


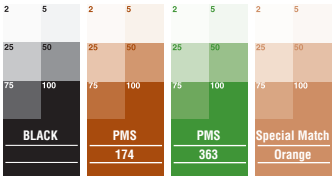


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GlaxoSmithKline		PACKAGING SPECIFICATION	DATE: 10.09.13
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GlaxoSmithKline
Consumer Healthcare

Calorie & Fat Counter

Calorie & Fat Counter

alli®

Calorie & Fat Counter

A guide to calorie and fat content
for common foods,
including 25 fast-food restaurants

Read and follow all label instructions
before using this product.

For more information, go to myalli.com.

26127XB




4342

About this book

This pocket-sized guide lists hundreds of foods by calorie and fat content, including current menu items from popular restaurants. It will help you make the right food choices as you plan your meals—whether at home or at a restaurant.

alli® Program



Food	Amount	Calories		Fat grams	Exchange
		Total	% from fat		
Breads					
● Bagel, plain classic	1 each	296	6%	2	4s
● Biscuit, with sausage gravy	1 each	398	47%	21	3s, 4fa
● Biscuit, without gravy	1 each	200	45%	10	1½s, 2fa
● Bolillo, Mexican roll	1 each	307	5%	1.8	4s
● Cinnamon swirl	1 slice	80	28%	2.5	1s
● Cornbread, 2½zin x 2½zin x ½sin	1 piece	152	29%	4.9	1½s, 1fa
● Cornbread stuffing	1 cup	330	41%	15	2½s, 3fa
● Cracked wheat	1 slice	65	14%	1	1s

Meals

1 2 3

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- 1 Learn how many calories each food contains—including what percentage of the calories come from fat.
- 2 Learn how many fat grams each food contains.
- 3 See how many exchanges the food is worth—handy when you're modifying or creating menus.
- 4 Spot low-fat foods quickly—they're marked with green dots. Some low-fat foods may be high in calories. Choose foods to fit within your daily calorie and fat limits.

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Contents

Meals Basic foods such as breads, cereals, and pasta, eggs, fruits and vegetables, meats, dairy, soups, and more



Desserts and Snacks Desserts such as cookies, candy, cakes, and ice cream, and snacks such as chips, nuts, and crackers



Condiments, Sauces, and Spreads Popular toppings such as condiments, dips, gravies, oils, dressings, sauces, and spreads



Beverages Hot and cold beverages, including coffee and tea, juices, soda, and alcoholic drinks



Fast Food Menus from 25 fast-food restaurants (Options may change over time)

You can find additional calorie and fat information at myalli.com.

Read and follow all label instructions before using this product.

The information provided in the **Drug Facts Label** and in these guides will help ensure that the **alli**[®] Program is right for you and that you get the maximum benefit from using **alli**[®] capsules.



Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Beans					
● Beans, black	2/3 cup	145	8%	1.3	1p, 1s
● Beans, black with rice	2/3 cup	198	3%	6.6	1p, 2s
● Beans, kidney	2/3 cup	137	3%	.52	1p, 1s
● Beans, kidney with rice and sofrito	1 1/3 cup	340	9%	3.2	1p, 3s, 1fa
● Beans, pinto	2/3 cup	132	5%	.66	1p, 1s
● Beans, refried	1/2 cup	130	16%	2.25	1 1/2s, 1/2fa
Breads					
● Bagel, plain classic	1 each	296	6%	2	4s
Biscuit, with sausage gravy	1 each	398	47%	21	3s, 4fa
Biscuit, without gravy	1 each	200	45%	10	1 1/2s, 2fa
● Bolillo, Mexican roll	1 each	307	5%	1.8	4s
● Cinnamon swirl	1 slice	80	28%	2.5	1s
● Cornbread, 2 1/2in x 2 1/2in x 1/2in	1 piece	152	29%	4.9	1 1/2s, 1fa
Cornbread stuffing	1 cup	330	41%	15	2 1/2s, 3fa
● Cracked wheat	1 slice	65	14%	1	1s
● Croissant, plain	1 each	270	57%	17	2s, 3fa
● English muffin	1 each	132	7%	1	2s
Garlic	1 oz	97	56%	6	1/2s, 1fa
● Italian, medium	1 slice	54	12%	.7	1s
● Pita, wheat, large, 6 1/2in	1 each	170	9%	1.7	2s
● Potato bread	1 slice	69	12%	.9	1s
● Rye	1 slice	83	11%	1.1	1s
● Tortilla, corn, 6-in diameter	1 each	70	13%	1	1s

Quick Tip

The difference between regular and low-fat granola can be as much as 50 calories per cup!



Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Tortilla, flour, 6-in diameter	1 each	90	30%	3	1s
● White	1 slice	80	11%	1	1s
● White, reduced-calorie	2 slices	95	11%	1.2	1s
● Whole wheat	1 slice	69	15%	1.2	1s
● Whole wheat, lite	2 slices	80	1%	.5	1s
Cereals and grains					
Cold cereals					
● Almond Delight, dry	3/4 cup	110	13%	1.6	1s
● Cocoa Puffs, dry	3/4 cup	88	7%	.7	1s
● Corn flakes, dry	3/4 cup	73	1%	.1	1s
● Corn squares, dry	3/4 cup	84	2%	.2	1s
● Honey bran, dry	3/4 cup	90	6%	.6	1s
● Honey Nut Chex, dry	3/4 cup	114	5%	.6	1s
● Marshmallow Froot Loops, dry	1 oz	109	4%	.5	1s
● Puffed rice	1 1/2 cups	68	2%	.2	1s
● Raisin bran, dry	3/4 cup	134	1%	.2	1s, 1fr
● Wheat bran flakes, dry	3/4 cup	92	6%	.6	1s
Hot cereals					
● Cream of wheat, cooked with water	1/2 cup	63	3%	.2	1s
● Grits, corn, instant, plain, dry	1 pkt	90	3%	.3	1s
● Oatmeal, apple cinnamon, instant	1 pkt	128	11%	1.5	1 1/2s
● Oatmeal, regular, dry	1 pkt	106	18%	2.1	1s

Key **fa:** fat **m:** milk and yogurt **s:** starches and grains
 fr: fruit **p:** lean meat and protein **v:** vegetable



Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Eggs and egg dishes					
Deviled egg	1 each	63	73%	5.1	1/2p, 1fa
● Egg substitute, Egg Beaters	1/2 cup	60	0%	0	2p
Egg, large, raw yolk	1 each	54	73%	4	1/4p, 1fa
● Egg white, cooked without fat	3 each	50	0%	0	2p
Hard-boiled egg, extra large	1 each	90	62%	6.2	1p, 1/2fa
Omelette, one egg, with cheese and ham	1 each	156	65%	11.4	1 1/2p, 1/2fa
Omelette, one egg, with dark green vegetables	1 each	110	63%	7.7	1p, 1/2v, 1fa
Omelette, one egg, with sausage	1 each	167	67%	12.5	1 1/2p, 2fa
Poached egg, extra large	1 each	84	61%	5.6	1p, 1/2fa
Scrambled eggs, large, with butter and milk	1/2 cup	182	66%	13.4	2p, 2fa
Fish and shellfish					
Bluefish fillet, baked or broiled	4 oz	180	31%	6.2	4p
Catfish, steamed	4 oz	191	51%	10.8	4p
● Crab, blue, steamed, flaked pieces	1/2 cup	60	16%	1	1p
Crawfish Étouffée, no rice	13 oz	395	62%	27	4p, 1/2s, 3fa
● Crawfish, steamed	4 oz	82	12%	1.1	2p
Fish cake, fried	1 each	149	47%	7.8	2p, 1/2s, 1/2fa
Fish sticks	4 oz	225	48%	12	1p, 1s, 1/2fa
● Flounder, steamed or poached	4 oz	130	12%	1.7	2p
● Grouper fillet, baked or broiled	4 oz	134	10%	1.5	2p
● Haddock fillet, baked or broiled	4 oz	127	7%	1.1	2p
Haddock fillet, breaded, fried	4 oz	248	45%	12.5	3p, 2fa

