

Nutritional Content Of Kids' Fast Food Meals

	Calories	Protein (grams)	Carbs (grams)	Fat (grams)	Chol. (milligrams)	Sodium (milligrams)	Fiber (grams)
Whopper Junior	390	17	32	22	45	570	2
-With Cheese	440	19	32	26	55	790	2
Chicken Whopper	350	26	30	14	45	900	2
Chicken Tenders (4)	170	11	10	9	25	420	0
Chicken Tenders (6)	250	16	15	14	35	630	0
BK Small Fries	230	3	29	11	0	410	2
DQ Hamburger	290	17	29	12	45	630	2
DQ Cheeseburger	340	20	29	17	55	850	2
DQ Small Fries	350	4	42	18	0	880	3
McDonald's Cheeseburger	330	15	36	14	45	830	2
McD's Hamburger	280	12	35	10	30	590	2
McNuggets (4)	210	10	12	13	35	460	1
McNuggets (6)	310	15	18	20	50	680	2
McD's Small Fries	210	3	26	10	0	135	2
Taco Bell Bean Burrito	370	13	54	12	10	1080	12
TB Chicken Soft Taco	190	13	19	7	35	480	2
TB Beef Soft Taco	210	11	20	10	30	570	3
TB Cheese Quesadilla	350	16	31	18	50	860	3
TB Tostada	250	10	27	12	15	640	11
Wendy's Hamburger	270	14	34	9	30	600	2
W's Cheeseburger	310	17	34	12	45	820	2
W's Jr. Bacon Ch.	380	20	34	18	55	890	2
W's Chicken Nuggets (4)	180	9	10	11	25	380	0
W's Small Chili	200	15	21	6	35	870	5
W's Kids Fries	250	3	36	11	0	220	4
W's Frosty Jr.	170	4	28	4	20	100	0

Recommended Daily Allowances For Kids

	Cals	Pro	Carbs	Fat	Chol	Sodium	Fiber
Ages 1-3 Years	1300	16g				<750mg	6g
Ages 4-6 Years	1800	24g				<1000mg	9g
Ages 7-10 Years	2000	28g				<1500mg	12g
Ages 11-14 Years	2200 F 2500 M	46g				<2000mg	15-20g
Ages 15-18 Years	2200 F 3000 M	46 g F 59g M				<2400mg	15-20g