body needs. The unused calories are stored as fat. Maintaining a healthy weight is a balancing act—not getting

too many or too few calories. Just eating an extra 100 calories a day can add up to 10 pounds of weight gain in a year.

### Average calories needed:

#### Males

2,000-2,500 calories/day

#### Females

1,500-2,000 calories/day

For an estimate of how many calories you should eat or drink each day, go to the United States Department of Agriculture's (USDA) website at [www.MyPyramid.gov](http://www.MyPyramid.gov). When you

find your calorie needs for a day, you can then decide how many you need for each meal. A good eating pattern is three meals per day and two snacks. Spreading your total calories throughout the day will help keep you satisfied without feeling too hungry or full.

### Look before you buy

Check the amount of calories in your favorite food before you buy. You may find that you could get a different item that tastes just as good for fewer calories. It is important to know that just because something is labeled as "healthy," does not mean that it is low in

Instead of...*		Choose...*	
Food Item	Calories	Food Item	Calories
Sausage, Egg and Cheese Muffin Melt (Subway)	290	Black Forest Ham, Egg and Cheese Muffin Melt (Subway)	180
Volcano Nachos (Taco Bell)	1000	Triple Layer Nachos (Taco Bell)	350
Angus Bacon and Cheese Burger (McDonald's)	790	McDouble (McDonald's)	390
Large Fries (McDonald's)	500	Small Fries (McDonald's)	230
Chicken BLT Salad with Home-Style Chicken Fillet – Honey Dijon Dressing and Croutons (Wendy's)	790	Mandarin Chicken Salad with Grilled Chicken Fillet – Low-Fat Ranch Dressing & Almonds (Wendy's)	400
Large Chocolate Fudge Frosty Shake (Wendy's)	540	Small Chocolate Frosty Low-Fat Chocolate Milk (Wendy's)	310 170
Tender Crisp Chicken Sandwich (Burger King)	800	Spicy Chick'N Crisp (Burger King)	450
Medium Coke (Burger King)	290	Medium Diet Coke (Burger King)	0
Extra Crispy Chicken Breast (Kentucky Fried Chicken)	510	Grilled Chicken Breast (Kentucky Fried Chicken)	190
Chick-fil-A Chicken-n-Strips (4 count)	500	Chick-fil-A Nuggets (8 count)	270
McDonald's Mighty Kids Meal: double cheeseburger, small fries, 16 oz. soda	820	McDonald's Mighty Kids Meal: chicken nuggets (6pc), apple dippers with low-fat caramel dip, low-fat milk (8 oz)	480
Sonic Kid's Meal: grilled cheese, fries, regular soda	754	Sonic Kid's Meal: chicken strips (2), banana, low-fat milk	415

\*Nutrition information obtained from company Internet sites.