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Halibut fillet, baked or broiled	4 oz	271	67%	20.1	4p
Herring, Atlantic, pickled	1/2 cup	183	62%	12.6	1 1/2p, 2fa
Herring, smoked, kippered fillet	4 oz	246	51%	14	4p, 1/2fa
● Lobster, northern, steamed	4 oz	111	5%	.7	2p
● Mahi mahi fillet, baked or broiled	4 oz	124	7%	1	2p
● Mussels, blue, steamed	4 oz	195	23%	5.1	3p
● Mussels, with tomato-based sauce	1/2 cup	134	19%	2.8	1 1/2p, 2v
● Orange roughy fillet, baked or broiled	4 oz	101	9%	1	2p
Salmon fillet, chinook, baked or broiled	4 oz	262	52%	15.2	4p, 1fa
Salmon fillet, chinook, smoked	4 oz	133	33%	4.9	2 1/2p
Sardines in soy oil, drained	4 oz	297	65%	21.6	3p, 2 1/2fa
Sardines with tomato sauce, canned	4 oz	193	55%	11.8	2 1/2p, 1fa
● Sea bass fillet, baked or broiled	4 oz	141	19%	2.9	3p
Shrimp, butterfly, breaded, frozen	4 oz	283	45%	14.2	1p, 2s, 2fa
Shrimp, large, breaded, fried	4 oz	274	46%	13.9	2p, 1s, 2fa
Shrimp scampi	1 cup	311	64%	22.2	3 1/2p, 2 1/2fa
● Shrimp, steamed	4 oz	108	11%	1.4	2p
Swordfish fillet, baked or broiled	4 oz	176	30%	5.8	4p
● Tilapia, baked or broiled without fat	4 oz	144	25%	4	4p

Some low-fat foods may be high in calories. Choose foods to fit within your daily calorie and fat limits.



Meals



Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Tuna noodle casserole, creamy	1 cup	426	40%	19	2p, 1 ¹ / ₂ s, 2fa
Tuna, white, canned in oil, drained	4 oz	211	39%	9.2	3p, 1fa
● Tuna, white, canned in water, drained	4 oz	145	21%	3.4	3p
Fruit					
● Apple, medium, peeled	1 each	61	2%	.2	1fr
● Apple, medium, unpeeled	1 each	72	0%	0	1fr
● Banana, medium	1/2 each	105	3%	.4	1fr
● Blueberries	3/4 cup	62	5%	.4	1fr
● Cantaloupe or muskmelon, cubed	1 cup	41	5%	.2	1fr
● Cherries, sweet	3/4 cup	69	3%	.2	1fr
● Dates, dried, chopped	2 Tbsp	60	0%	0	1fr
● Dried fruits	2 Tbsp	60	3%	0	1fr
● Fresh fruit, cut up	3/4 cup	60	3%	0	1fr
● Grapefruit, medium	1/2 each	60	0%	0	1fr
● Grapes, Concord, seeded	1 cup	62	5%	.3	1fr
● Honeydew melon, cubed	1 cup	46	4%	.2	1fr
● Kiwi, medium	1 each	50	9%	.5	1fr
● Lemon, medium	1 each	15	0%	0	1/3fr
● Mango	1/2 each	70	6%	.5	1fr
● Orange, mandarin, canned, drained	1/2 cup	36	0%	0	1/2fr
● Orange, medium	1 each	69	3%	.2	1fr
● Peach, medium	1 each	40	0%	0	1fr
● Pear, Bartlett, medium	1 each	96	2%	.2	1 ¹ / ₂ fr
● Pineapple	3/4 cup	56	2%	.1	1fr
● Raisins, seedless	2 Tbsp	54	1%	.1	1fr



Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
● Raspberries	1 cup	50	0%	0	1fr
● Strawberries	1 cup	53	8%	.5	1fr
● Tangerine, medium	1 each	44	0%	0	1fr
● Watermelon	1 ¹ / ₄ cup	57	5%	.2	1fr
Meat and meat dishes					
Beef					
● Beef stew, old-fashioned, homestyle	1 cup	220	29%	7	2p, 1s, 1fa
Beef tenderloin, broiled	3 oz	185	44%	9	3p
Beef with BBQ sauce	4 oz	197	41%	9	3p, 1fa
Carne asada (beef with sauce)	4 oz	366	60%	24.5	4p, 3fa
● Chuck steak, lean, broiled, 0-in trim	4 oz	178	29%	5.7	4p
Flank steak, London broil, 0-in trim	4 oz	176	42%	8.1	4p
Hamburger, broiled, 20% fat	4 oz	307	59%	20.2	4p, 2fa
Hamburger, broiled, 5% fat	4 oz	194	34%	7.4	4p
Meatballs	4 oz	243	54%	14.5	3p, 2fa
Meatloaf	4 oz	155	44%	7.5	2p, 1 ¹ / ₂ s, 1fa
Porterhouse steak, broiled, 0-in trim	4 oz	321	64%	22.9	4p, 2 ¹ / ₂ fa
Ribs, back ribs, roasted	4 oz	420	72%	33.5	4p, 4fa
● Roast beef, cold cut	2 oz	60	15%	1	1p
Salisbury steak	4 oz	374	74%	30.6	2p, 1 ¹ / ₂ s, 3fa
Sirloin strip steak, broiled, 0-in trim	4 oz	232	40%	10.5	4p

Key **fa:** fat **m:** milk and yogurt **s:** starches and grains
fr: fruit **p:** lean meat and protein **v:** vegetable



Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Stuffed green peppers with beef, frozen	1 each	180	45%	9	1p, 1s, 1v, 1fa
Lamb					
Lamb, average cuts, lean, cooked, 1/8-in trim	4 oz	228	43%	10.9	4p
Lamb, loin, lean, broiled, 1/8-in trim	4 oz	218	41%	9.9	4p
Lamb, shoulder blade, broiled, 1/8-in trim	4 oz	330	68%	25	4p, 3fa
Lamb, sirloin chop, broiled, 1/8-in trim	4 oz	266	53%	15.7	4p, 1fa
Pork					
Bacon, cooked	2 oz	283	75%	23.6	2p, 4fa
Chitterlings, boiled	4 oz	206	82%	18.8	1p, 3 1/2fa
Ham, cured, cooked	4 oz	195	43%	9.4	4p
Ham, cured, extra lean, canned, roasted	4 oz	154	32%	5.5	4p
Ham hocks, cooked	4 oz	373	64%	26	4p, 3fa
Pigs feet, simmered	4 oz	263	62%	18.2	3p, 2fa
Pork chop, blade loin, lean, pan-fried	4 oz	273	56%	17.1	4p, 1fa
Pork chop, center loin, broiled	4 oz	272	49%	14.8	4p
Pork chop, top loin, lean, pan-fried	4 oz	255	42%	11.9	4p, 1fa
Pork, pulled, BBQ	4 oz	235	42%	11.1	3p, 1 1/2fa
Ribs, back ribs, roasted	4 oz	420	72%	33.5	4p, 4fa
Sausage, bratwurst, pork, cooked	4 oz	375	79%	33.1	3p, 5fa
Sausage, chorizo, pork and beef, cooked	1 oz	129	76%	10.9	1p, 1 1/2fa



Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Sausage link, beef and pork, smoked	4 oz	360	80%	32	3p, 5fa
● Tenderloin, lean, roasted	4 oz	186	26%	5.5	4p
Veal					
● Leg, top round steak, lean, braised	4 oz	230	23%	5.8	4p
Loin, roasted	4 oz	246	51%	14	4p
Rib chop, lean, braised	4 oz	247	32%	8.9	4p
Veal marsala	4 oz	315	66%	23	3p, 4fa
Veal parmigiana	4 oz	223	53%	13.1	5p, 1/2s, 3fa

Milk and dairy

● Buttermilk, low-fat, 1%, cultured	1 cup	110	20%	2.5	1m, 1/2fa
● Chocolate milk, 2% fat	1 cup	210	21%	5	1m, 1s, 1fa
● Milk, 1% fat	1 cup	102	21%	2.4	1m, 1/2fa
Milk, 2% fat	1 cup	122	35%	4.8	1m, 1fa
Milk, 3.7% fat (whole milk)	1 cup	156	51%	8.9	1m, 1/2fa
● Skim milk	1 cup	83	2%	.2	1m
Sour cream, cultured	1 Tbsp	31	88%	3	1fa
● Sour cream, fat-free	1 Tbsp	15	13%	.2	free
Sour cream, light	1 Tbsp	20	56%	1.3	1/2fa

Some low-fat foods may be high in calories. Choose foods to fit within your daily calorie and fat limits.



