

## EYE-OPENING CALORIE AMOUNTS

Many Americans don't realize how many calories they're consuming, especially when the food is prepared away from home. Here are some examples of foods/meals and the number of calories they contain. As a reference, the recommended calorie intake for the average adult who's trying to maintain their weight is 2,000 calories for the *entire* day.

...A Whopper with cheese, medium fries, and a large Coke has about 1,400 calories.

...Ruby Tuesday's Colossal Burger has about 1,940 calories.

...1½ cups of Haagen-Dazs' Cookies and Cream ice cream contains 810 calories.

...The average serving of Kung Pao Chicken contains about 1,400 calories.

...Starbuck's Grande Vanilla Bean Frappuccino Blended Crème has 470 calories.

...Wendy's Home-style Chicken Strips Salad w/ ranch dressing is 670 calories.

...A pumpkin muffin at Dunkin' Donuts contains 560 calories.

...An Amaretto Sour (alcoholic beverage) has about 420 calories in a ¾ cup serving.

...The Cheesecake Factory's Outrageous Chocolate Cake has 1,380 calories/serving.

...Olive Garden's lunch entrée Fettuccine Alfredo has 850 calories per serving.

...A large tropical Fruit Smoothie at Dunkin' Donuts contains 720 calories.