

WHY CAN'T I LOSE WEIGHT?

A Basic Guide to Diet and Nutrition

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Why Can't I Lose Weight
A Basic Guide to Diet & Nutrition

As with all information distributed via the internet; the very first thing we must do is give the required disclaimers:

What you have received is information. It is intended for informational purposes only. The goal of this eBook guide is simply to educate.

Nationwide the statistics are absolutely clear that many people simply have never been taught the very basics of diet, and nutrition, and the overall roll it plays in your daily food consumption.

It is because of this lack of knowledge that many people fail to achieve their weight goals.

That is the purpose of this eBook guide. It is only intended to educate on the basics of diet and nutrition.

Please understand that Consumers Info USA is not a Counseling Service, or a Diet Advisory Company.

This information is not intended as professional advice. We encourage you to consult with established professionals in your local area if needed.

The opinions and information contained in this guide are based on many years of experience and will apply to many situations. However individual circumstances can vary which may make some of the information contained in this guide inapplicable to your own particular situation.

The information on this subject matter may not fit your own individual circumstances.

Consumers Info USA can not be held responsible in any way, and will be held harmless from, any decisions made by the reader based solely on the information on this guide.

The bottom line is that everybody's situation is different, which means the information in this eBook guide may not work for you.

However, the most important thing is that you will never know unless you make the effort to educate yourself and then put the information in to practice.

Thank You Sincerely

WHY CAN'T I LOSE WEIGHT?

A Basic Guide to Diet and Nutrition

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WHAT IS A DIET?



Like many words in the English language, the word diet is often used interchangeably when people are referring to completely different things.

In simple terms... your diet is what you eat. What foods you eat and how much of them you eat. By definition, "diet" refers to what a person eats or drinks during the course of a day.

However... the word is also commonly used when referring to a controlled eating plan specifically for the purpose of losing weight. This is when you commonly hear words like: "I'm on a diet" "I didn't stick to my diet" "I'm going off my diet" etc.

When it is used in this way, the word diet is viewed almost the same as other four letter words. But the bottom line is that anything you eat is your diet.

If you eat in quantities that are too large, you will take in too many calories and will gain weight.

However, if you eat what's considered "the right amount of calories" for you, but you get them from only one food group, you will lack essential nutrients which may cause health problems.

A diet that limits portions to very small sizes, or that excludes certain foods; entirely to promote weight loss may not be effective over the long term. You are likely to miss certain foods and find it difficult to follow this for a long time.

Instead, it is considered better to gradually change the types and amounts of food you eat and maintain these changes for the rest of your life.

The ideal diet is one that takes into account your likes and dislikes and includes a wide variety of foods with enough calories and nutrients for good health.

How much you eat and what you eat play a major role in how much you weigh.

A healthy diet is one that helps maintain or improve health. It is important for lowering many chronic health risks, such as obesity, heart disease, diabetes, hypertension, cancer, etc.

A healthy diet involves consuming appropriate amounts of all essential nutrients and an adequate amount of water. Nutrients can be obtained from many different foods.

A healthy diet needs to have a balance of macronutrients (fats, proteins, and carbohydrates), calories to support energy needs, and micronutrients to meet the needs for human nutrition without inducing toxicity or excessive weight gain from consuming excessive amounts.

But that is the question that eludes everyone. What is a healthy diet?

And even though we hear these terms on a daily basis, what is nutrition? What are calories? What is fat? What are carbohydrates? Etc.

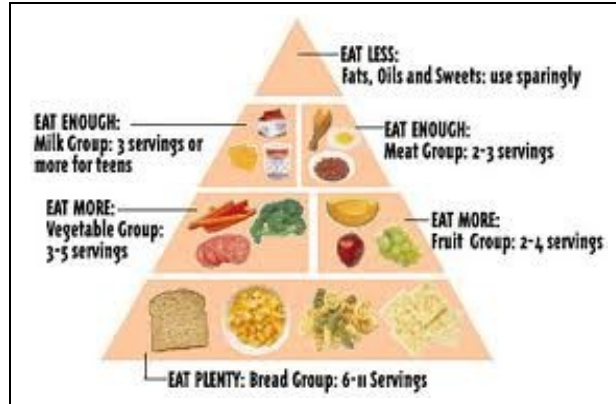
It is these most basic and fundamental things that we all hear about frequently. But few of us truly understand what they are and what role each plays in your overall diet.

Once you learn these basics, it will affect the choices that you make on a daily basis. And that will significantly improve you being able to reach your weight loss goals.

Learning the definitions of these basic fundamental terms is the purpose of this eBook guide.

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WHAT IS NUTRITION?



Nutrition, nourishment, or aliment, is the supply of materials - food - required by organisms and cells to stay alive. In science and human medicine, nutrition is the science or practice of consuming and utilizing foods.

In hospitals, nutrition may refer to the food requirements of patients, including nutritional solutions delivered via an IV (intravenous) or IG (intra-gastric) tube.

Nutritional science studies how the body breaks food down (catabolism) and repairs and creates cells and tissue (anabolism) - catabolism and anabolism = metabolism. Nutritional science also examines how the body responds to food. In other words, *"nutritional science investigates the metabolic and physiological responses of the body to diet"*.

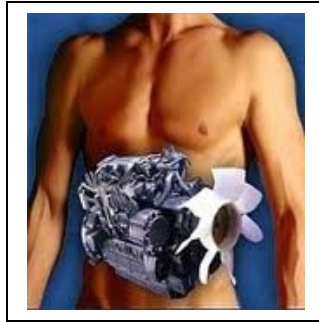
As molecular biology, biochemistry and genetics advance, nutrition has become more focused on the steps of biochemical sequences through which substances inside us and other living organisms are transformed from one form to another - metabolism and metabolic pathways.

Nutrition also focuses on how diseases, conditions and problems can be prevented or lessened with a healthy diet.

Nutrition also involves identifying how certain diseases, conditions or problems may be caused by dietary factors, such as poor diet (malnutrition), food allergies, metabolic diseases, etc.

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What is Metabolism?



Many people claim that they cannot lose weight because they have a slow metabolism and are constantly looking for ways to boost their metabolism. A lot of these people do not truly understand the term metabolism. According to Wikipedia:

“Metabolism is a set of chemical reactions that occur in living organisms in order to maintain life”

Metabolism allows our bodies to utilize the food and some other resources that are needed to maintain the functions of the body, to repair damage, get rid of toxins, and heal injury. It is really an essential process in living organisms, particularly in humans. Without this process, we would die.

In humans the food we eat fuels these chemical reactions. So when people refer to a fast or slow metabolism they are generally referring to the average amount of calories their body burns in a day.

Food is the most important instrument that will help you either lose/gain weight, considering that metabolism needs the energy from what you eat. Chemical reactions take place within the body's cells that convert fuel from the consumed food, ultimately into energy to do everyday functions like thinking, growth, household/work activities and so on. Without metabolism, cells wouldn't be kept healthy and functioning.

Enzymes break down proteins from food present in the digestive system. These are then converted into amino acids, fatty acids, carbohydrates and sugar. These are then absorbed into the blood, namely amino and fatty acids, making their way into the cells. Other enzymes then actively control the chemical reactions thus metabolizing the compounds that are the result of the process.

Metabolism Kinds

There are two kinds of metabolism, namely catabolism and anabolism.

Catabolism

Also known as destructive metabolism, catabolism produces energy to make the cells active. Carbohydrates and fats are broken down to produce energy. This energy is then released to provide fuel for anabolism (read below). This in turn increases temperature within the body, making muscles contract in being able to make body parts move. Complex chemical units are converted into simple matter - like waste through the skin, lungs and kidneys.

Anabolism

Also known as constructive metabolism, anabolism caters to storing and building. New cells are then formed and energy is stored for later use. This is then converted to large molecules of protein, carbohydrates and fats.

Now you must have understood what is metabolism and why is it important. There are many reasons that stunt one's ability to lose weight like genetics, problems like hyperthyroidism, type 1 and 2 diabetes and so on. Make a point to check your family history, to gauge whether you have problems that hinder the way your body functions. Consult a doctor now if you're unsure of why multiple diet plans and workouts fail to bear fruit for you.

Foods/Habits That Rev Up Metabolism

As a kid you may have been pestered day in and day out to drink lots of water. Dietitians say that drinking at least 6 - 8 glasses of water a day can improve not only health, but repair other problems like bad skin (oily/dry/acne prone), hair, increase metabolism, regular bowel movements, cleansing of bodily toxins and so on. Follow this regime, and see a considerable change in body mass and structure.

- Eat fruits and vegetables (because of high fiber content), as these are foods that boost metabolism.
- Walk long distances for at least a total of 30 minutes in a day (jog every now and then to boost metabolism, stick to walking if too tiresome).
- Drink green tea (known to contain a considerable amount of calorie burning properties).
- Increase protein intake like fish, white meat (chicken), cereal (fat free).

- Occasionally eat spicy food (throw in some hot spices to boost your metabolic rate).
- Substitute regular coffee with black coffee (avoid using cream, sugar or milk).
- Constantly munch on something healthy like nuts (*small* helpings of peanuts, almonds, groundnuts and cashews - switch to pine nuts, salt free pistachios if you'd like; strictly avoiding wafers/biscuits).
- Make it a habit to opt for the stairs instead of the elevator.
- Avoid starch and sugar carbohydrates like white bread, sugary items, candy, aerated drinks, potatoes (fried/boiled), pasta and so on (try eating these items during the weekends instead of everyday).
- Eat a good breakfast and lunch; go easy on dinner (make sure you eat two hours before you head to bed, to avoid food from sitting overnight in your belly, causing it to bloat).
- Most importantly, avoid starving yourself.

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WHAT ARE VITAMINS?



Vitamins are organic compounds which are needed in small quantities to sustain life. We get vitamins from food, because the human body either does not produce enough of them or none at all. An organic compound contains carbon. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin.

Sometimes the compound is a vitamin for a human but not for some other animals. For example, vitamin C (ascorbic acid) is a vitamin for humans but not for dogs, because dogs can produce (synthesize) enough for their own needs, while humans cannot.

Put simply, a vitamin is both:

- An organic compound (contains carbon).
- An essential nutrient the body cannot produce enough of on its own, so it has to get it (tiny amounts) from food.

There are currently 13 recognized vitamins.

- **Vitamin A**
Chemical names (vitamin) - retinol, retinal, and four carotenoids (including beta carotene).
Fat soluble.
Deficiency may cause night-blindness and keratomalacia (eye disorder that results in a dry cornea)
Good sources - liver, cod liver oil, carrot, broccoli, sweet potato, butter, kale, spinach, pumpkin, collard greens, some cheeses, egg, apricot, cantaloupe melon, milk.

- **Vitamin B₁.**
 Chemical name (vitaminer) - thiamine
 Water soluble.
 Deficiency may cause beriberi, Wernicke-Korsakoffsyndrome
 Good sources - yeast, pork, cereal grains, sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs.
- **Vitamin B₂.**
 Chemical name (vitaminer) - riboflavin
 Water soluble.
 Deficiency may cause ariboflavinosis
 Good sources - asparagus, bananas, persimmons, okra, chard, cottage cheese, milk, yogurt, meat, eggs, fish, and green beans.
- **Vitamin B₃.**
 Chemical names (vitaminer) - niacin, niacinamide Water soluble.
 Deficiency may cause pellagra
 Good sources - liver, heart, kidney, chicken, beef, fish (tuna, salmon), milk, eggs, avocados, dates, tomatoes, leafy vegetables, broccoli, carrots, sweet potatoes, asparagus, nuts, whole grains, legumes, mushrooms, and brewer's yeast.
- **Vitamin B₅.**
 Chemical name (vitaminer) - pantothenic acid
 Water soluble.
 Deficiency may cause paresthesia
 Good sources - meats, whole grains (milling may remove it), broccoli, avocados, royal jelly, fish ovaries.
- **Vitamin B₆.**
 Chemical names (vitaminer) - pyridoxine, pyridoxamine, pyridoxal
 Water soluble.
 Deficiency may cause anemia, peripheral neuropathy
 Good sources - meats, bananas, whole grains, vegetables, and nuts.
 When milk is dried it loses about half of its B₆. Freezing and canning can also reduce content.
- **Vitamin B₇.**
 Chemical name (vitaminer) - biotin
 Water soluble.
 Deficiency may cause dermatitis, enteritis
 Good sources - egg yolk, liver, some vegetables.
- **Vitamin B₉.**
 Chemical names (vitaminer) - folic acid, folinic acid

Water soluble.