Food	Amount	Calories Total	Fat % from fat	Fat grams	Exchange
Cheese					
American, processed	1 oz	95	64%	6.8	1p, 1fa
American, reduced-fat	1 oz	68	54%	4.1	1p, 1/2fa
Brie, 1 cube	1 oz	95	75%	7.9	1p, 1fa
Cheddar, extra-sharp	1 oz	110	74%	9	1p, 1fa
Cheddar, low-fat, 1 cube	1 oz	49	36%	2	1p
● Cottage, 1% fat	1/4 cup	41	13%	.6	1p
Cottage, 4% fat	1/4 cup	60	38%	2.5	1p, 1/2fa
Cream cheese, classic, light	1 Tbsp	30	75%	2.5	1/2fa
Cream cheese, classic, plain	1 Tbsp	50	90%	5	1fa
● Cream cheese, fat-free	1 Tbsp	14	13%	.2	free
Feta	1" cube	45	72%	4	1/2p, 1/2fa
Mexican, queso fresco	1 oz	83	73%	6.7	1p, 1fa
Mozzarella, skim milk	1" cube	23	56%	1	1/2p
Parmesan	2 Tbsp	42	60%	2.8	1/2p, 1/2fa
Port wine, light	1 oz	71	45%	3.5	1p, 1/2 fa
Velveeta cheese spread	1 oz	86	65%	6.2	1p, 1fa
Soy					
Soy milk, plain	1 cup	100	36%	4	1m, 1fa
● Soy milk, vanilla, light	1 cup	110	16%	2	1/2m, 1/2fa, 1/2s
Yogurt					
● French vanilla, low-fat, 1%	1 cup	208	13%	3.1	1m, 1fa, 1s
● Fruit-flavored, low-fat, 1%	1 cup	240	9%	2.5	1m, 1fa, 1 1/2s
● Plain, low-fat	1 cup	154	22%	3.8	1m, 1fa
● Plain, nonfat	1 cup	100	0%	0	1m
Plain, whole milk	1 cup	149	48%	8	1m, 1 1/2fa

Food	Amount	Calories Total	Fat % from fat	Fat grams	Exchange
Pancakes and waffles					
Pancakes, buttermilk, 6-in	1 each	175	37%	7.2	1 1/2s, 1fa
Waffles, homestyle, frozen	1 each	95	33%	3.5	1s, 1/2fa
● Waffles, homestyle, low-fat	1 each	83	14%	1.3	1s
Waffles, whole wheat	1 each	105	38%	4.4	1s, 1/2fa
Pasta					
● Couscous	1/2 cup	88	0%	0	1s
● Fideo pasta, cooked	1/2 cup	100	4%	.5	1s
Lasagna, with meat sauce, cooked, from frozen	1 dish	630	44%	31	3p, 4s, 4fa
● Linguini, with clams and shrimp, low-fat, from frozen	1 dish	270	20%	6	2 1/2s, 1/2p, 1/2fa
● Linguini, with clams and shrimp marinara, from frozen	1 dish	290	25%	8	3s, 1/2p, 1fa
Macaroni and cheese	1 cup	380	34%	14.5	1p, 3s, 2fa
● Macaroni and cheese, canned	1 cup	330	26%	9.6	3s, 1/2p, 1fa
● Macaroni, enriched, cooked	1/2 cup	99	4%	.5	1s
● Macaroni, whole wheat, cooked	1/2 cup	87	4%	.4	1s
Pizza, cheese, 1/4 each, from frozen	1 slice	317	47%	16.6	1p, 2s, 2fa
● Ravioli, cheese, with tomato sauce, from frozen	1 dish	230	18%	4.5	2s, 1p, 1/2v
● Spaghetti marinara, low-fat, from frozen	1 dish	270	20%	6	2 1/2s, 1v, 1fa

Key fa: fat m: milk and yogurt s: starches and grains
fr: fruit p: lean meat and protein v: vegetable





Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
● Spaghetti, with meat sauce, cooked	1 dish	200	27%	6	2s, 1v, 1/2p, 1/2fa
● Spaghetti, with meatballs and sauce, from frozen	1 dish	299	23%	7.5	2 1/2s, 1p, 1fa
Potatoes and starches					
French fries	4 oz	400	41%	18	3s, 3 1/2fa
● Potatoes, baked, plain	6 oz	186	0%	0	2s
● Potatoes, baked, with sour cream and chives	11 oz	370	15%	6	4s, 1fa
● Potatoes, mashed	1/2 cup	100	13%	1.5	1s
Potatoes, twice-baked, with butter	1 each	204	40%	9.2	2s, 1fa
● Rice, brown, long grain, cooked	1/3 cup	108	7%	.9	1s
Rice, fried	2/3 cup	226	32%	8	1/2p, 1 2/3s, 1/2fa
Rice, fried, with bean sprouts and scallions	1/2 cup	135	41%	6.2	1s, 1fa
● Rice legume, garlic herb, prepared	1/2 cup	81	5%	.5	1s
● Rice, white, long grain, cooked	1/3 cup	103	2%	.2	1s
Sweet potato pie, 1/10 of a 10-in pie,	1 piece	390	37%	16	3s, 3fa
● Sweet potatoes, baked, 2in x 2.5in	1 piece	51	2%	.1	2/3s
● Sweet potatoes, candied, 2in x 2.5in	1 piece	144	21%	3.4	2s, 1/2fa



Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Poultry					
Chicken					
● Breast, no skin	4 oz	187	19%	4	2p
Breast, with skin	4 oz	223	36%	9	4p
Breast, with skin, battered, fried	4 oz	295	46%	15	3 1/2p, 1/2s, 1fa
Buffalo wings	4 oz	349	64%	24.7	4p, 3fa
Caribbean jerk chicken breast, with marinade	6 oz	319	41%	14.6	3p, 1/3s, 1fa
Chicken pieces, breaded, fried	4 oz	341	58%	22	2 1/2p, 1s, 3fa
Leg, no skin	4 oz	216	42%	10	4p
Thigh, no skin	4 oz	237	46%	12	4p
Thigh, with skin	4 oz	280	58%	18	4p, 1fa
Thigh, with skin, battered, fried	4 oz	314	54%	19	3 1/2p, 1/2s, 2fa
Wing, with skin	1 piece	49	64%	3.5	1/2p, 1/2fa
Turkey					
● Breast, no skin	4 oz	122	22%	3	2p
● Breast, with skin	4 oz	142	25%	4	2p
Dark meat, no skin	4 oz	212	34%	8	4p
Dark meat, with skin	4 oz	251	47%	13	4p, 1/2fa
Ground, 90% fat-free	4 oz	205	53%	12	4p, 1/2fa
● Ground, 99% fat-free	4 oz	135	13%	2	2p
● Leg, no skin	4 oz	180	20%	4	2p

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Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Prepared salads					
Egg salad	1/2 cup	230	70%	18	1p, 1/2s, 3fa
● German potato salad	1/2 cup	78	17%	1.5	1s, 1/2fa
Macaroni salad, elbow, classic	1/2 cup	197	42%	9.1	1 1/2s, 1 1/2fa
Macaroni salad, elbow, reduced-fat	1/2 cup	136	30%	4.6	1 1/2s, 1fa
Potato salad	1/2 cup	163	48%	8.6	1s, 1 1/2fa
Tuna salad	1/2 cup	260	66%	19	1 1/2p, 3fa
Soups and stews					
● Asian style with tofu, rice, vegetables	3 cups	213	20%	4.8	1 1/2s, 1p, 1 1/4v, 1/2fa
● Beef barley, canned, ready-to-serve	1 cup	142	12%	1.9	1p, 1 1/2s
● Chicken and rotini, hearty, canned	1 cup	90	15%	1.5	1p, 1s
● Chili con carne	1 cup	256	29%	8.3	3p, 1/2s, 1v, 1fa
Chili con carne, with beans, canned	1 cup	290	31%	10	2 1/2p, 2s, 1v, 1fa
● Chili, vegetarian, low-fat	1 cup	165	5%	.9	2p, 1s, 1v
● Clam chowder, Manhattan	1 cup	134	23%	3.4	1p, 1s
● Clam chowder, New England	1 cup	95	27%	2.9	1 1/2p, 1s, 1/2fa
Cream of broccoli	1 cup	193	56%	12	1s, 1v, 2 1/2fa
Cream of chicken, canned	1 cup	233	57%	14.7	1p, 1s, 2 1/2fa
Cream of mushroom, canned	1 cup	203	60%	13.6	1s, 1v, 2 1/2fa



