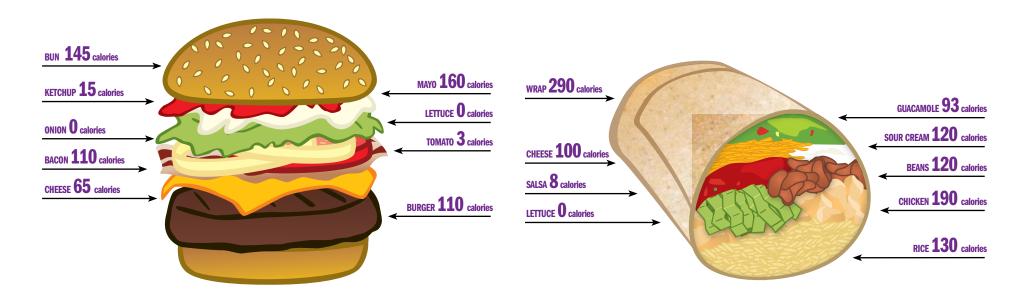
HEALTHY LUNCH? DEPENDS

Calories count. Mayo, sour cream and other fixings add up.

Ask for them on the side to help turn a high calorie meal into a lower one.



Cheeseburger

Burrito

2000 calories per day is what most adults need. Learn more at **mass.gov/massinmotion**