Deficiency may cause pregnancy deficiency linked to birth defects

Good sources - leafy vegetables, legumes, liver, baker's yeast, some fortified grain products, sunflower seeds. Several fruits have moderate amounts, as does beer.

- **Vitamin B₁₂.**

Chemical names (vitaminer) - cyanocobalamin, hydroxycobalamin, methylcobalamin

Water soluble.

Deficiency may cause megaloblastic anemia

Good sources - fish, shellfish, meat, poultry, eggs, milk, and dairy products. Some fortified cereals and soy products, as well as fortified nutritional yeast.

- **Vitamin C.**

Chemical names (vitaminer) - ascorbic acid

Water soluble.

Deficiency may cause megaloblastic anemia

Good sources - fruit and vegetables. The Kakadu plum and the camu camu fruit have the highest vitamin C contents of all foods. Liver also has vitamin C.

- **Vitamin D.**

Chemical names (vitaminer) - ergocalciferol, cholecalciferol

Fat soluble.

Deficiency may cause rickets, osteomalacia

Good sources - produced in the skin after exposure to ultraviolet B light from the sun or artificial sources. Found in fatty fish, eggs, beef liver, and mushrooms.

- **Vitamin E.**

Chemical names (vitaminer) - tocopherols, tocotrienols

Fat soluble.

Deficiency is uncommon. May cause mild hemolytic anemia in newborns

Good sources - kiwi fruit, almonds, avocado, eggs, milk, nuts, leafy green vegetables, unheated vegetable oils, wheat germ, and wholegrains.

- **Vitamin K.**

Chemical names (vitaminer) - phyloquinone, menaquinones

Fat soluble.

Deficiency may cause bleeding diathesis

Good sources - leafy green vegetables, avocado, kiwi fruit. Parsley contains a lot of vitamin K.

Fat soluble and water soluble vitamins

There are *fat-soluble* and *water-soluble* vitamins. Fat-soluble vitamins are stored in the fat tissues of our bodies, as well as the liver. Fat-soluble vitamins are easier to store than water-soluble ones, and can stay in the body as reserves for days, some of them for months.

Water-soluble vitamins do not get stored in the body for long - they soon get expelled through urine.

Water-soluble vitamins need to be replaced more often than fat-soluble ones.

Vitamins A, D, E and K are fat-soluble.

Vitamins C and all the B vitamins are water-soluble.

Fat-soluble vitamins are absorbed through the intestinal tract with the help of fats (lipids).

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WHAT ARE MINERALS?



As important as vitamins are, they can do nothing for you without minerals. Vitamins cannot be assimilated without the aid of minerals. Although the body can manufacture a few vitamins, it cannot manufacture a single mineral. All tissue and internal fluids contain varying quantities of minerals. Minerals are constituents of the bones, teeth, soft tissue, muscle, blood, and nerve cells. They are vital to overall mental and physical well-being.

HOW THEY WORK: Minerals act as catalysts for many biological reactions within the body, including, muscle response, the transmission of messages through the nervous system, and the utilization of nutrients in food.

Just like vitamins, minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions — from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat.

Macro and Trace

Whereas vitamins are organic substances (made by plants or animals), minerals are inorganic elements that come from the soil and water and are absorbed by plants or eaten by animals. Your body needs larger amounts of some minerals, such as calcium, to grow and stay healthy. Other minerals like chromium, copper, iodine, iron, selenium, and zinc are called trace minerals because you only need very small amounts of them each day.

The two kinds of minerals are: macrominerals and trace minerals. Macro means "large" in Greek (and your body needs larger amounts of macrominerals than trace minerals). The macromineral group is made up of calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur.

A trace of something means that there is only a little of it. So even though your body needs trace minerals, it needs just a tiny bit of each one. Scientists aren't even sure how much of these minerals you need each day. Trace minerals includes iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium.

Summary Table

The following table (in alphabetical order within categories) includes basic information about some of the major minerals used by the human body.

<u>Mineral</u>	<u>Functions</u>	<u>Sources</u>	<u>Signs of Deficiencies</u>	<u>Signs of Excessive Intake</u>
Macro Minerals:				
Calcium (Ca)	Key constituent of bones and teeth; Essential for vital metabolic processes such as nerve function, muscle contraction, and blood clotting.	Dairy Produce	Deficiency (or insufficient uptake) may lead to: Osteomalacia; Osteoporosis; Rickets; Tetany.	Formation of "stones" in the body, especially the Gall Bladder and the Kidneys.
Iron (Fe)	Essential for transfer of oxygen between tissues in the body;	Blood (e.g. "Black Pudding"); Eggs; Green (leafy) vegetables; Fortified foods (e.g. cereals, white flour); Liver; Meat; Nuts; Offal; Peas; Whole grains.	Deficiency may lead to: Anaemia; Increased susceptibility to infections.	Long-term excessive intake of iron can lead to: Haemochromatosis or Haemosiderosis (involving organ damage), and both of which are rare; Insufficient calcium and magnesium in the body (because these minerals compete with each other for absorption); Increased susceptibility to infectious diseases.
Magnesium (Mg)	Essential for healthy bones; Functioning of muscle & nervous tissue; Needed for functioning of approx. 90 enzymes.	Eggs; Green leafy vegetables; Fish (esp. shellfish); Milk (and dairy products); Nuts; Wholemeal flour.	Deficiency can occur gradually, leading to: Anxiety; Fatigue; Insomnia; Muscular problems; Nausea; Premenstrual problems. The most extreme cases of deficiency may be associated with arrhythmia.	Unusual.
Phosphorous (P)	Constituent of bone tissue; Forms compounds needed for energy conversion reactions (e.g. adenosine	Dairy products; Fruits (most fruits); Meat; Pulses; Vegetables(esp.leafy green).	Insufficient phosphorous may lead to: Anaemia; Demineralization of bones;	Excess phosphorous can interfere with the body's absorption of: calcium, iron, magnesium, and zinc.

	triphosphate - ATP).		Nerve disorders; Respiratory problems; Weakness; Weight Loss.	
Potassium (K)	Main base ion of intracellular fluid; Necessary to maintain electrical potentials of the nervous system - and so functioning of muscle and nerve tissues.	Cereals; Coffee; Fresh Fruits; Meat; Salt-substitutes; Vegetables; Whole-grain flour.	Insufficient potassium in the body may lead to: General muscle paralysis; Metabolic disturbances.	Excessive amounts in the body (whether due to intake or other causes) may lead to: Arrhythmia, and ultimately cardiac arrest ("heart attack"). Metabolic disturbances.
Sodium (Na)	Controls the volume of extracellular fluid in the body; Maintains the acid-alkali (pH) balance in the body; Necessary to maintain electrical potentials of the nervous system - and so functioning of muscle and nerve tissues.	Processed bakery products; Processed foods generally (incl. tinned and cured products); Table Salt	Insufficient sodium in the body may lead to: Low blood pressure; General muscle weakness/paralysis; Mild Fever; Respiratory problems.	Excessive amounts in the body (whether due to intake or other causes) may lead to: Hypernatraemia; De-hydration (especially in babies); Possible long-term effects may include hypertension.

Micro Minerals:

Chromium (Cr)	Involved in the functioning of skeletal muscle.	Cereals; Cheese; Fresh fruit; Meat; Nuts; Wholemeal flour.	Deficiency may lead to: Confusion; Depression; Irritability; Weakness.	
Copper (Cu)	Part of the enzyme copper-zinc superoxide dismutase (CuZn SOD); Also present in other enzymes, including cytochrome oxidase, ascorbic acid oxidase, and tyrosinases; Found in the red blood cells, and in blood plasma;	Cocoa; Liver; Kidney; Oysters; Peas; Raisins.	Insufficient copper has been associated with: changes in hair colour & texture, and hair loss; disturbances to the nervous system; bone diseases. Serious deficiency is rare but can lead to: Menke's syndrome.	
Manganese (Mn)	Antioxidant properties; Fertility; Formation of strong healthy bones, nerves, and muscles; Forms part of the enzyme copper-zinc superoxide dismutase (CuZn SOD) system;	Avocados; Nuts; Pulses; Tea; Vegetables; Whole-grain cereals.	Deficiencies are unusual but may lead to: Bone deformities; Rashes & skin conditions; Reduced hair growth; Retarded growth (in children).	Excessive intake has been associated with brain conditions such as symptoms similar to those resulting from Parkinson's disease.

<p>Selenium (Se)</p>	<p>Antioxidant properties (prevents peroxidation of lipids in the cells); Essential component of the enzyme glutathione peroxidase; Contributes to efficiency of the immune system - very wide variety of protective functions within the body.</p>	<p>Egg yolk; Garlic; Seafood; Whole-grain flour.</p>	<p>Deficiency may lead to: Cardiomyopathy; Kaschin-Beck disease (affects the cartilage at joints).</p>	<p>Excessive intake can lead to selenium poisoning.</p>
<p>Sulphur (S)</p>	<p>Healing build-up of toxic substances in the body; Structural health of the body (sulphur is a part of many amino acids incl. cysteine and methionine); Healthy skin, nails & hair.</p>	<p>Beans; Beef; Cruciferous vegetables (e.g. broccoli); Dairy produce; Meat .</p>	<p>Deficiency of sulphur is unusual.</p>	
<p>Zinc (Zn)</p>	<p>Needed for: Functioning of many (over 200) enzymes; Strong immune system;</p>	<p>Dairy produce; Egg yolk; Liver; Red meat; Seafood; Whole-grain flour.</p>	<p>Deficiency is rare but may lead to: Lesions on the skin, oesophagus and cornea; Retarded growth (of children); Susceptibility to infection.</p>	<p>Excessive intake is not a common problem but especially if zinc supplements are taken over an extended period of time, can reduce the absorption of Copper (so Copper supplements may also be appropriate).</p>

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What is a Calorie?



Calories are a measurement of energy that the body receives from foods and beverages. This energy is what fuels the body, and enables it to function properly. Most people know that in order to lose weight, calorie intake must be reduced and monitored. Some people find an effective weight management tool to be a calorie controlled diet. So what is a calorie controlled diet anyway?

A calorie controlled diet is, simply put, a diet in which calories are counted. The recommended average calorie intake for women is about two thousand calories per day. The recommended average calorie intake for men is about two thousand five hundred calories per day. These guidelines are basic averages and may vary depending on specific dietary needs, and/or activity level. A good rule of thumb to determine how many calories you should be consuming per day is to use one of the calorie multiplier methods. For a daily maintenance diet, multiply your body weight in pounds by fifteen calories (lbs. x 15). For a fat loss diet, multiply your body weight in pounds by twelve calories (lbs. x 12). This is a very easy, efficient way to get a good idea of your daily caloric requirements. Another helpful tip for fat loss is: for every one pound of fat you wish to lose per week, you must reduce your caloric intake by three thousand five hundred calories per week (or five hundred calories per day).

The calorie controlled diet can help you gain a much more realistic view of how many calories you really consume each day. Recent studies have shown that people underestimate the number of daily calories consumed by as much as one thousand when they do not keep track of their diet. To be as honest as possible on the controlled diet, keep track (or keep a log) of everything you eat in a day. At the end of the day, add up the total number of calories and write it down in a journal. When seven days have elapsed, add the total calories for the week, and divide that number by seven. That is your average daily calorie intake.