Meals

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
● Creamy butternut squash	1 cup	120	15%	2	1 1/2s
● Fideo soup	1 1/4 cup	306	25%	8.4	3s, 1 1/2fa
Gumbo, without rice	1 cup	178	43%	8.4	2p, 1/2s, 1fa
● Lentil	1 cup	140	15%	2.4	1p, 1s, 1 1/2fa
Soy-based foods					
● Burger substitute, soy veggie, original	1 each	132	24%	3.5	2p, 1s
Cheese substitute, American, soy	1 oz	50	51%	2.8	1p
● Soybeans, edamame, shelled	1/2 cup	100	27%	3	1p, 1/2s
Tempeh, soy	4 oz	182	30%	6	3p, 1/2s
Tofu, extra-firm, silken, slice	4 oz	62	31%	2.2	1p
Tofu, soft, silken, slice	4 oz	62	44%	3.1	1p
Vegetables					
● Asparagus, cuts	1/2 cup	23	7%	.2	1v
Avocado, cubed	1/4 cup	60	82%	5.5	1fa, 1/4fr
● Beans, baked, barbecued	1/2 cup	170	13%	2.5	2s, 1/2fa
● Beans, green, cooked	1/2 cup	25	4%	0	1v
● Beets, canned, sliced, drained	1 cup	53	0%	0	2v
● Broccoli, chopped, cooked, drained	1/2 cup	27	11%	.3	1v
● Cabbage, cooked, drained	1/2 cup	17	3%	.5	1/2v
● Carrots, raw, strips or slices	1/2 cup	25	5%	.2	1v
● Cauliflower, cooked, drained	1/2 cup	14	18%	.3	1v
● Corn, niblets, plain, frozen	1/2 cup	61	6%	.4	1s
Key					
fa: fat	m: milk and yogurt	s: starches and grains			
fr: fruit	p: lean meat and protein	v: vegetable			



Meals

Food	Amount	Calories Total	Fat % from fat	Fat grams	Exchange
● Corn, on cob, not frozen, small ear	1 each	75	12%	1	1v, 1/2s
● Cucumber, medium	1/3 each	15	0%	0	1/2v
● Leafy greens, collard, mustard, kale, spinach, cooked	1/2 cup	25	11%	.3	1v
Leafy greens, with pork or ham	1 cup	78	41%	3.5	2v, 1fa
● Lettuce, iceberg	1 cup	8	0%	0	1/3v
● Most other non-starchy vegetables, sliced, cooked	1/2 cup	25	6%	1	1v
● Mushrooms, white	6	18	0%	0	3/4v
Okra, batter-dipped, fried	1/2 cup	88	64%	6.25	1v, 1 1/2fa
Olives, black, extra large, pitted, canned	5 each	42	90%	4.2	1fa
Olives, green, queen, stuffed, canned	6 each	45	90%	4.5	1fa
● Onions, white, medium	1 each	42	0%	0	2v
● Peas and carrots, cooked from frozen, drained	1/2 cup	38	8%	.3	1/2s, 1/2v
● Peas, green, cooked from frozen, drained	1/2 cup	62	3%	.2	1s
● Peppers, bell, green, sweet, raw, chopped	1 cup	15	8%	.1	1v
● Rhubarb, fresh, diced	3/4 cup	19	9%	.2	1v
● Scallions	1/2 cup	16	0%	0	1v
● Snow peas, cooked	1 cup	69	0%	0	3v
● Spinach, baby, fresh	1 cup	10	0%	0	1v
● Tomatoes, red, raw, chopped or sliced	1 cup	19	14%	.3	1v
● Turnips, cooked, drained	1/2 cup	17	0%	0	1v
● Water chestnuts, raw, slices	1/4 cup	30	1%	0	1v
● Zucchini with skin, raw, slices	1 cup	18	10%	.2	1v

Food	Amount	Calories Total	Fat % from fat	Fat grams	Exchange
Nuts					
Almonds, blanched, whole	1/4 cup	211	78%	18.4	1p, 3fa
Almonds, dry-roasted, whole	1/4 cup	212	80%	18.9	1p, 3fa
Almonds, oil-roasted	1/4 cup	238	82%	21.7	1p, 3 1/2fa
Cashews, dry-roasted	1/4 cup	197	73%	15.9	1/2p, 1/2s, 3fa
Cashews, oil-roasted	1/4 cup	189	74%	15.5	1/2p, 1/2s, 3 1/2fa
Mixed nuts, with peanuts, dry-roasted	1/4 cup	203	78%	17.6	1/2p, 1/2s, 3fa
Mixed nuts, with peanuts, oil-roasted	1/4 cup	219	82%	20	1/2p, 1/2s, 3 1/2fa
Peanut butter, creamy, reduced-fat	1 Tbsp	95	57%	6	1/2p, 1fa, 1/2s
Peanut butter, creamy	1 Tbsp	100	72%	8	1/2p, 1 1/2fa
Peanuts, dry-roasted, unsalted	1/4 cup	214	76%	18.1	1/2p, 1/2s, 3fa
Peanuts, oil-roasted, chopped	1/4 cup	216	79%	18.9	1/2p, 1/2s, 3 1/2fa
Peanuts, Valencia, raw	1/4 cup	208	75%	17.4	1/2p, 1/2s, 3fa
Pecans, oil-roasted, salted	1/4 cup	197	95%	20.7	1/3p, 1/4s, 4fa
Pecans, raw	1/4 cup	192	90%	19.3	1/3p, 1/4s, 4fa
Pistachio, raw	1/4 cup	178	72%	14.2	1/2p, 1/2s, 3fa
Trail mix, regular	1/4 cup	173	57%	11	1s, 2fa

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Desserts and Snacks

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Trail mix, with chocolate chips, nuts, and seeds	1/4 cup	177	59%	11.6	1s, 2fa
Walnuts, English, halves	1/4 cup	164	88%	16	1/2p, 3fa

Snacks

Bagged snacks

Bagel chips, onion and garlic, toasted	1 oz	183	37%	7.5	2s, 1/2fa
Cheese puffs, corn, low-fat	1 oz	122	25%	3.4	1/3s, 1/2fa
Cheetos, cheese puffs, jumbo	1 oz	160	56%	10	1s, 2fa
Corn chips, original	1 oz	160	56%	10	1s, 2fa
Doritos, toasted corn tortilla chips	1 oz	140	45%	7	1s, 1/2fa
Popcorn, lite microwave, popped	1 bag	140	39%	6	1/4s, 1fa
Potato chips	1 oz	150	54%	9	1s, 2fa
● Potato chips, baked	1 oz	110	12%	1.5	1/2s
Potato chips, rippled, reduced-fat	1 oz	140	43%	6.7	1s, 1fa
● Pretzel chips	1 oz	115	21%	2.7	1/2s
● Pretzels, hard	5 pieces	114	7%	7	1/2s
● Rice cakes, plain	2 each	70	7%	.6	1s
Tortilla chips, light, baked	1 oz	132	29%	4.3	1/2s, 1/2fa

Crackers

Cheese crackers, bite-size	1/2 cup	156	45%	7.8	1s, 1/2fa
Cheese 'n Crackers	1 pkg	110	57%	7	1s, 1fa
Crackers, Ritz	6 each	109	49%	5.9	1s, 1fa
Crackers, with peanut butter and jam	1 pkg	410	44%	20	3s, 4fa

