







# QUICK MEAL? YOUR CHOICE

Calories count. Use this guide to help you make better choices.

	High Calorie	Lower Calorie		
	CALORIES	CALORIES		
<b>Breakfast Food</b> 	Sausage egg and cheese on a croissant	690	Ham, egg and cheese on an English muffin	360
	Medium mocha latte with whipped cream	330	Medium non-fat latte without whipped cream	120
	<b>TOTAL</b>	<b>1020</b>	<b>TOTAL</b>	<b>480</b>
<b>Sandwich</b> 	12 inch meatball sub	1160	6 inch turkey sub	260
	Bag of regular potato chips	230	Bag of baked potato chips	130
	Medium regular soft drink	255	Water or diet soft drink	0
	Chocolate chip cookie	200	Apple slices with caramel dip	85
	<b>TOTAL</b>	<b>1845</b>	<b>TOTAL</b>	<b>475</b>
<b>Chicken</b> 	3 piece dark meat with skin	555	3 piece dark meat without skin	350
	Mashed potatoes with gravy	225	Mashed potatoes without gravy	180
	Coleslaw	295	Sweet corn	135
	Medium sweetened ice tea	160	Water	0
	<b>TOTAL</b>	<b>1235</b>	<b>TOTAL</b>	<b>665</b>
<b>Mexican</b> 	Burrito	1050	Two soft tacos with cheese and sauce	500
	Tortilla chips with cheese	970	Mexican rice	120
	Medium soft drink	255	Water	0
	<b>TOTAL</b>	<b>2275</b>	<b>TOTAL</b>	<b>620</b>
<b>Pizza</b> 	2 slices regular crust sausage pizza	900	2 slices regular crust veggie pizza	720
	Medium soft drink	255	Water	0
	<b>TOTAL</b>	<b>1155</b>	<b>TOTAL</b>	<b>720</b>
<b>Burger</b> 	Double cheeseburger	597	Cheeseburger	330
	Large fry	530	Side salad with low-fat Italian dressing	80
	Medium soft drink	255	Water	0
	<b>TOTAL</b>	<b>1382</b>	<b>TOTAL</b>	<b>410</b>

**2000** calories per day is what most adults need.  
Learn more at [mass.gov/massinmotion](http://mass.gov/massinmotion)