Aside from being more aware of how many calories you are consuming each day, there are several other advantages of a calorie controlled diet. This diet does not limit your food, and does not keep you from eating your favorites. All

calories are counted, and as long as you do not exceed your daily allotted calories, most foods can be consumed with moderation. Calorie controlled diets are also quite easy to begin and do not interfere with daily life. Finally, a calorie controlled diet helps you maintain a healthy eating program for life. The diet encourages people to make smart food choices which optimizes energy and promotes overall health and well being

How Are Calories Related to Weight Control?

If our energy intake (that is, the calorie-content of the food we eat) exceeds our energy expenditure (that is, the calories we burn while at rest and while moving), our body stores the surplus energy as body fat. Result? We gain weight.

How Many Calories Equals One Pound of Body Fat?

Dietitians usually reckon that 3500 calories is equal to one pound of body fat. Therefore, in order to reduce weight (eg. 1 pound per week), each day we need to consume 500 fewer calories than we burn. During a 7-day period, our calorie deficit will amount to 3500 calories. However, it's not essential to achieve these calorie savings exclusively by eating less. We can also increase our calorie expenditure by exercising more. We might eat 250 fewer calories per day and burn an extra 250 calories in aerobic exercise.

What is a Calorie-Controlled Diet?

A calorie-controlled diet is no more than an eating plan with calculated calorie content. A very-low-calorie diet (or very-low-energy diet, VLED) typically contains about 800 calories per day. It is usually a combination of real food and meal-replacement shakes or bars, and is commonly used under medical supervision by very overweight or obese dieters, with nutritional supplements.

A low-calorie eating plan, generally used as a weight loss diet, usually contains 1200-1600 calories. Low-calorie meal recipes, (eg. Weight Watchers "Smart Ones" or Lean Cuisine) typically average about 400 calories.

High calorie diets, used by athletes and sportspeople who burn very large amounts of energy, may contain up to 10,000 calories.

How Many Calories Do We Need To Eat Each Day?

Our daily calorie requirements depend on a number of factors, including our: gender, age, weight, and level of activity. Very approximate ballpark calorie needs for average sized adults, aged 30, with a sedentary lifestyle, would be

2400 calories (men) or 1800 calories (women). Daily calorie needs for children and teenagers range from 1200 to 2000 calories. For more information about energy requirements, see resources at the top of this page.

What Are Sensible Ways To Reduce Calories In Our Diet?

As a rough guide, the first step to reducing calories is to avoid calorie-dense foods that are high in fat or sugar.

Why avoid these foods? Because these type foods are overly available. And they are too easily eaten. For example, after a main meal we are not typically hungry, yet it's easy to demolish a large helping of rich ice cream, or a creamy dessert. By comparison, it's much more difficult to eat 4-5 large apples. In addition, fat contains more than twice the calories (9 per gram) than carbs or protein (4 per gram), while too much sugar may raise blood-glucose levels too fast and leave you hungry within a couple of hours. Another way to make healthy calorie savings (and still feel full) is to choose high fiber foods, such as vegetables, fruits, beans and whole grains. Foods rich in fiber (soluble or insoluble) take longer to digest and give us a sense of satiety.

Are All Calories Equal?

Although scientifically speaking all calories are equal in energy terms, most dietitians and nutritionists advise us to make calorie savings by choosing nutrient-dense foods (meaning food with a high nutritional content) in preference to empty calorie foods (meaning food which contains calories but little or no nutrition). Nutritious foods include: lean meat, fish, low-fat dairy foods, eggs, beans, whole grains and of course plenty of fruit and veggies. Empty calorie foods include: regular sodas, candy, sweets, cakes and cookies. Paradoxically, some high-calorie foods (eg. oily fish) should be preferred to lower calorie options, because of their omega-3 fat content, which is believed to assist metabolic function rather than lead to weight gain.

What Exercise is Best For Calorie-Burning

In general, aerobic exercise (sustained exercise of the large muscles) such as brisk walking, swimming, jogging, running, and treadmill workouts tend to burn the most calories. However, resistance training (eg. weight training) is essential to build muscle and raise your basic metabolic rate. This is because muscle requires more calories to sustain than fat. So the more muscle we have, the more food we can eat before we gain weight.

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What are Carbohydrates?



With today's high protein - low carbohydrate diets, people are often asking questions like, what are carbohydrates. What is the recommended carbohydrate intake per day?

All carbohydrates are made of the same three compounds: carbon, hydrogen, and oxygen.

The name "carbohydrate" comes from its chemical makeup. "Carbo-" means carbon; "hydrate" means water. Carbohydrates can be consumed in the **simple** (ie. white bread) or the **complex** form (ie. whole grains) to produce energy.

Simple carbs have a simple design.

Simple carbohydrates are the sugars that occur naturally in foods, along with the sugars that we add to foods. They are called "simple" because they have a very simple chemical structure that is easily broken down by the digestive system. Simple carbs tend to get into your bloodstream very quickly to give you energy.

Here is a list of some simple carbohydrate foods:

- * Table sugar
- * Honey
- * Molasses
- * Syrups
- * Soft Drinks

- * Fruit Juice
- * Candy

Interesting Fact: Although white flour is technically a "starch," and not a sugar, refinement causes it to become more like a simple sugar, since it is easily broken down into glucose in your body. This means that when you eat white bread and other products made from white flour, it is more like eating sugar than starch.

Complex carbs are more complicated

Complex carbohydrates are the starches and fibers. Starches are stored by the plants that we eat, and so, come almost exclusively from plant foods. Fibers make up the structures of plants and are classified as *soluble fiber* and *insoluble fiber*. Both types of fiber are essential to a healthy eating lifestyle. Complex carbs have a more complicated chemical structure and are more difficult for your body to digest. Some, such as fibers, are not digested at all.

Here is a list of some foods with complex carbohydrates:

- * Vegetables
- * Whole Fruits
- * Whole Grains
- * Beans
- * Lentils
- * Split peas

Glycemic Index

You may have heard of called the *Glycemic Index*. This is a way of measuring how fast the sugar from carbohydrates will be absorbed into your bloodstream. This issue may be important with regard to weight loss and control of Type II Diabetes, because of its affect on insulin, the hormone produced by your pancreas that allows the glucose to enter the cells and provide energy. Generally, the simpler the carbohydrate, the more swiftly it is broken down and shows up as glucose in your blood.

Are carbohydrates bad for you?

Carbohydrates have gotten a bad reputation in recent years, but, it is safe to say that without them, you will not feel well. It is important for you to know that you can be healthy (and maintain a desirable weight) eating carbohydrates. In fact, you need them for energy, and they also contain many of the other nutrients, such as vitamins, minerals and fiber that your body needs.

Carbohydrate foods are the plant foods that you eat. There are the healthy carbs, such as

Foods from whole grains

- * Breads
- * Rolls
- * Pasta
- * Cereal
- * Bagels
- * Rice

Fruits:

- * Apples
- * Oranges
- * Pears
- * Bananas
- * Grapes
- * Berries
- * Peaches
- * Watermelon
- * Pineapple
- * Kiwi
- * Grapefruit

Vegetables:

- * Lettuce
- * Broccoli
- * Carrots
- * Potatoes
- * Peas
- * Corn
- * Onions
- * Beans
- * Spinach
- * Squash

And there are *less healthy (some would say un-healthy)* choices, such as

- * French fries
- * Doughnuts
- * Chips
- * Pies
- * Cakes

- * Cookies
- * Things made out of all white flour.

It is important that you choose most of your foods from the first list rather than from the second.

In addition to being poor carb foods, the foods in the second list are generally loaded with fat, particularly saturated fat and trans-fats, which have been implicated as bad actors in the rise of heart disease and cancer.

Starchy vs. Non-starchy Vegetables

Within the vegetable group, there is a difference between those with a significant amount of carbohydrates, and those with not much carbs at all.

Starchy vegetables: Carrots, Potatoes, Winter Squash, Corn, Peas, and Sweet Potatoes

Less-starchy vegetables: Broccoli, Lettuce, Spinach, Green Beans, Peppers, and Summer Squash

Although both of these groups offer healthy nutrition, if you are trying to lose weight, choose vegetables from the less starchy group more often than from the starchy group.

Protein, too

Certain plant foods that are mostly carbohydrate foods, will also supply a significant amount of protein.

Lentils, Split peas, Kidney beans, Pinto beans, Black beans, Soybeans, Garbanzo beans, Navy beans, Peanuts, Peanut Butter, Rice, Wheat, Barley, Oats, Peas

When you eat these foods, you are getting the advantages of both a good source of carbohydrates as well as a significant source of protein. Many of them have the added advantage of being high in fiber.

Animal foods with carbs

Dairy products are the one category of animal products that supply significant carbohydrate. Lactose is milk sugar and is found in milk, yogurt, cheese and ice cream. There also is some carbohydrate found in liver, but it is not considered a significant source.

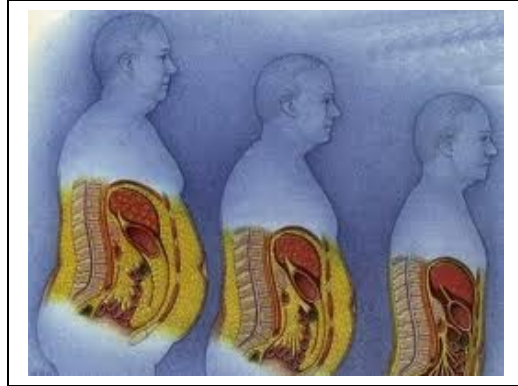
What is a serving of carbohydrate?

The serving size for carbohydrates varies according to type. For the Bread, Cereal, Rice and Pasta Group, a serving would be 1 slice of bread, $\frac{1}{2}$ cup cooked pasta, rice or cereal, 1 small roll, biscuit or muffin, $\frac{1}{2}$ bagel or bun or 3 small crackers.

For vegetables, a serving would be $\frac{1}{2}$ cup cooked or raw or 1 cup leafy greens and for fruits, a serving would be 1 medium for most fruits, 1 melon slice, $\frac{1}{2}$ grapefruit or $\frac{1}{2}$ c. berries or canned fruit. A serving of vegetable or fruit juice is $\frac{3}{4}$ cup.

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What is Fat?



Fat is a nutrient. It is crucial for normal body function and without it we could not live. Not only does fat supply us with energy, it also makes it possible for other nutrients to do their jobs.

Fats, which consist of a wide group of compounds, are usually soluble in organic solvents and insoluble in water. Chemically, fats are usually known as triesters of glycerol and fatty acids (triesters = one of three ester chemical groups).

At room temperature fats may be present in either liquid or solid form, this depends on their structure and composition. We tend to refer to fats which are liquid at room temperature as *oils*. Fats which are solid at room temperature are generally referred to as *fats*. The word *lipids* refers to both solid and liquid forms of fat. Below is a reminder breakdown of their meanings:

- **Oils** - Any fat which exists in liquid form at room temperature. Oils are also any substances that do not mix with water and have a greasy feel.
- **Fats** - All types. However, fats are commonly referred to as those which are solid at room temperature.
- **Lipids** - All types of fats, regardless of whether they are liquid or solid.

Lipids are an important part of the diet of all humans and many types of animals.

Examples of Fats

1. **Animal fats**
Butter, lard, cream, fat in (and on) meats.

2. **Vegetable fats**

Olive oil, peanut oil, flax seed oil, corn oil.

Different categories of fats

1. **Saturated fat**

Saturated fats are totally *saturated*, each molecule of fat is covered in hydrogen atoms. Nutritionists say saturated fats increase health risks if you consume too much over a long period of time. A large intake of saturated fats will eventually raise cholesterol levels, which can lead to cardiovascular disease and possibly stroke.