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
● Garlic and herb, fat-free	1 oz	99	0%	0	1s
● Honey graham, 2 1/2-in square	3 each	89	21%	2.1	1s
● Matzoh, plain	1 each	112	3%	.4	1s
● Melba toast, wheat	6 each	112	6%	.7	1s
● Oyster crackers	1/2 cup	98	24%	2.7	1s
● Rye, WASA crispbread	1 piece	31	3%	.1	1/2s
● Saltines	6 each	78	25%	2.2	1s
● Soda crackers	6 each	78	24%	2.1	1s

Sweets

Cakes

● Angel food, prepared from dry mix	1 piece	140	0%	0	2s
Carrot cake, with cream cheese frosting	1 piece	730	53%	43	5s, 8fa
Cheesecake, New York-style	1 piece	270	67%	20	1 1/2s, 4fa
● Cheesecake, New York-style, fat-free	1 piece	140	0%	0	2s
Chocolate layer cake, with frosting	1 piece	300	33%	11	3s, 2fa
Coffee cake, with crumb topping	1 piece	263	50%	14.7	2s, 2 1/2fa
Conchas, pastry clam shells	1 piece	385	33%	14.2	3 1/2s, 3fa
Cupcake, chocolate, with frosting, filling	1 each	188	35%	7.3	2s, 1fa
Pound, all butter	1 piece	290	40%	13	2 1/2s, 2fa
Vanilla layer cake	1 piece	290	40%	13	2 1/2s, 2fa

Key	fa: fat	m: milk and yogurt	s: starches and grains
	fr: fruit	p: lean meat and protein	v: vegetable



Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Candy					
Chocolate, dark, with almonds, bar	1 each	460	59%	30	3s, 6fa
Chocolate, dark, with mint filling, bar	1 each	455	36%	18.2	5s, 3 ¹ / ₂ fa
Chocolate, milk	1 each	220	53%	13	2s, 2 ¹ / ₂ fa
● Gumdrops	1/4 cup	180	0%	0	2 ¹ / ₂ s
● Hard candy, all flavors	4 pieces	95	0%	.1	1 ¹ / ₂ s
● Jellybeans, large	10 each	106	0%	0	1 ¹ / ₂ s
● Licorice, red, vines or ropes	4 pieces	140	0%	0	2s
Candy bars					
3 Musketeers, 1.813-oz. bar	1 each	214	28%	6.6	2 ¹ / ₂ s, 1fa
Almond Joy, 1.7-oz. bar	1 each	231	51%	13	2s, 2 ¹ / ₂ fa
Baby Ruth, 1.2-oz. bar	1 each	158	48%	8.5	1 ¹ / ₂ s, 1 ¹ / ₂ fa
Butterfinger, 1.6-oz. bar	1 each	216	36%	8.6	2s, 1 ¹ / ₂ fa
Kit Kat, 1.5-oz. bar	1 each	220	47%	11.5	2s, 2fa
Milky Way, 1.9-oz. bar	1 each	228	34%	8.7	2 ¹ / ₂ s, 2fa
Snickers, 2-oz. bar	1 each	272	46%	13.9	2s, 3fa
Cookies					
● Animal crackers	15 each	6	28%	.2	1s, 1/2fa
Biscuits	1 cookie	30	42%	1.4	1 ¹ / ₂ s, 1/2fa
Chocolate and cream sandwich	1 each	47	39%	2.1	1s, 1fa
Chocolate chip	1 each	43	48%	2.3	1s, 1fa
Chocolate chip, fudge, big	1 each	170	48%	9	1 ¹ / ₂ s, 1fa
Coconut macaroon	1 each	97	28%	3.1	1s, 1/2fa
Gingersnap, iced, home-style	1 each	172	37%	7	1 ¹ / ₂ s, 1 ¹ / ₂ fa
● Gingersnap, iced, low-fat	1 each	16	11%	.2	1s

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
● Ladyfinger, with lemon juice and rind	1 each	40	22%	1	1s, 1/2fa
Molasses cookie, dark, home-style	1 each	115	27%	3.4	1s, 3/4fa
Oatmeal cookie	1 each	120	45%	6	1s, 1fa
Oatmeal raisin cookie	1 each	90	30%	3	1s, 1/2fa
Shortbread	1 each	70	45%	3.5	2/3s, 2fa
● Vanilla wafer	1 each	26	28%	.8	1/2s, 1/2fa
Ice cream					
Banana split, parlor-style	1 cup	360	45%	18	3s, 3 ¹ / ₂ fa
Black cherry chunk	1/2 cup	140	45%	7	1s, 1 ¹ / ₂ fa
Butter pecan	1/2 cup	310	67%	23	1s, 4 ¹ / ₂ fa
Butter pecan, no-sugar, low-fat	1/2 cup	110	57%	7	2/3s, 1 ¹ / ₂ fa
Chocolate	1/2 cup	270	60%	18	1 ¹ / ₂ s, 3 ¹ / ₂ fa
Chocolate chip, all-natural	1/2 cup	170	53%	10	1s, 2fa
● Cone, sugar, old-fashioned	1 each	48	11%	.6	1/2s
● Cone, waffle-style, large	1 each	111	19%	2.3	1s, 1/2fa
Cookies and cream	1/2 cup	270	57%	17	1 ¹ / ₂ s, 3 ¹ / ₂ fa
French vanilla	1/2 cup	140	45%	7	1s, 1 ¹ / ₂ fa
French vanilla, light	1/2 cup	120	30%	4	1s, 1fa
Ice cream bar, vanilla and milk chocolate	1 each	330	65%	24	1 ¹ / ₂ s, 4 ¹ / ₂ fa
Ice cream cake	1 piece	370	32%	13	3 ¹ / ₂ s, 2 ¹ / ₂ fa
Ice cream cake, layered, 1/8 of 8-in round	1 piece	330	33%	12	3s, 2fa

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Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Ice cream cone, chocolate-dipped	1 each	187	46%	9.6	1 ¹ / ₂ s, 1 ¹ / ₂ fa
Ice cream sandwich	1 each	260	45%	13	2s, 2 ¹ / ₂ fa
Milk shake, chocolate	14 fl oz	411	30%	13.7	1m, 3fa, 2 ¹ / ₂ s
Neapolitan	1/2 cup	130	48%	7	1s, 1fa
Rocky Road, all-natural, light	1/2 cup	140	29%	4.5	1 ¹ / ₂ s, 1fa
Strawberry	1/2 cup	250	58%	16	1 ¹ / ₂ s, 3fa
Sundae, vanilla fudge, parlor-style	1 cup	320	39%	14	2 ¹ / ₂ s, 2 ¹ / ₂ fa
Pies and cobblers					
Apple pie, 1/8 of 9-in pie	1 piece	296	42%	13.8	2s, 1fr, 2fa
Banana cream, 1/8 of 9-in pie	1 piece	231	46%	11.9	2s, 2fa
Blueberry pie, 1/8 of 9-in pie	1 piece	290	39%	12.5	1 ¹ / ₂ s, 1fr, 2fa
Cherry pie, 1/8 of 9-in pie	1 piece	325	38%	13.8	2s, 1fr, 2fa
Cobbler, fruit	1 cup	280	34%	10.5	2 ¹ / ₂ s, 2fa
Coconut custard, 1/6 of 8-inch pie	1 piece	270	46%	13.7	2s, 2 ¹ / ₂ fa
Lemon meringue, 1/9 of 10-in pie	1 piece	250	22%	6	3s, 1fa
Pecan pie, 1/8 of 10-in pie	1 piece	550	43%	26	4 ¹ / ₂ s, 5fa
Pie crust, single, baked, 1/8 of 9-in crust	1 piece	121	59%	8	1 ¹ / ₂ s, 1 ¹ / ₂ fa
Pumpkin pie, 1/8 of 9-in pie	1 piece	316	41%	14.4	2 ¹ / ₂ s, 2 ¹ / ₂ fa

