

Calorie Labels on Menus

In 2011, chain restaurants began listing the calories in each item (and total calories of combo meals) on menus and drive-thru displays.

How will this information help you make healthier choices?

Remember these simple facts about calories and weight:

- You gain weight if you take in more calories than you need.
- You lose weight if you take in fewer calories than you need.
- You stay the same weight if you take in the same number of calories as you need.

Most people need about 2000 calories a day. A meal that has 1000 calories has half the calories you need in a day! You will have to eat foods with fewer calories the rest of the day in order to take in only 2000 calories.



Think about calories in meals and snacks. Try to “spread your calories” throughout your day so you don’t get too hungry. For example:

Breakfast	500 calories
Snack	250 calories
Lunch	500 calories
Snack	250 calories
Dinner	500 calories
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Total	2000 calories



When I eat lunch at a fast food restaurant, I choose my favorite meal but always make dinner a “salad meal” to keep calories down.

My kids love eating out but I worry about how many calories are in the foods they choose. We make eating out a special treat.

I am trying to lose weight. Having the calories listed on menus helps me plan what I will eat the rest of the day so that I don’t eat too much.

Sodas have a lot of calories so I don’t buy them when I am eating out. I have switched to water. This saves money and calories.