Where is saturated fat found?

The largest amounts of saturated fats can be found in meat (mammals), meat products, the skin of poultry, dairy products, many processed foods such as cakes, biscuits, pastries and crisps, as well as coconut oil.

2. **Monounsaturated fat**

Monounsaturated fat molecules are not *saturated* with hydrogen atoms - each fat molecule has only the space for one hydrogen atom. Health experts say the impact on health of monounsaturated fats is neutral - they are neither good nor bad for you. Many health professionals, however, do say that they reduce a person's risk of developing heart disease. The Mediterranean diet is full of monounsaturated fats.

Where are monounsaturated fats found?

Olives, ground nut oil, and avocados.

3. **Polyunsaturated fat**

There are a number of spaces around each polyunsaturated fat molecule - they are not *saturated* with hydrogen atoms. Nutritionists say polyunsaturated fat is good for our health, especially those from fish, known as the Omega-3 polyunsaturated fatty acids. Omega-3 polyunsaturated fatty acids protect us from heart disease as they lower blood cholesterol levels. Health care professionals say Omega-3 polyunsaturated fatty acids may also help reduce the symptoms experienced by people who suffer from arthritis, joint problems in general, and some skin diseases.

4. ***Where are polyunsaturated fats found?***

Oily fish (sardines, mackerel, trout, salmon and herring), safflower oil, grapeseed oil, and sunflower oil.

5. **Trans fat**

Trans fats are synthetically made, they do not naturally occur. Trans fats are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. They are also known as *partially hydrogenated oils*.

Trans fats might be monounsaturated or polyunsaturated, they are never saturated. A trans fat is a type of unsaturated fat with trans-isomer fatty acid(s). Therefore, trans fats have fewer hydrogen atoms than saturated fats.

Trans fats are not essential for human life and they most certainly do not promote good health. Consuming trans fats increases your LDL cholesterol level (bad cholesterol) and lowers levels of HDL cholesterol (good cholesterol), which in turn raises your risk of developing coronary heart disease and stroke.

Experts say that trans fats from partially hydrogenated oils are worse for your health than naturally occurring oils.

Trans fats have become popular because food companies find them easy to use and cheap to produce. They also last a long time and can give food a nice taste. As trans fats can be used many times in commercial friers they are commonly used in fast food outlets and restaurants. Several cities around the world are trying to stop outlets from using trans fats.

Where are trans fats commonly found?

- Fried foods, such as French fries
- Doughnuts
- Pies, pastries, biscuits, pizza dough, cookies, crackers, stick margarines, shortenings, and many other baked foods

If the nutritional labeling includes *partially hydrogenated oils*, it means that food has trans fats. The American Heart Association says your consumption of trans fats should not exceed 1% of your total calorie intake.

The Atkins diet says that saturated fat is overrated as a bad fat. The

Atkins diet adds that trans fats are much more important in developing vascular disease.

How much fat should I eat?

According to the *Dietary Guidelines for American 2005*, the following percentages are recommended:

- Children aged 2 to 3 - total fat limited to 30%-35% of total calorie intake
- Children aged 4 to 18 - total fat limited to 25%-35% of total calorie intake
- Adults aged 19 and older - total fat limited to 20%-35% of total calorie intake

Dr. Barry Sears, who created the Zone Diet, says an average adult should consume 30% fat, 30% protein and 40% carbohydrate - he stresses that the types of fats are important, favoring the omega-3 oils and vegetable oils.

Over the last 50 years the percentage of people in most countries who are overweight has increased significantly. This is due to many factors, but NOT because people's fat intake has increased. Over the last five decades the consumption of carbohydrates as a percentage of total calorie consumption has increased dramatically - not fat consumption. Fat consumption does not make your body produce more insulin; carbohydrates do that. The more insulin your produce the more energy your body will store away as fat. When deciding how much fat to consume, remember that the answer is not simple - there are many types of fats, carbohydrates and proteins.

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WHAT IS SODIUM?



Sodium is a mineral. The main dietary source of sodium is common table salt (sodium chloride), which is 40% sodium and 60% chloride, but regular unprocessed foods contain natural sodium as well. Meat, fish, poultry, eggs, milk and cheese all contribute sodium.

How Much Sodium Should I Have?

The Dietary Guidelines for healthy American adults recommends limiting dietary intake to less than 2400 milligrams (mg) per day. The human body needs very minute amounts of sodium to function normally. We need about 250 mg of sodium each day, which is easily supplied by natural, unprocessed foods; however, the average American consumes approximately 4000 to 6000 mg per day. In Asian diets, the sodium intake can climb to over 8000 mg per day.

1 teaspoon of salt contains about 2400 mg of sodium

What is the Risk of Eating Too Much Sodium?

High sodium intake is linked to high blood pressure. For some people, high sodium diets can also cause fluid retention and swelling in the feet and hands.

What Foods are High in Sodium?

The foods highest in sodium are processed and packaged foods. Salt-based seasonings are also big sodium contributors. For example:

How Can I Reduce My Sodium Intake?

- * Don't add salt during cooking or at the table.
- * Choose fresh, unprocessed foods.
- * Choose frozen and canned foods without added salt.

- * Look for "Low Sodium" or "Unsalted" on package labels.
- * Read the nutrition facts of the food label for the milligrams of sodium. (140 mg or less = low sodium)
- * Ask for restaurant meals to be prepared without salt.
- * Limit trips to fast food restaurants.

How Can I Season My Food?

- * Herbs and spices
- * Sea salt
- * Fresh or powdered garlic and onions
- * Fresh lemon or lime juice
- * Ginger or fresh ground horseradish
- * Pepper
- * Flavored vinegar
- * Salt-free seasoning mixes

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WHAT IS CHOLESTEROL?



Cholesterol is a waxy, fat-like substance that is made in the body by the liver. Cholesterol forms part of every cell in the body and serves many vital functions. Our bodies need cholesterol to:

- Maintain healthy cell walls
- Make hormones (the body's chemical messengers)
- Make vitamin D
- Make bile acids, which aid in fat digestion

Sometimes, however, our bodies make more cholesterol than we really need, and this excess cholesterol circulates in the bloodstream. High levels of cholesterol in the blood can clog blood vessels and increase the risk for heart disease and stroke.

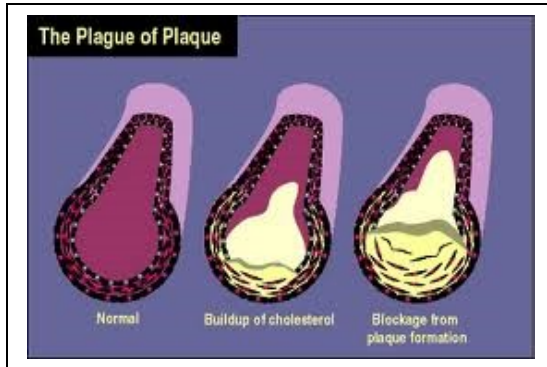
- Our bodies can make too much cholesterol when we eat too much saturated fat - the kind of fat found in animal-based foods such as meat and dairy products.
- In addition to making cholesterol, we also get a small percentage of our body's cholesterol from the foods we eat. Only animal-based foods such as meat, eggs, and dairy products contain cholesterol. Plant foods such as fruits, vegetables, and grains do not contain cholesterol.

The Different Types Of Cholesterol

There are different types of cholesterol - and not all cholesterol is harmful.

- Low-density lipoprotein (or LDL) cholesterol is a bad type of cholesterol that is most likely to clog blood vessels, increasing your risk for heart disease.
- High-density lipoprotein (or HDL) cholesterol is a good type of cholesterol. HDL cholesterol helps clear the LDL cholesterol out of the blood and reduces your risk for heart disease.

Facts About Cholesterol



- More than one-half of American adults have blood cholesterol levels that are too high.
- Lowering your cholesterol level has a double payback: For every one percent you lower your blood cholesterol level, you reduce your risk for heart disease by two percent.
- Even if you already have heart disease, lowering your cholesterol levels will significantly reduce your risk for death and disability.
- As blood cholesterol exceeds 220 ml/dl (milligrams per deciliter, which are the units in which blood cholesterol is measured in the United States), risk for heart disease increases at a more rapid rate.
- All adults should have their blood cholesterol level measured at least once every five years.
- The liver makes most of the cholesterol in our bodies-only a small percentage comes from food. But the more saturated fat we eat, the more cholesterol our bodies make.
- Most people can bring down their blood cholesterol levels without medication by changing the way they eat and by becoming more active.
- Only animal foods contain cholesterol; plant foods do not contain cholesterol.
- A medium egg contains about 213 milligrams of cholesterol, a three-ounce portion of lean red meat or skinless chicken contains about 90 milligrams of cholesterol, and a three-ounce portion of fish contains about 50 milligrams of cholesterol.

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What Is

Fiber

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables



Dietary fiber is a complex carbohydrate and is the part of the plant material that cannot be digested and absorbed in the bloodstream. Soluble fiber may help with weight loss as it makes you feel full longer, and research has shown it also may help lower blood cholesterol. Good sources of soluble fiber include oatmeal, oat bran, barley, dried beans and legumes, and citrus fruits. Insoluble fiber tends to speed up the passage of material through the digestive tract and reduce the risk of colon cancer. Good sources of insoluble fiber include wheat bran, whole grain cereals, and fruit and vegetable skins.

Definitions of Dietary Fiber

- Dietary Fiber refers to nondigestible food plant carbohydrates and lignin.
- Added Fiber refers to fiber added to foods during food processing.
- Total Fiber is the sum of Dietary Fiber and Added Fiber

What Are the Health Benefits of Fiber?

The health benefits of fiber are well documented in reducing the risk of certain diseases. Fiber is linked to reduced risk of cancer, especially colon and breast cancer, and fiber may help lower LDL cholesterol (bad cholesterol) and total cholesterol levels, which have an impact on the risk reduction of heart disease. Fiber also can help in the management of diabetes by reducing blood sugar.

How Much Is Enough?

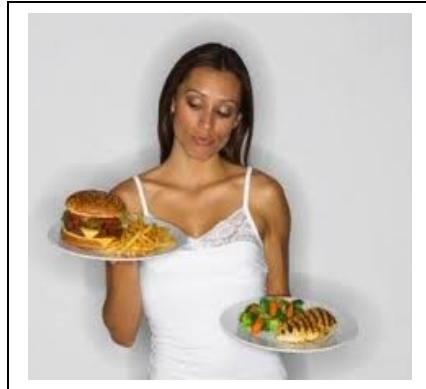
Experts recommend healthy adults eat 20 to 35 grams of dietary fiber per day. You can meet this goal by eating a well-balanced diet containing a variety of foods, such as two servings of fruits, three servings of vegetables, and three or more servings of whole grain bread, cereal, pasta or crackers.

Top 10 Ways to Add Fiber to Your Diet

1. Start the day off with a bowl of your favorite, delicious high-fiber cereal, such as frosted shredded wheat or whole grain raisin bran.
2. Put fruits, such as berries, raisins, or bananas, on your cereal to increase your fiber intake by about 1 to 2 grams.
3. Combine the great taste of both whole grain and enriched grain breads in your family's diet. For example, introduce whole grain taste to the family by using one slice of white bread and one slice of 100% whole wheat bread when making sandwiches.
4. Next time you are making any type of pasta, instead of using traditional pasta, choose whole wheat pasta. Even macaroni and cheese lovers can use whole wheat macaroni.
5. Substitute wheat bran for one-third of the all-purpose flour when making pancakes, waffles, muffins, or any other flour-based food.
6. When you feel the urge to start snacking, reach for a delicious muffin, pretzels, or baked pita chips instead of a candy bar.
7. If rice is what you crave, then steer toward brown rice, which offers increased amounts of dietary fiber, iron, and many B vitamins. Plus, it tastes exquisite.
8. Believe it or not, popcorn can be a healthy snack for you and your children. Just don't use too much butter or salt on this whole-grain treat.
9. A great substitute for desserts is a bowl of fruit (especially raspberries, strawberries, and blueberries). Try whole wheat bread pudding with fruit, or perhaps a treat as tasty as a whole grain muffin strikes your fancy.
10. Leave the skins on fruits and vegetables such as pears, apples, peaches, and even potatoes, as opposed to peeling them off. Most of the fiber is in the skin, which will help the digestive tract and may prevent colon cancer.