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Puddings					
● Banana cream, mix, with 2% milk	1/2 cup	140	16%	2.5	1 ¹ / ₂ s, 1 ¹ / ₂ fa
● Banana pudding, reduced-calorie, with skim milk	1/2 cup	70	0%	0	1s
Bread pudding, 2in x 2in	1 piece	127	30%	4.2	1/2p, 1s, 1fa
● Butterscotch, mix, with 2% milk	1/2 cup	160	14%	2.5	2s, 1/2fa
● Chocolate, fat-free, with skim milk	1/2 cup	130	0%	0	1 ¹ / ₂ s
● Chocolate fudge, with 2% milk	1/2 cup	160	17%	3	2s, 1/2fa
● Rice pudding	1/2 cup	130	21%	3	1 ¹ / ₂ s, 1 ¹ / ₂ fa
Tapioca, pearl	1/2 cup	130	24%	3.5	1 ¹ / ₂ s, 1/2fa
● Vanilla, fat-free, with skim milk	1/2 cup	130	0%	0	1 ¹ / ₂ s
● Vanilla, instant, with 2% milk	1/2 cup	150	15%	2.5	1 ¹ / ₂ s, 1/2fa
Condiments					
● Hoisin	1/4 cup	120	0%	0	1 ¹ / ₂ s
● Hot sauce, picante	1 tsp	2	0%	0	free
● Ketchup	1 Tbsp	14	6%	.1	free
Mayonnaise	1 tsp	35	99%	3.9	1fa
● Mayonnaise, fat-free	1 tsp	4	35%	.1	free
Mayonnaise, light	1 tsp	17	90%	1.7	1/2fa
● Mustard, dijon	1 tsp	0	0%	0	free
● Soffrito	1 Tbsp	35	70%	2.7	1/2fa
● Soy sauce, lite	1/2 tsp	0	0	0	free
● Vinegar, distilled, white	1 Tbsp	0	0	0	free



Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Dips					
Avocado dip	1 Tbsp	30	60%	2	1/2s, 1 1/2fa
● Black bean dip	1 Tbsp	13	0%	0	2/3s
Cheese 'n salsa dip, medium	1 Tbsp	20	68%	1.5	2/3s, 1fa
Cheese 'n salsa dip, medium, low-fat	1 Tbsp	15	45%	.8	2/3s, 1/2fa
Fiesta Dip, 4-layer, frozen	1 Tbsp	25	36%	1	1/2p, 1/2s, 1fa
Guacamole	1/4 cup	114	79%	10	1/2s, 2fa
Onion soup mix dip with sour cream	1 Tbsp	33	81%	3	1/3s, 2 1/2fa
● Salsa	1/4 cup	20	0%	0	free
Spinach dip	1 Tbsp	70	90%	7	1v, 5fa
Gravies					
● Gravy, au jus, canned	1/4 cup	10	11%	.1	free
Gravy, beef	1/4 cup	30	30%	1	1/2fa
● Gravy, brown, mushroom, mixed with water	1/4 cup	20	23%	.5	1/4s
Gravy, chicken, canned	1/4 cup	47	65%	3.4	1fa
Oils					
Oil, canola	1 tsp	41	100%	4.6	1fa
Oil, corn	1 tsp	41	100%	4.6	1fa
Oil, olive, salad or cooking	1 tsp	40	100%	4.5	1fa

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Salad dressings					
Blue cheese, chunky	1 Tbsp	85	90%	8.5	2fa
● Blue cheese, fat-free	1 Tbsp	20	6%	.1	1/4s
Caesar, classic	1 Tbsp	55	90%	5.5	1fa
● Caesar, classic, fat-free	1 Tbsp	23	0%	0	1/4s
Caesar, low-cal	1 Tbsp	17	36%	.7	1/4s
Coleslaw salad dressing	1/2 cup	520	76%	44	2s, 8fa
French, deluxe	1 Tbsp	60	83%	5.5	1fa
French, diet, 5 calories per teaspoon	1 Tbsp	38	52%	2.2	1/2fa
● French, fat-free	1 Tbsp	21	2%	0	1/4s
Herb vinaigrette	1 Tbsp	70	96%	7.5	1 1/2fa
Italian	1 Tbsp	50	81%	4.5	1fa
Italian, creamy	1 Tbsp	55	90%	5.5	1fa
● Italian, diet, 2 calories per teaspoon	1 Tbsp	11	77%	1	free
Ranch	1 Tbsp	80	96%	8.5	2fa
● Ranch, fat-free	1 Tbsp	23	0%	0	1/4s
Ranch, reduced-calorie	1 Tbsp	50	63%	3.5	1fa

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Condiments, Sauces, and Spreads



Condiments, Sauces, and Spreads

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Sauces					
Alfredo	1/4 cup	180	90%	18	4fa
● Barbecue, thick and tangy	1/4 cup	100	0%	0	1s
Black bean sauce	1/4 cup	65	43%	3.1	1/2s, 1/2fa
Cheddar cheese sauce, mild	1/4 cup	90	60%	6	1/2m, 1fa
● Cocktail sauce	1/4 cup	60	8%	.5	3/4s
● Cranberry sauce, jellied, canned	1/4 cup	100	0%	0	1s
Garlic pesto	1/4 cup	340	87%	33	6 1/2fa, 1p
Hollandaise	1/4 cup	171	96%	18.2	4fa
● Italian herb pasta sauce	1/4 cup	34	2%	.1	1 1/2v
● Marinara	1/4 cup	35	0%	0	1v
Mustard sauce	1/4 cup	99	84%	9.2	2fa
Spices and herbs					
● Caribbean jerk, chili powder, lemon pepper, cumin, basil	1 tsp	0	0%	0	free
Spreads					
Butter, light, salted, whipped	1 tsp	12	90%	1.2	1/4fa
Butter, salted	1 tsp	33	99%	3.7	1fa
Hummus, original, dry mix	1 Tbsp	40	34%	1.5	1s, 1/2p, 1fa
Margarine, hard	1 tsp	34	100%	3.8	1fa
Margarine, reduced-fat	1 tsp	20	100%	2.8	1/2fa
Peanut butter, creamy, reduced-fat	1 Tbsp	95	57%	6	1/2p, 1fa, 1/2s
Peanut butter, creamy	1 Tbsp	100	72%	8	1/2p, 1 1/2fa
Pimiento spread	1/4 cup	110	49%	6	1/2p, 1/2s, 1fa
Pimiento spread, pasteurized, processed	1 Tbsp	40	68%	3	1/2p, 1/2fa

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Alcoholic					
● Beer	12 fl oz	146	0%	0	1s, 2fa
● Beer, light	12 fl oz	99	0%	0	2fa
● Beer, nonalcoholic	12 fl oz	73	0%	0	1s
Brandy Alexander	3 fl oz	235	23%	6	2s, 2fa
● Brandy, gin, rum, tequila, vodka, whiskey, 80 proof	1 1/2 foz	97	0%	0	2fa
● Brandy, gin, rum, tequila, vodka, whiskey, 86 proof	1 1/2 foz	105	0%	0	2 1/3fa
● Brandy, gin, rum, tequila, vodka, whiskey, 90 proof	1 1/2 foz	110	0%	0	2 1/2fa
Daiquiri	4 fl oz	224	0%	0	1 2/3s, 2fa
● Liqueur	1 1/2 fl oz	106	0%	0	1s, 1/2fa
● Margarita	3 1/2 foz	170	0%	0	2 2/3s, 3fa
Piña Colada	4 1/2 foz	262	10%	3	2s, 1/4fr, 2fa
● Sake, Japanese rice wine	4 fl oz	156	0%	0	1 1/3s, 3fa
● Sherry	2 fl oz	41	0%	0	1fa
White Russian	4 1/2 foz	257	4%	1.3	1s, 4fa
● Wine cooler	4 fl oz	57	0%	0	1 1/2s, 1/2fa
● Wine, dessert, port	2 fl oz	94	0%	0	1 1/2s, 1fa
● Wine, dry, burgundy	4 fl oz	82	0%	0	1 1/2fa
● Wine, nonalcoholic	4 fl oz	7	0%	0	1/2s
● Wine spritzer	6 fl oz	71	0%	0	1 1/2fa
● Wine, white, medium	4 fl oz	80	0%	0	1 1/2fa
Coffee and tea					
Cappuccino with low-fat milk, double, tall	12 fl oz	110	29%	3.5	1/2s, 1/2m, 1/2fa
Cappuccino with whole milk, tall	12 fl oz	140	45%	7	1/2s, 1/2m, 1fa





Beverages

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
● Coffee, brewed	12 fl oz	7	13%	.1	free
Coffee, frappuccino, mocha, tall	12 fl oz	230	12%	3	2s, 1/2m, 1/2fa
Latte with low-fat milk, tall	12 fl oz	170	32%	6	1/2s, 1m, 1fa
Latte with whole milk, tall	12 fl oz	210	47%	11	1/2s, 1m, 2fa
● Tea, black, classic, brewed	12 fl oz	0	0%	0	free
● Tea, iced, lemon, sugar-free, low-cal	12 fl oz	8	0%	0	free
● Tea, iced, lemon-flavored, ready to drink	12 fl oz	133	7%	1.1	1 2/3s
Fruit juices and drinks					
● Apple juice	4 fl oz	60	0%	0	1fr
● Fruit drink, tropical fruit punch, 5% juice	12 fl oz	180	0%	0	2s
● Fruit juices, unsweetened	4 fl oz	60	0%	0	1fr
● Fruit punch, sugar-free, low-cal	12 fl oz	8	0%	0	free
● Grape juice	4 fl oz	75	0%	0	1s
● Lemonade	12 fl oz	135	0%	0	2s
● Lemonade, pink, sugar-free, low-cal	12 fl oz	8	0%	0	free
● Orange juice	4 fl oz	55	6%	.3	1fr
Soda					
● Club soda	12 fl oz	0	0%	0	free
● Cola	12 fl oz	156	0%	0	2s
● Cola, diet, with aspartame	12 fl oz	4	0%	0	free
● Fanta orange, grape, or strawberry	12 fl oz	144	0%	0	1 3/4s
● Soda, lemon-lime	12 fl oz	150	0%	0	2s
● Soda, orange	12 fl oz	179	0%	0	2 1/2s

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Arby's					
Arby's melt with cheddar	1 each	300	36%	12	2s, 1 1/2p, 2fa
Buttermilk ranch dressing	1 pkt	330	93%	34	1/3s, 7fa
Chicken breast fillet, grilled	1 each	410	37%	17	3 1/2p, 2s, 1fa
Chicken fingers, 3-pack	1 each	150	96%	16	1p, 1s, 2fa
Corned beef reuben sandwich	1 each	610	40%	27	3p, 3 1/2s, 7 1/2fa
Curley fries, medium	1 srvg	410	53%	24	3s, 4fa
Homestyle fries, medium	1 srvg	380	59%	25	2s, 5fa
● Hot ham and Swiss melt	1 each	270	27%	8	2p, 2s, 1/2fa
Junior roast beef	1 each	270	30%	9	1 1/2p, 2s, 1 1/2fa
Large roast beef sandwich	1 each	510	51%	29	4p, 2s, 3fa
Light buttermilk ranch dressing	1 pkt	110	49%	6	1s, 1fa
● Martha's vineyard salad	1 each	270	27%	8	2p, 3v, 1fa
Medium roast beef sandwich	1 each	420	45%	21	3p, 2s, 2fa
Potato cakes, 2	1 srvg	250	65%	18	1 1/2s, 3fa
Raspberry vinaigrette	1 pkt	190	66%	14	1s, 2fa
Regular roast beef sandwich	1 each	320	37%	13	2p, 2s, 1 1/2fa
Santa Fe ranch dressing	1 pkt	300	93%	31	1/3s, 6fa
Santa Fe salad	1 each	300	60%	20	1p, 1s, 3v, 2fa
Southwest chicken wrap	1 each	550	49%	30	3p, 3s, 4fa

alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Boston Market					
1/4 Dark original rotisserie chicken, no skin	5 oz	260	45%	13	4p, 1fa
1/4 Dark original rotisserie chicken, with skin	5 oz	280	48%	15	4p, 1 1/2fa
1/4 White original rotisserie chicken, no skin	6 oz	250	29%	8	5p
1/4 White original rotisserie chicken, with skin	6 oz	330	33%	12	5p, 1fa
Boston Chicken Carver	11 oz	690	42%	32	3 1/2s, 5 1/2p, 3fa
Butternut squash	5 oz	140	29%	5	1 1/2s, 1fa
Caesar salad dressing	3 oz	360	95%	38	8fa
Caesar salad entrée	7 oz	140	51%	8	1p, 1v, 1 1/2fa
Chicken noodle soup	6 oz	180	35%	7	1s, 1 1/2p, 1/2fa
Chicken tortilla soup with toppings	6 oz	340	58%	22	1 1/2s, 1p, 4fa
Chicken tortilla soup without toppings	6 oz	90	50%	5	1/2s, 1/2p, 1/2fa
Chocolate chip fudge brownie	5 oz	580	36%	23	5s, 4 1/2fa
Chocolate Fudge Bliss	5 oz	300	24%	8	3 1/2s, 1 1/2fa
Cinnamon apples	5 oz	210	13%	3	1 1/2s, 1fr, 1/2fa
Cornbread	2 oz	130	24%	4	1 1/2s, 1/2fa
Cranberry walnut relish	3 oz	140	13%	2	1s, 1fr, 1/2fa
Creamed spinach	7 oz	280	74%	23	1v, 1/2m 4 1/2fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Fresh steamed vegetables	5 oz	50	36%	2	1v, 1/2fa
Fresh vegetable stuffing	5 oz	190	38%	8	1 1/2s, 1v, 1 1/2fa
Garden fresh coleslaw	4 oz	190	76%	16	2v, 3fa
Garlic dill new potatoes	6 oz	140	19%	3	1 1/2s, 1/2fa
Green beans	5 oz	90	50%	5	2v, 1fa
Macaroni and cheese	8 oz	330	33%	12	2 1/2s, 1p, 2fa
Market chopped salad with dressing	20 oz	580	74%	48	1 1/2s, 1 1/2fr, 3v, 10fa
Market chopped salad without dressing	17 oz	220	37%	9	1 1/2s, 1 1/2fr, 3v, 2fa
Mashed potatoes	8 oz	210	39%	9	1 1/2s, 2fa
Poultry gravy	2 oz	25	36%	1	1 1/4s
Pumpkin pie	4 oz	240	56%	15	2s, 3fa
Roasted turkey	5 oz	180	15%	3	4p
Seasonal fresh fruit salad	5 oz	60	0%	0	1fr
Strawberry Bliss	5 oz	370	56%	23	2s, 1 1/2fr, 4 1/2fa
Sweet corn	6 oz	170	21%	4	1 1/2s, 1fa
Sweet potato casserole	7 oz	460	33%	17	4 1/2s, 3fa
USDA Choice all beef meatloaf	8 oz	480	62%	33	4p, 1s, 4fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Burger King					
Angus steak burger	1 each	560	35%	22	3p, 3 ¹ / ₂ s, 2 ¹ / ₂ fa
Angus steak burger with bacon and cheese	1 each	710	42%	33	4p, 4s, 4fa
BK fish fillet	1 each	630	43%	30	2p, 4s, 4fa
BK veggie burger	1 each	420	34%	16	2p, 3s, 2fa
Cheeseburger	1 each	330	44%	16	2p, 2s, 2fa
Cheeseburger, Whopper	1 each	760	56%	47	3p, 3 ¹ / ₂ s, 7fa
Cheeseburger, Whopper Jr	1 each	410	53%	24	2p, 2s, 3 ¹ / ₂ fa
Chicken tenders, 6 pieces	1 order	250	54%	15	2p, 1s, 2fa
Croissanwich, double with bacon, egg, and cheese	1 each	430	57%	27	2s, 2p, 4fa
Croissanwich with egg and cheese	1 each	300	51%	17	2s, 1p, 2 ¹ / ₂ fa
French toast sticks	1 srvg	390	46%	20	3s, 4fa
Hamburger	1 each	290	37%	12	1 ¹ / ₂ p, 2s, 1 ¹ / ₂ fa
Hamburger, Whopper	1 each	670	52%	39	2 ¹ / ₂ p, 3 ¹ / ₂ s, 6fa
Hamburger, Whopper Jr	1 each	370	51%	21	1 ² / ₃ p, 2s, 3 ¹ / ₂ fa
Milk shake, chocolate, medium	1 each	690	26%	20	5s, 1 ¹ / ₂ m, 3fa
Milk shake, vanilla, medium	1 each	560	34%	21	4s, 1 ¹ / ₂ m, 3fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Onion rings, medium	1 each	320	45%	16	2 ¹ / ₂ s, 3fa
Potatoes, french fries, salted, king	1 each	600	45%	30	4s, 6fa
Potatoes, french fries, salted, large	1 each	500	45%	25	3 ¹ / ₂ s, 5fa
Potatoes, french fries, salted, medium	1 each	360	45%	18	3s, 3fa
● Sauce, barbecue, dipping	1 srvg	40	0%	0	1 ¹ / ₂ s
Tendergrill chicken garden salad	1 srvg	230	31%	8	3p, 1 ¹ / ₂ s, 1v
Tendercrisp chicken sandwich	1 srvg	780	50%	43	4 ¹ / ₂ s, 1 ¹ / ₂ p, 8fa
● Tendergrill chicken sandwich with honey mustard	1 each	450	20%	10	4p, 3s
Carl's Jr.					
Burrito, bacon and egg	1 each	560	51%	32	3p, 2s, 5fa
Cake, chocolate	1 srvg	300	36%	12	3s, 2fa
Cheeseburger, western bacon	1 each	660	41%	30	2 ³ / ₄ , 4s, 4fa
Cheesecake, strawberry swirl	1 srvg	290	53%	17	2s, 3 ¹ / ₂ fa
Chicken nuggets, Chicken stars, 6 pieces	1 srvg	270	57%	17	1 ¹ / ₂ p, 1s, 3fa
Chili burger	1 each	690	46%	35	4p, 3 ¹ / ₂ s, 4fa
French toast, Dips, 6 pieces	1 srvg	450	40%	20	3 ¹ / ₂ s, 4fa
Hamburger, Carl's Famous Star	1 each	590	49%	32	2p, 3s, 5fa