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THE THREE BASIC CHANGES



There are many nutritional changes you need to make. However, we found that these three basic changes to your diet are undoubtedly the most effective and critical to prevent the top three killers in America.

1. Removing the **BAD FATS** – Replacing them with **GOOD** or **GOD FATS**.

- Bad fats such as hydrogenated and partially hydrogenated oils, trans fats, and rancid vegetable oils are linked to cellular congestion leading to cancer, chronic fatigue, and neurotoxic syndrome.
- Bad fats are also linked to chronic inflammation which is the key to 21st century medicine. Heart disease, stroke, cancer, diabetes etc. are the leading cause of death in the United States and inflammation is at the root.
- Good fats are the most lacking nutrient in the Standard American Diet (SAD), not vitamins and minerals.
- Good fats are essential to hormone production, cancer prevention, brain development, weight loss, cellular healing, and anti-inflammation.

2. Change the **MEATS** that you **EAT**.

- There are hundreds of studies that link commercial meats with cancer and heart disease.
- Grain fed to animals created to eat grass changes fatty acid ratios and denatures good fats, leading to modern day disease.
- The bioaccumulation of commercial pesticides, herbicides, antibiotics, and hormones in meats are far higher than what you receive from commercial vegetables. This leads to many cancers and chronic illness.
- Grass fed and free range meats offer many fatty acids missing in the Standard American Diet (SAD) such as: arachidonic acid, congeged-

linoleic acid (CLA), and the proper ratio of Omega 6 and Omega 3 fatty acids.

3. Remove ALL Processed grains and Refined SUGARS from your Diet.

YES: This includes white rice, white pasta, and white bread. These are processed grains that are sugar raise glucose and insulin the same as sucrose, fructose

To identify acceptable grains, the word "whole, stone ground or sprouted" must be before the word "wheat" or whatever the grain's name. For example, if it doesn't say the words "whole wheat", it is processed. Wheat flour is not a whole grain and is thus disease causing to your body.

- One-third of sugar consumption comes from soft drinks, while two-thirds of our sugar intake comes from hidden sources including: lunch meats, pizza, sauces, breads, soups, crackers, fruit drinks, canned foods, yogurt, ketchup, mayonnaise, etc.
- High glycemic or refined sugars cause elevated glucose, which elevates insulin leading to premature aging and degenerative diseases such as type II diabetes, heart disease (inflammation of the arteries), and cancer.
- Sugar is an anti-nutrient offering insignificant amounts of vitamins and minerals and robbing your body of precious nutrient stores. This inevitably leads to diseases of the new millennium such as chronic fatigue, ADD, ADHD, heart disease, diabetes, and cancers.
- Remember refined sugars unnaturally spiking and elevation of insulin and leptin. Prolonged spiking/elevation of insulin and leptin lead to insulin and leptin resistance. Insulin and leptin resistance cause diabetes and weight loss resistance or the inability to burn fat for energy, respectively.

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The Best Way to Change Bad Eating Habits



The best way to change your bad eating habits is to do it very slowly. If you try to change everything all at once, it will seem too hard to maintain. Try changing one thing at a time.

For example, perhaps you like a morning cappuccino. Decide to stop drinking your morning cappuccino and drink bottled water instead. Don't change anything else about your eating habits until you feel totally comfortable about that dietary change.

Then move on to something else, like healthy snacks. Instead of that chocolate energy bar, pack a piece of fruit and a small tub of yogurt. Essentially fruit is nature's snack food, it's also cheaper.

Once you're comfortable with this change, and then move onto something else. You get the picture. When you've got your diet sorted out, then you can move on to getting some exercise into your lifestyle.

So it doesn't have to be an abrupt change you just need to understand more about what you are eating and what the energy value is and the nutrient value of the foods you are consuming, and make slow but sure changes to your lifestyle.

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[The Keto Diet Program](#)

*The Number #1
Honest and All Natural
Diet & Nutrition Program
on the Internet*



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Fast Food Quick Reference Guide

This is a handy resource to check the calories, fat, and sodium levels for some of the most popular food franchises in the U.S.

This is only intended as a general guide for you to have an ideal of the choices that you are making when you eat out and order things like a Big Mac, Pan Pizza, etc.

It can definitely be subject to change as companies may make changes to their recipes, add new menu items, etc.

Most all of these franchises also will have their most current charts posted somewhere near the counter at dining locations.

Fast Food Restaurant	Type	French Fries (Large) Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Regular	170	570	30	6	8	70	330
Burger King	Regular	160	500	28	6	6	57	820
Burger King	Salt Not Added	160	500	28	6	6	57	530
Wendy's	Regular	Unknown	540	26	4	1	69	550
Arby's	Homestyle	213	566	37	7	1	82	1029
Arby's	Curly	198	631	37	7	1	73	1476
Hardee's	Regular	193	610	28	6	Unknown	78	370
Hardee's	Crispy Curly	153	480	23	6	Unknown	60	1190
A&W	Regular	156	430	18	4.5	5.5	61	640
A&W	Chili	170	370	16	4.5	6	49	780
A&W	Cheese	170	380	19	5	4	50	870
A&W	Chili Cheese	198	400	19	5	4	51	990
In-N-Out Burger**	Regular**	125**	400**	18**	5**	0**	54**	245**
Jack In The Box	Natural Cut	236	640	33	8	10	77	1180
Jack In The Box	Seasoned Curly	170	550	31	6	10	60	1200
White Castle	Regular	244	700	34	6	11	89	560
Sonic	Regular	98	280	11	2	0	42	135
Sonic	Cheese	125	380	19	7	0	44	600

Fast Food Restaurant	Type	French Fries (Large) Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Sonic	Chili/Cheese	186	450	25	9	0.5	48	610
Dairy Queen	Regular	280	730	33	6	5	100	1530
KFC*	Potato Wedges*	102*	260*	13*	2.5*	0*	33*	740*
Carl's Jr.	Regular	198	620	29	6	Unknown	80	380
Popeyes**	Regular**	88**	310**	17**	7**	1**	35**	660**
Del Taco	Regular	198	490	32	5	Unknown	47	380

* KFC does not have any "french fries." They do have "potato wedges" which is somewhat close, so I included this information above for comparison purposes. However, I did not take it into account when showing the best/worst since they are technically not "french fries."

** In-N-Out Burger and Popeyes had one item listed as just "French Fries." No actual size (large, small, etc.) was given. Therefore, they were also not taken into account when showing the best/worst french fries.

- **Best: Sonic (regular)**

Sonic's basic french fries are my pick for the best of this comparison. It's not hard to see why either. Due to having the smallest serving size of all of the other fast food restaurants, their large fries ended up being the lowest in every single one of the compared nutrition facts. Not to mention, with 0 grams of trans fat, it was one of just two large french fries that contained 0 grams. The other? Another one from Sonic... this time their cheese fries.

- **Worst: Dairy Queen (regular) & White Castle (regular)**

It was hard to pick an official worst choice here, as there was a lot of trans fat being thrown around. In the end, I went with Dairy Queen's basic fries for being the highest in calories (seriously, 730 calorie fries? Yikes.) and sodium. White Castle's basic fries were also picked here not so much for calories (although at 700, it was right up there in second place) but because of it containing more trans fat (11 evil grams) than any of the others. Of all of the items being compared in this entire comparison, french fries are easily one of the worst all around trans fat offenders.

- **Notes:** For this comparison, I tried to use each fast food restaurant's "Large" french fries. In two cases however, there was no "large" version. So, I instead used whatever that restaurant's largest size was. For White Castle it was "Sack," and for Del Taco it was "Medium."

Hamburgers Compared								
Fast Food Restaurant	Type	Serving	Calories	Total Saturated		Trans	Carbs	Sodium
		Size (g)		Fat (g)	Fat (g)	Fat (g)		
McDonald's	Regular	100	250	9	3.5	0.5	31	520
Burger King	Regular	121	290	12	4.5	0	30	560
Wendy's	Jr. Hamburger	Unknown	230	8	3	0	26	500
Hardee's	Regular	118	310	12	4	Unknown	36	560
Carl's Jr	Big Hamburger	209	470	17	6	Unknown	54	1060
Sonic	Jr. Burger	117	310	15	5	0.5	30	610
White Castle	Regular	58	140	7	2.5	0.5	14	210
Dairy Queen	Homestyle Burger	140	350	14	7	0.5	33	400
Jack in the Box	Regular	118	310	14	6	1	30	600
In-N-Out Burger	Regular	243	390	19	5	0	39	650

- Best: White Castle (regular) & Wendy's (Jr. Hamburger)**
 This one should come as no surprise to anyone who has ever seen a White Castle hamburger. They are tiny. And, when it comes to making the least-bad fast food choice, tiny = good. Due to the below average serving size, all but one of its nutrition facts were the lowest in this comparison. The one that wasn't? Trans fat. You'd think with a burger that size they would be able to pull off 0 trans fat per serving. Apparently not. Wendy's Jr. Hamburger on the other hand does pull it off, and combined with being the second lowest in nearly all of the other nutrition facts, they certainly end up as one of the better basic fast food hamburgers.
- Worst: Carl's Jr (Big Hamburger)**
 While the nutrition facts of each fast food restaurant's most basic hamburger were somewhat similar in some cases, the "Big Hamburger" from Carl's Jr is my pick for the worst in this comparison simply based on being the highest in calories and sodium.
- Notes:** For this comparison I used each restaurant's most basic hamburger. If the restaurant did not have anything simply called "Hamburger," I went with their next most similar and comparable product instead. For Wendy's, I used their "Jr. Hamburger." For Carl's Jr, I used their "Big Hamburger." For Sonic I used their "Jr. Burger." And for Dairy Queen, I used their "Homestyle Burger."

		Sandwiches/Hamburgers Compared						
Fast Food Restaurant	Type	Serving	Calories	Total Saturated		Trans Fat	Carbs	Sodium
		Size (g)		Fat (g)	Fat (g)			
McDonald's	Quarter Pounder	169	410	19	7	1	37	730
McDonald's	Quarter Pounder (cheese)	198	510	26	12	1.5	40	1190
McDonald's	Double Quarter Pounder (cheese)	279	740	42	19	2.5	40	1380
McDonald's	Big Mac	214	540	29	10	1.5	43	1040
McDonald's	Double Cheeseburger	165	440	23	11	1.5	34	1150
McDonald's	Big N' Tasty	206	460	24	8	1.5	37	720
McDonald's	Big N' Tasty (cheese)	220	510	28	11	1.5	38	960
Burger King	Whopper	290	670	39	11	1.5	51	1020
Burger King	Whopper (cheese)	315	760	47	16	1.5	52	1450
Burger King	Double Whopper	373	900	57	19	2	51	1090
Burger King	Double Whopper (cheese)	398	990	64	24	2.5	52	1520
Burger King	Triple Whopper	456	1130	74	27	3	51	1160
Burger King	Triple Whopper (cheese)	480	1230	82	32	3.5	52	1590
Burger King	Whopper Jr.	158	370	21	6	0.5	31	570
Burger King	Whopper Jr. (cheese)	170	410	24	8	1	32	780
Burger King	Double Hamburger	164	410	21	9	1	30	600
Burger King	Double Stacker	190	610	39	16	1.5	32	1100
Burger King	Triple Stacker	250	800	54	23	2	33	1450
Burger King	Quad Stacker	311	1000	68	30	3	34	1800

Fast Food Restaurant	Type	Sandwiches/Hamburgers Compared								
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)		
King	Burger	Double	189	500	29	14	1.5	31	1030	
King	Burger	Cheeseburger	Unknown	430	20	7	1	37	900	
Wendy's	Burger	Single	Unknown	700	40	16	2.5	38	1500	
Wendy's	Burger	Double (cheese)	Unknown	980	59	25	3.5	38	2090	
Wendy's	Burger	Triple (cheese)	Unknown	830	51	22	2.5	35	1920	
Wendy's	Burger	Baconator	Unknown	349	910	64	21	Unknown	53	1560
Hardee's	Burger	Thickburger	254	680	39	19	Unknown	52	1450	
Hardee's	Burger	Cheeseburger	276	720	42	21	Unknown	48	1570	
Hardee's	Burger	Mushroom N' Swiss	334	910	64	24	Unknown	50	1550	
Hardee's	Burger	Thickburger	245	420	32	12	Unknown	5	1010	
Hardee's	Burger	Bacon Cheese Thickburger	412	1060	73	28	Unknown	58	1950	
Hardee's	Burger	Low Carb Thickburger	381	1030	77	28	Unknown	42	1910	
Hardee's	Burger	Six Dollar Burger	471	1250	90	35	Unknown	54	2160	
Hardee's	Burger	Grilled Sourdough Thickburger	463	1300	97	38	Unknown	50	2200	
Hardee's	Burger	Double Thickburger	413	1420	108	43	Unknown	46	2770	
Hardee's	Burger	Double Bacon Cheese Thickburger	186	510	26	5	Unknown	38	1120	
Hardee's	Burger	Monster Thickburger	161	420	19	5	Unknown	37	670	
Hardee's	Burger	Double Cheeseburger	288	720	42	15	4	46	1390	
A&W	Burger	Papa Burger	303	800	48	17	4	47	1610	
A&W	Burger	Bacon Double Cheeseburger	288	720	42	15	4	46	1370	
A&W	Burger	Double Cheeseburger	223	570	33	10	3.5	41	1200	
A&W	Burger	Bacon Cheeseburger								

Fast Food Restaurant	Type	Sandwiches/Hamburgers Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
In-N-Out Burger	Double-Double	330	670	41	18	1	39	1440
Jack in the Box	Bacon Ultimate Cheeseburger	338	1090	77	30	3	53	2040
Jack in the Box	Bacon n' Cheese Ciabatta Burger	395	1120	76	28	3	66	1670
Jack in the Box	Jumbo Jack	261	600	35	12	1.5	51	940
Jack in the Box	Jumbo Jack (cheese)	286	690	42	16	1.5	54	1310
Jack in the Box	Junior Bacon Cheeseburger	131	430	25	9	1	30	820
Jack in the Box	Single Bacon n' Cheese Ciabatta Burger	308	870	54	18	1.5	66	1550
Jack in the Box	Sirloin Cheeseburger	421	1070	71	25	1.5	61	1850
Jack in the Box	Sirloin Bacon n' Cheese Burger	422	1120	73	24	2.5	63	2620
Jack in the Box	Sourdough Jack	245	710	51	18	3	36	1230
Jack in the Box	Sourdough Ultimate Cheeseburger	291	950	73	29	4.5	36	1360
Jack in the Box	Ultimate Cheeseburger	323	1010	71	28	3	53	1580
White Castle	Bacon Cheeseburger	71	200	11	5	1	15	480
White Castle	Double White Castle	104	250	13	5	1	22	340
White Castle	Double Cheeseburger	118	300	17	8	1.5	23	590
White Castle	Double Jalapeno Cheeseburger	122	320	19	9	1.5	23	680

Fast Food Restaurant	Type	Sandwiches/Hamburgers Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
White Castle	Double Bacon Cheeseburger	130	370	22	10	1.5	23	880
Sonic	Bacon Cheeseburger	279	780	48	16	1.5	57	1300
Sonic	SuperSonic Cheeseburger (mayo)	343	980	64	24	2.5	58	1430
Sonic	Sonic Burger (mayo)	248	650	37	10	1	55	720
Sonic	Sonic Cheeseburger (mayo)	266	720	42	14	1.5	56	1040
Sonic	Dixie Burger	255	660	37	10	1	55	810
Sonic	Dixie Cheeseburger	273	720	42	14	1.5	56	1120
Sonic	California Cheeseburger	266	690	39	13	1.5	57	1060
Sonic	SuperSonic Jalapeno Cheeseburger	313	890	53	22	2.5	56	1600
Sonic	Thousand Island Cheeseburger	266	680	38	13	1.5	58	1130
Sonic	Jalapeno Cheeseburger	215	610	31	12	1.5	53	930
Sonic	Jalapeno Burger	197	550	26	9	1	52	610
Sonic	Green Chili Cheeseburger	287	630	31	12	1.5	56	1070
Sonic	Chili Cheeseburger	226	660	35	14	1.5	56	990
Sonic	Hickory Cheeseburger	236	640	31	12	1.5	61	1170
Sonic	Jr. Double Cheeseburger	190	570	35	16	1.5	33	1290
Dairy Queen	Homestyle Double Cheeseburger	226	640	34	18	1	34	950
Dairy Queen	Homestyle Bacon Double	245	730	41	21	1	35	1270

Fast Food Restaurant	Type	Sandwiches/Hamburgers Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
	Cheeseburger							
Dairy Queen	Ultimate Burger	259	780	48	22	1.5	33	1110
Dairy Queen	1/4 lb FlameThrower GrillBurger	245	780	54	14	3	41	1490
Dairy Queen	1/2 lb FlameThrower GrillBurger	344	1030	73	23	4	41	2020
Dairy Queen	Classic GrillBurger	212	470	23	7	2.5	42	1020
Dairy Queen	Classic GrillBurger (cheese)	231	560	30	11	2.5	42	1160
Dairy Queen	1/2 lb GrillBurger	297	670	37	12	3.5	42	1310
Dairy Queen	1/2 lb GrillBurger (cheese)	330	820	49	19	3.5	47	1510
Dairy Queen	Bacon Cheddar GrillBurger	229	650	37	13	2.5	41	1480
Dairy Queen	Mushroom Swiss GrillBurger	210	630	40	11	3	39	950
Carl's Jr.	Six Dollar Burger	430	1010	68	27	Unknown	60	1980
Carl's Jr.	Western Bacon Six Dollar Burger	382	1130	66	28	Unknown	83	2540
Carl's Jr.	Bacon Cheese Six Dollar Burger	409	1070	76	30	Unknown	50	1910
Carl's Jr.	Double Six Dollar Burger	602	1520	111	47	Unknown	60	2760
Carl's Jr.	Low Carb Six Dollar Burger	267	490	37	15	Unknown	6	1290
Carl's Jr.	Famous Star (cheese)	278	660	39	12	Unknown	53	1260
Carl's Jr.	Super Star	385	930	59	21	Unknown	54	1600

Fast Food Restaurant	Type	Sandwiches/Hamburgers Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Carl's Jr.	(cheese) Philly Cheesesteak Burger	297	830	55	17	Unknown	52	1510
Carl's Jr.	Western Bacon Cheeseburger	241	710	33	12	Unknown	70	1480
Carl's Jr.	Double Western Bacon Cheeseburger	323	970	52	21	Unknown	71	1820
Carl's Jr.	Jalapeno Burger	286	720	45	8	Unknown	50	1320
Del Taco	Double Del Cheeseburger	202	560	35	12	Unknown	35	960
Del Taco	Bacon Double Del Cheeseburger	212	610	39	14	Unknown	35	1130

- Best: Burger King (Whopper Jr.) & White Castle (Bacon Cheeseburger)**
 Just like in the "basic" hamburger comparison, White Castle ends up looking like one of the better "advanced" hamburgers due to being relatively small compared to other fast food restaurant's versions. And, this translates into it being the lowest in most of the nutrition facts shown. Burger King's Whopper Jr. on the other hand is my other pick for a couple of reasons, the first obviously being that it contains the least trans fat out of all of the other similar items compared. Also, at just 370 calories, 6 grams of saturated fat, and 570mg of sodium, it also ranks as one of the lowest in many of the other important areas.
- Worst: Carl's Jr. (Double Six Dollar Burger) & Too Many Others**
 Are you ready for this one? The Double Six Dollar Burger from Carl's Jr. contains an insane 1520 calories. That's not a typo. One sandwich contains more calories than some smaller females need... PER DAY. The 111 grams of fat isn't a typo either. That's more fat in one sandwich than most average sized men need per day. Carl's Jr. unfortunately does not provide the trans fat content of their foods, as I for one would have loved to have seen that number as well. Too bad. I wanted to make a second "worst" pick, but there was just too many to choose from. Obviously anything with any trans fat could make it, as well as the items with a ton of saturated fat. And calories... ha! For starters, how about anything with over 700 calories? Or 800? Or maybe 900? How about the nearly 20 items with over 1000 calories? Yikes.
- Notes:** For this comparison I used each fast food restaurant's more "advanced" sandwiches/hamburgers. The previous comparison used only the most basic and

simple hamburger (1 patty, nothing fancy). This comparison basically compares all of the other hamburger type items that exist. As you can tell, there were a lot of them.

Fast Food Restaurant	Type	Chicken (Individual Pieces) Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Chicken McNuggets (6pc)	96	250	15	3	1.5	15	670
McDonald's	Chicken Selects Premium Strips (5pc)	221	630	33	6	4.5	46	1550
Burger King	Chicken Tenders (6pc)	92	250	15	3.5	2.5	16	720
Burger King	Chicken Fries (6pc)	85	260	15	3.5	3	18	650
Wendy's	Chicken Nuggets (5pc)	Unknown	230	15	3	0	12	520
Arby's	Chicken Tenders (5pc)	218	630	31	5	0	47	1977
Arby's	Popcorn Chicken (large)	184	531	26	6	1	39	1666
Hardee's	Chicken Strips (5pc)	241	630	34	6	Unknown	45	2260
Dairy Queen	Chicken Strip Basket (6pc)	531	1270	67	11	12	121	2910
KFC	Popcorn Chicken (large)	160	550	35	6	0	30	1600
Carl's Jr.	Chicken Breast Strips (5pc)	215	710	41	6	Unknown	46	2020
White Castle	Chicken Rings (6pc)	110	340	23	4.5	4	15	670

- **Best: Wendy's Chicken Nuggets (5pc)**

This one was as easy to pick as can be. The 5 piece chicken nuggets from Wendy's are, as far as fast food goes, fantastic! From its 0 grams of trans fat, to its

only 230 calories, these chicken nuggets have it all. The significantly less saturated fat and sodium are great, too. Nice job, Wendy's.

- Worst: Dairy Queen Chicken Strip Basket (6pc)**
 And I thought picking the best item in this comparison was easy. HA! The worst was actually ten times easier. Dairy Queen has somehow managed to turn a 6 piece order of chicken strips into a 1270 calorie meal, more than 1000 calories higher than this category's "best" pick. They then top it off with 12 evil grams of trans fat, and 2910mg of sodium. I do realize that their serving size is larger than that of the other items, but it doesn't change the fact that people can walk into a Dairy Queen and walk out with this craziness as their 6 piece order of chicken strips.
- Notes:** For this comparison I used each fast food restaurant's version of individual pieces of chicken. This includes nuggets, tenders, rings, popcorn, strips and basically any chicken item that wasn't a sandwich or an actual part of the chicken (such as a whole breast). I also wanted to keep the serving sizes as similar as possible, so I limited this to 5-6 piece items, or, when no amount was given, a "large." Some restaurants only had 2-4 piece items. These items were therefore not included in the above comparison.

Fast Food Restaurant	Type	Chicken Sandwiches Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	McChicken	147	360	16	3.5	1	40	790
McDonald's	Premium Grilled Chicken Classic	226	420	10	2	0	51	1190
McDonald's	Premium Crispy Chicken Classic	229	500	17	3.5	1.5	61	1330
McDonald's	Premium Grilled Chicken Club	260	570	21	7	0	52	1720
McDonald's	Premium Crispy Chicken Club	263	660	28	8	1.5	63	1860
Burger King	TENDERGRILL (with mayo)	258	510	19	3.5	0.5	49	1180
Burger King	TENDERCRISP	284	790	44	8	4	68	1640
Burger King	Original	219	660	40	8	2.5	52	1440
Burger King	Chick'n Crisp (with mayo)	144	480	31	5	2	36	870
Wendy's	Ultimate	Unknown	320	7	1.5	0	36	950

Chicken Sandwiches Compared

Fast Food Restaurant	Type	Chicken Sandwiches Compared						
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Wendy's	Chicken Grill Spicy Chicken Fillet	Unknown	440	16	2.5	0	46	1320
Wendy's	Homestyle Chicken Fillet	Unknown	430	16	2.5	0	48	1140
Wendy's	Chicken Club	Unknown	540	25	7	0.5	49	1410
Wendy's	Crispy	Unknown	320	14	2.5	0	34	660
Arby's	Crispy Fillet	238	526	30	5	0	50	901
Arby's	Grilled Fillet	233	414	17	3	0	36	913
Hardee's	Charbroiled Club	277	560	30	8	Unknown	32	1430
Hardee's	Charbroiled BBQ	242	340	4	1	Unknown	40	1070
Hardee's	Low Carb Charbroiled Club	250	370	21	7	Unknown	10	1170
Hardee's	Big Fillet	351	800	37	6	Unknown	76	1890
Hardee's	Spicy	159	470	25	5	Unknown	46	1220
A&W	Grilled	213	440	19	3.5	3	34	860
A&W	Crispy	219	590	29	4.5	4.5	54	1170
Jack In The Box	Regular	145	400	21	4.5	2.5	38	730
Jack In The Box	Jack's Spicy	270	620	31	6	3	61	1100
Jack In The Box	Sourdough Grilled	266	530	28	7	2	34	1430
White Castle	Breast (with cheese)	82	200	8	2.5	1.5	21	720
White Castle	Supreme	88	230	10	3.5	1.5	21	860
Sonic	Club Toaster	257	740	46	11	0.5	55	1740
Dairy Queen	Crispy	198	540	29	5	2.5	47	700
Dairy Queen	Grilled	177	350	16	2.5	0	49	780
KFC	Snacker	119	290	13	2.5	0	29	680
KFC	Honey BBQ Snacker	101	210	3	0.5	0	32	530
KFC	Double Crunch	213	470	23	4.5	0	38	1190
KFC	Crispy Twister	252	550	28	6	0	49	1500
KFC	Oven Roasted	269	420	17	4	0	40	1250

Chicken Sandwiches Compared								
Fast Food Restaurant	Type	Serving	Calories	Total Saturated		Trans Fat	Carbs	Sodium
		Size (g)		Fat (g)	Fat (g)			
	Twister							
KFC	Tender Roast	236	380	13	3	0	29	1180
KFC	Honey BBQ	147	280	3.5	1	0	40	780
Subway	Oven Roasted	238	310	5	1.5	0	48	830
Carl's Jr.	Charbroiled BBQ	239	360	4.5	1	Unknown	48	1150
Carl's Jr.	Charbroiled Club	264	550	25	7	Unknown	43	1410
Carl's Jr.	Charbroiled Santa Fe	264	610	32	8	Unknown	43	1540
Carl's Jr.	Spicy	213	560	30	6	Unknown	59	1480
Boston Market	Boston Carver	321	700	29	7	0	68	1560
Boston Market	Half Boston Carver	199	340	15	4	0	29	710
Popeyes	Deluxe	265	630	31	8	1	53	1480
Chick-Fil-A	Chicken Sandwich	170	410	16	3.5	0	38	1300
Chick-Fil-A	Chargrilled Chicken Sandwich	193	270	3.5	1	0	33	940
Chick-Fil-A	Chargrilled Chicken Club Sandwich	221	380	11	5	0	33	1240
Chick-Fil-A	Chicken Salad Sandwich	153	350	15	3	0	32	880

- Best: KFC (Honey BBQ Snacker)**
 Another very easy pick for me. KFC's Honey BBQ Snacker wins this comparison hands down. The 0 grams of trans fat and only 210 calories combined with it being the lowest in most of the other nutrition facts makes it easily the best fast food chicken sandwich around. Great job, KFC.
- Worst: Hardee's (Big Fillet) & Burger King (TENDERCRISP)**
 This was actually a harder one to decide on. In the end though, I had to go with Hardee's Big Fillet because, at 800 calories (highest in the comparison) and 1890mg of sodium (highest again) it towers over most of the other items compared by being literally 2-4 times as high. Hardee's did not provide the trans fat content of their food, but something tells me it would be up there as well. Burger King on the other hand did provide trans fat content, and its TENDERCRISP sandwich contains 4 grams of it. Add that to the fact that it's second highest in pretty much all of the other nutrition facts, and you have your second pick for worst chicken sandwich.

- **Notes:** This comparison includes pretty much every single fast food chicken-related sandwich there is.

Onion Rings Compared							
Fast Food Restaurant	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Burger King (King Size)	150	500	25	5	4.5	62	720
A&W	113	350	16	3.5	4.5	45	710
Jack In The Box	119	500	30	6	10	51	420
White Castle (Sack)	178	410	20	5	7	53	400
White Castle (Homestyle, Sack)	178	790	44	8	30	91	860
Sonic (Large)	227	640	31	5	0.5	80	300
Dairy Queen (Large)	142	590	37	7	9	56	930
Carl's Jr.	128	430	21	4	Unknown	53	550

- **Best: A&W, Sonic (Large), or really... NONE.**
My real pick for best onion rings is none of the above. But, since I am forced to give a pick, I'd have to go with either A&W or Sonic's large order. The nutrition facts of A&W's onion rings look really good until you make your way over to trans fat. 4.5 grams is the opposite of really good. Then you have Sonic's version, which is the lowest in trans fat (0.5 grams) which is great. Not so great though is its 640 calories (second highest). I guess if I really had to make a decision here, the real "best" pick is half an order of Sonic's large onion rings.
- **Worst: White Castle (Homestyle, Sack)**
Hmmm, I wonder which onion rings will be the "worst" pick? Oh, I know. How about the reigning and defending champion of my [88 Fast Food Items Highest In Trans Fat](#) list, White Castle's Homestyle sack of trans-fat-rings. 30 insane grams. Is there really any reason to even mention the 790 calories after that? Nope. We can just end it right here.
- **Notes:** For this comparison, I used each fast food restaurant's largest available size of onion rings.

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared								
Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	Egg McMuffin	139	300	12	5	0	30	820
McDonald's	Sausage McMuffin	114	370	22	8	0	29	850
McDonald's	Sausage McMuffin	164	450	27	10	0	30	920

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
McDonald's	(egg) Bacon, Egg & Cheese Biscuit	144	450	25	11	0	36	1360
McDonald's	(regular) Sausage Biscuit (egg, regular)	159	500	32	12	0	35	1130
McDonald's	Sausage Biscuit (regular)	113	410	27	10	0	33	1040
McDonald's	Biscuit (regular)	72	250	11	5	0	32	700
McDonald's	Bacon, Egg & Cheese McGriddles	173	460	21	9	0	48	1360
McDonald's	Sausage, Egg & Cheese McGriddles	202	560	32	12	0	48	1360
McDonald's	Sausage McGriddles	141	420	22	8	0	44	1030
Burger King	Croissan'wich Egg & Cheese	115	300	17	6	2	26	740
Burger King	Croissan'wich Sausage & Cheese	106	370	25	9	2	23	810
Burger King	Croissan'wich Sausage, Egg & Cheese	159	470	32	11	2.5	26	1060
Burger King	Croissan'wich Ham, Egg & Cheese	149	340	18	6	2	26	1230
Burger King	Croissan'wich Bacon, Egg & Cheese	122	340	20	7	2	26	890
Burger King	Double Croissan'wich Sausage, Egg & Cheese	215	680	51	18	3	26	1590
Burger King	Double Croissan'wich Sausage, Egg & Cheese	142	430	27	10	2	27	1250

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
King	Croissan'wich Bacon, Egg & Cheese							
Burger King	Double Croissan'wich Ham, Egg & Cheese	196	420	23	9	2	27	2210
Burger King	Double Croissan'wich Sausage, Bacon, Egg & Cheese	179	550	39	14	2.5	27	1420
Burger King	Double Croissan'wich Ham, Bacon, Egg & Cheese	169	420	24	9	2	27	1600
Burger King	Double Croissan'wich Ham, Sausage, Egg & Cheese	206	550	37	14	2.5	27	2040
Burger King	Enormous Omelet Sandwich	266	730	45	16	1	44	1940
Burger King	Ham Omelet Sandwich	139	330	14	5	0	35	1130
Burger King	Sausage Biscuit	118	390	26	8	5	28	1020
Burger King	Ham, Egg & Cheese Biscuit	156	390	22	7	5	31	1410
Burger King	Sausage, Egg & Cheese Biscuit	183	530	37	12	6	31	1490
Burger King	Bacon, Egg & Cheese Biscuit	146	410	25	8	5	31	1320
Hardee's	Egg Biscuit	152	450	51	20	Unknown	35	940
Hardee's	Bacon Biscuit	120	430	28	7	Unknown	35	1110
Hardee's	Sausage	142	530	38	10	Unknown	36	1240

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Hardee's	Biscuit Country Ham Biscuit	144	440	26	6	Unknown	36	1710
Hardee's	Breaded Chicken Fillet Biscuit	226	600	34	7	Unknown	50	1680
Hardee's	Breaded Country Steak Biscuit	180	620	41	11	Unknown	44	1360
Hardee's	Breaded Pork Chop Biscuit	222	690	42	8	Unknown	48	1330
Hardee's	Sausage & Egg Biscuit	185	610	44	11	Unknown	36	1290
Hardee's	Country Steak & Egg Biscuit	223	690	47	11	Unknown	44	1800
Hardee's	Bacon, Egg & Cheese Biscuit	174	560	38	11	Unknown	37	1360
Hardee's	Ham, Egg & Cheese Biscuit	220	560	35	10	Unknown	37	1800
Hardee's	Loaded Omelet Biscuit	198	640	44	14	Unknown	37	1510
Hardee's	Monster Biscuit	212	710	51	17	Unknown	37	2250
Hardee's	Sunrise Croissant (Ham)	164	430	26	10	Unknown	28	1050
Hardee's	Sunrise Croissant (Bacon)	138	450	29	12	Unknown	28	900
Hardee's	Sunrise Croissant (Sausage)	161	550	38	15	Unknown	29	1030
Hardee's	Frisco Breakfast Sandwich	185	420	20	7	Unknown	37	1340
Hardee's	Loaded Breakfast Burrito	258	780	51	20	Unknown	38	1620

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving	Calories	Total Saturated		Trans	Carbs (g)	Sodium (mg)
		Size (g)		Fat (g)	Fat (g)	Fat (g)		
Arby's	Bacon & Egg Croissant	120	337	22	10	0	23	651
Arby's	Bacon Biscuit	95	340	21	6	0	29	1028
Arby's	Bacon, Egg & Cheese Biscuit	158	461	28	8	0	30	1446
Arby's	Bacon, Egg & Cheese Croissant	133	378	22	10	0	23	850
Arby's	Bacon, Egg & Cheese Sourdough	173	437	16	5	0	40	1220
Arby's	Bacon, Egg & Cheese Wrap	193	515	29	8	0.5	50	1367
Arby's	Egg & Cheese Sourdough	164	392	12	3	0	40	1058
Arby's	Sausage, Egg & Cheese Biscuit	185	557	38	11	0	30	1579
Arby's	Sausage, Egg & Cheese Sourdough	191	514	27	8	0	40	1232
Arby's	Ham & Cheese Croissant	113	274	12	7	0	22	842
Arby's	Ham Biscuit	125	316	17	4	0	29	1240
Arby's	Ham, Egg & Cheese Biscuit	188	437	23	6	0	31	1658
Arby's	Ham, Egg & Cheese Croissant	213	434	24	10	0	25	1282
Arby's	Ham, Egg & Cheese Sourdough	296	679	35	11	0	42	2104
Arby's	Ham, Egg & Cheese Wrap	242	568	31	10	1	51	1929
Arby's	Sausage & Egg Croissant	147	433	32	13	0	23	784

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving	Calories	Total Saturated		Trans Fat	Carbs	Sodium
		Size (g)		Fat (g)	Fat (g)			
Arby's	Sausage Biscuit	122	436	31	9	0	28	1160
Arby's	Sausage Gravy Biscuit	238	961	68	14	0	107	3755
Arby's	Sausage, Egg & Cheese Croissant	160	475	32	13	0	23	982
Arby's	Sausage, Egg & Cheese Wrap	239	689	45	15	1	50	1849
Jack In The Box	Bacon, Egg & Cheese Biscuit	149	430	25	8	5	34	1100
Jack In The Box	Bacon Breakfast Jack	113	300	14	5	0.5	29	730
Jack In The Box	Breakfast Jack	125	290	12	4.5	0	29	760
Jack In The Box	Chicken Biscuit	154	450	24	6	6	42	980
Jack In The Box	Ciabatta Breakfast Sandwich	278	710	36	10	1	63	1730
Jack In The Box	Extreme Sausage Sandwich	213	670	48	17	1.5	31	1300
Jack In The Box	Meaty Breakfast Burrito	183	480	29	10	1	29	1210
Jack In The Box	Sausage Biscuit	131	440	29	8	5	32	870
Jack In The Box	Sausage Breakfast Jack	154	450	28	10	1	29	840
Jack In The Box	Sausage Croissant	174	580	39	13	4	37	770
Jack In The Box	Sausage, Egg & Cheese Biscuit	234	740	55	17	6	35	1430
Jack In The Box	Sirloin Steak & Egg	289	790	48	15	3.5	52	1320

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Jack In The Box	Burrito							
	Spicy Chicken Biscuit	169	460	22	5	7	44	1020
Jack In The Box	Supreme Croissant	151	450	25	9	3.5	36	860
Jack In The Box	Ultimate Breakfast Sandwich	249	570	27	10	1	49	1700
Sonic	Bacon, Egg & Cheese Bistro	162	510	30	10	0.5	37	1060
Sonic	Ham, Egg & Cheese Bistro	181	460	24	7	0.5	36	1320
Sonic	Sausage, Egg & Cheese Bistro	189	590	40	13	1	37	1000
Sonic	Sausage, Egg & Cheese Toaster	194	620	42	13	1	40	1380
Sonic	Bacon, Egg & Cheese Toaster	167	530	32	10	0.5	40	1440
Sonic	Ham, Egg & Cheese Toaster	186	490	26	8	0.5	40	1700
Sonic	Sausage, Egg & Cheese Burrito	167	470	30	11	1	38	1140
Sonic	Bacon, Egg & Cheese Burrito	157	450	26	10	0.5	38	1240
Sonic	Ham, Egg & Cheese Burrito	183	440	23	9	0.5	37	1630
Sonic	SuperSonic Breakfast Burrito	216	550	34	12	1.5	47	1340
Subway	Cheese Sandwich	167	400	17	7	0	43	940
Subway	Chipotle Steak &	259	580	31	11	0.5	48	1400

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Subway	Cheese Sandwich Double Bacon & Cheese Sandwich	185	500	25	11	0.5	44	1310
Subway	Honey Mustard Ham & Cheese Sandwich	216	460	19	8	0	51	1430
Subway	Western Sandwich (cheese)	207	440	18	8	0	45	1320
Subway	Cheese Wrap	159	390	19	8	0	37	1050
Subway	Chipotle Steak & Cheese Wrap	251	570	33	11	0.5	41	1510
Subway	Double Bacon & Cheese Wrap	177	480	27	11	0	38	1420
Subway	Honey Mustard Ham & Cheese Wrap	208	450	21	8	0	45	1540
Subway	Western Wrap (cheese)	199	420	20	8	0	39	1430
Carl's Jr.	Breakfast Burger	309	830	47	15	Unknown	65	1580
Carl's Jr.	Sourdough Breakfast Sandwich	193	460	21	9	Unknown	39	1050
Carl's Jr.	Sunrise Croissant	172	560	41	15	Unknown	27	970
Carl's Jr.	Bacon & Egg Burrito	208	570	33	11	Unknown	37	990
Carl's Jr.	Loaded Breakfast Burrito	328	820	51	16	Unknown	52	1530
Carl's Jr.	Steak & Egg Burrito	322	660	36	13	Unknown	44	1690
Chick-Fil-A	Chicken	191	410	16	7	0	42	940

Breakfast Sandwiches/Biscuits/Croissants/Wraps Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Chick-Fil-A	Burrito Sausage Burrito	191	450	23	9	0	39	860
Chick-Fil-A	Burrito Chicken, Egg & Cheese (sunflower multi-grain bagel)	215	500	20	7	0	49	1260
Chick-Fil-A	Biscuit Hot Buttered	79	270	12	3	3	38	660
Chick-Fil-A	Biscuit Chicken	145	420	19	4.5	3	44	1270
Chick-Fil-A	Biscuit Bacon, Egg & Cheese	163	470	26	9	3	39	1190
Chick-Fil-A	Biscuit Sausage & Egg	198	570	37	11	3	39	1130
Chick-Fil-A	Biscuit (with gravy)	192	330	15	4	4	43	950

- Best: McDonald's Biscuit (regular)**
 This was a tough one, as there were a few good choices. In the end though I have to go with the regular Biscuit from McDonald's based on it being the lowest in calories and among the lowest in all of the other nutrition facts (including 0 grams of trans fat). Really though, any of the breakfast items with 350 or less calories and 0 grams of trans fat could be tied for second best.
- Worst: Arby's Sausage Gravy Biscuit & Jack In The Box Spicy Chicken Biscuit**
 Arby's Sausage Gravy Biscuit ends up as one of the worst breakfast items based mostly on two of its nutrition facts. First up is its 961 calories which are 250 calories higher than the item that is second highest in calories, and 700 more than this category's "best" pick. As if that wasn't enough, take a look at its 3755mg of sodium... literally 3000mg more than many of the other similar breakfast items. Jack In The Box's Spicy Chicken Biscuit also makes the cut due to its 7 grams of trans fat (highest in the comparison).
- Notes:** For this comparison I went with pretty much every single sandwich-type breakfast item there was, and there were a TON of them.

Mozzarella Sticks Compared

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Arby's	4 pc (Regular)	137	426	28	13	1	38	1370
Arby's	8 pc (Large)	273	849	56	26	2	75	2730
Jack In The Box	3 pc	71	240	12	5	2	21	420
Jack In The Box	6 pc	138	483	27	11	4	39	1018
White Castle	3 pc	79.2	250	14	6	2	22	750
White Castle	5 pc	132	420	23	10	3	37	1240
White Castle	10 pc	264	820	46	20	6	73	2490
Sonic	Unknown	140	440	22	9	0.5	40	1050

- **Best: Sonic**

This was pretty tough, but in the end I had to go with lack of trans fat over lack of calories. Sonic's mozzarella sticks contain 0.5 grams of trans fat per serving and in this comparison, that's as good as it's going to get.

- **Worst: Arby's 8 pc (Large) & White Castle 10 pc**

A large (8 piece) order of mozzarella sticks from Arby's packs a pretty insane 849 calories, 26 grams of saturated fat and 2730mg of sodium. Let's also not forget the 2 grams of trans fat. Pretty crazy for just an appetizer. White Castle's 10 piece version is a close second in all of those nutrition facts except one, trans fat, where it ranks the highest with 6 grams.

- **Notes:** For this comparison, since there were so few fast food restaurants offering mozzarella sticks, I decided to compare all of the available sizes from the restaurants that did sell them rather than just one specific size.

Breadsticks, Cheesy Bread, Cheese Breadsticks Compared

Fast Food Restaurant	Type	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Pizza Hut	Breadsticks	1 pc	150	6	1	0	20	230
Pizza Hut	Cheese Breadsticks	1 pc	200	10	3	0	21	370
Domino's Pizza	Breadsticks	1 pc	130	7	1.5	0	14	90
Domino's Pizza	Cheesy Bread	1 pc	140	7	2.3	0	14	140
Little Caesars	Crazy Bread	1 pc	100	3	0.5	0	15	150
Little	Italian Cheese	1 pc	130	7	2.5	0	13	230

Breadsticks, Cheesy Bread, Cheese Breadsticks Compared

Fast Food Restaurant	Type	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Caesars	Bread							
Little Caesars	Pepperoni Cheese Bread	1 pc	150	8	3	0	13	280
Papa John's	Breadsticks	1 pc	140	2	0	0	26	260
Papa John's	Cheesesticks	2 pc	370	16	4.5	0	42	830

- **Best: Little Caesars (Crazy Bread)**

This was another hard one to pick a "best" for because the nutrition facts do not differ that much among the foods. In a case like this, I'd have to go with the food lowest in calories. In this comparison that title goes to Little Caesars Crazy Bread with 100 calories per piece. However, with all of the items compared above containing 0 grams of trans fat, no real significant amount of saturated fat (at least by fast food standards) and being somewhat close in calories, they pretty much all qualify as being this comparison's "best."

- **Worst: Papa John's (Cheesesticks)**

This one is kind of silly. I have no idea why Papa John's Cheesesticks are the only item with a serving size of 2 pieces (the others were all 1 piece) but since I'm making my best/worst picks based on the nutrition facts per serving, I guess I kind of have to go with these. The obvious reason why is that with double the serving, you're eating double the calories, fat, sodium, and other nutrients. Like I said, silly.

- **Notes:** For this comparison I used each fast food restaurant's version a bread stick, with and/or without cheese. Papa John's "Cheesesticks" were the only item whose serving size wasn't 1 piece (it was 2 pieces) and while that kind of throws things off a bit in this comparison, I included it anyway. Another thing to keep in mind about the serving sizes is that all of these items come in orders ranging from 7-10 pieces. So, if you're eating the whole order, you're eating the above nutrition facts multiplied by 7-10.

"14 Inch Large Cheese Pizza" Compared (1 slice, no toppings)

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
Pizza Hut	14" Large Pan Pizza	146	390	19	7	0	38	800
Domino's Pizza	14" Classic Hand-Tossed	121	290	9	3.5	0	42	470
Papa John's	14" Original Crust Pizza	132	300	11	3.5	0	39	750
Little Caesars	14" Round HOT-N-READY	94	200	7	3.5	0	25	340

"14 Inch Large Cheese Pizza" Compared (1 slice, no toppings)

Fast Food Restaurant	Type	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)
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Pizza

- **Best: Little Caesars (14" Round HOT-N-READY Pizza)**
Little Caesars looks like the winner of this one based mostly on its smaller serving size and therefore lower nutrition facts. Honorable mentions to all of the fast food pizza restaurants compared for containing 0 grams of trans fat.
- **Worst: Pizza Hut (14" Large Pan Pizza)**
With the largest serving size of them all, Pizza Hut appears to be the worst in this comparison, as it is the highest in all of the most important nutrition facts (calories, saturated fat, sodium). However I will add that when you compare any of these items with any of the other items already compared above, pizza really isn't even in the same league.
- **Notes:** For this comparison I used each pizza restaurant's most basic 14 inch cheese pizza.

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