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all® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Hamburger, Super Star	1 each	790	54%	47	4 ^{1/2} p, 3 ^{1/2} s, 6 ^{1/2} zfa
Onion rings	1 srvg	440	45%	22	3 ^{1/2} s, 4fa
Potatoes, french fries, CrissCut	1 srvg	410	53%	24	2 ^{3/4} s, 4 ^{1/2} zfa
Potatoes, french fries, medium	1 srvg	460	45%	22	3 ^{1/2} s, 4fa
Potatoes, hash browns, nuggets	1 srvg	330	57%	21	2s, 4fa
● Salad, chicken, charbroiled	1 each	330	19%	7	4p, 1s, 1fa
Salad dressing, blue cheese	1 srvg	320	98%	35	7fa
● Salad dressing, Italian, fat-free	1 srvg	15	0%	0	7/4s
● Sandwich, chicken, barbecued, charbroiled	1 each	370	10%	4	3p, 3s
Sandwich, chicken, Santa Fe, charbroiled	1 each	610	47%	32	4p, 3s, 4fa
Sandwich, fish, Carl's Catch	1 each	560	43%	27	1p, 3 ^{1/2} s, 5fa
Sandwich, spicy chicken	1 each	480	49%	26	1p, 3s, 4fa
● Sauce, sweet and sour	1 srvg	50	0%	0	3/4s
Squash, zucchini, breaded, fried	1 srvg	320	50%	19	2s, 4fa
Church's Chicken					
Breast, Original	1 piece	200	54%	11	2 ^{1/2} p, 1/3s, 1fa
Cajun rice, regular	1 srvg	130	48%	7	1s, 1fa
Cole slaw, regular	1 srvg	150	60%	10	1/2s, 1v, 2fa
● Collard greens, regular	1 srvg	25	0%	0	1v
● Corn on the cob	1 each	140	19%	3	1 ^{1/2} s, 1/2fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Crunchy tenders	1 piece	137	33%	5	1 ^{1/2} p, 1/2s, 1/2zfa
Edward's double lemon pie	1 srvg	300	42%	14	2s, 3fa
French fries, regular	1 srvg	420	43%	20	3s, 4fa
Fried steak with white gravy	1 piece	470	54%	28	2 ^{1/2} p, 2 ^{1/2} s, 4fa
Honey butter biscuits	1 each	250	58%	16	1 ^{1/2} s, 3fa
Jalapeño cheese bombers	4 each	240	38%	10	2s, 2fa
Leg, Original	1 piece	110	49%	6	1 ^{1/2} p, 1/4s
Macaroni and cheese, regular	1 srvg	210	47%	11	1 ^{1/2} p, 1 ^{1/2} s, 2fa
● Mashed potatoes with gravy, regular	1 srvg	70	26%	2	1s, 1/2fa
Okra, regular	1 srvg	300	69%	23	1s, 1v, 5fa
Original tender strips	1 piece	120	45%	6	1p, 1/2s, 1/2zfa
Sauce, honey mustard	1 pkg	110	89%	11	1/4s, 2fa
● Sauce, sweet and sour	1 pkg	30	0%	0	1/2s
Sweet corn nuggets, regular	1 srvg	600	44%	29	4s, 6fa
Thigh, Original	1 piece	330	63%	23	2p, 1/2s, 4fa
Wing, Original	1 piece	300	57%	19	3 ^{1/2} p, 1/2s, 2fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Dairy Queen					
Banana split, royal treats	1 each	510	21%	12	4s, 1fr, 2 ¹ / ₂ fa
Cake, ice cream, layered, 1/8 of 8-in round	1 piece	370	32%	13	3 ¹ / ₂ s, 2 ¹ / ₂ fa
Cheeseburger, double, homestyle, deluxe	1 each	540	52%	31	4p, 2s, 4fa
Dinner, chicken, strip, basket, with gravy, 4-piece	1 each	920	48%	49	2p, 5 ¹ / ₂ s, 8 ¹ / ₂ fa
Hamburger, homestyle	1 each	290	37%	12	2p, 2s, 2fa
Hot dog	1 each	240	53%	14	1p, 1 ¹ / ₂ s, 2 ¹ / ₂ fa
Hot dog, chili and cheese	1 each	330	57%	21	1 ¹ / ₂ p, 1 ¹ / ₂ s, 3fa
Ice cream bar, Dilly, chocolate	1 each	220	53%	13	1 ¹ / ₂ s, 2 ¹ / ₂ fa
● Ice cream bar, vanilla orange, no sugar added	1 each	60	0%	0	1s
Ice cream, Blizzard, chocolate chip cookie dough, medium	1 each	1030	35%	40	10s, 8fa
Ice cream, Blizzard, Oreo, small	1 each	570	33%	21	5s, 4fa
Ice cream, chocolate soft-serve, 1/2 cup	1 each	150	42%	7	1 ¹ / ₂ s, 1 ¹ / ₂ fa
Ice cream cone, chocolate, small	1 each	240	30%	8	2 ¹ / ₂ s, 1 ¹ / ₂ fa
Ice cream cone, vanilla, small	1 each	230	27%	7	2 ¹ / ₂ s, 1 ¹ / ₂ fa
Ice cream sandwich	1 each	200	27%	6	2s, 1fa
Milk shake, chocolate malt, small	1 each	640	22%	16	6 ¹ / ₂ s, 1m, 3fa
Potatoes, french fries, medium	1 srvg	380	36%	15	3s, 3fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Salad, chicken, crispy, with no-fat Italian dressing	1 each	350	51%	20	2 ¹ / ₂ p, 1s, 1v, 3fa
Salad, chicken, grilled, with no-fat Italian dressing	1 each	240	38%	10	3p, 1 ¹ / ₂ s, 1v
Sundae, chocolate, small	1 each	280	23%	7	3s, 1 ¹ / ₂ zfa
Domino's Pizza					
Bread, stick	1 each	130	48%	7	1s, 1fa
Bread, stick, cheesy	1 each	140	45%	7	1s, 1 ¹ / ₂ zfa
Bread, stick, cinnamon sugar, CinnaStix	1 each	140	45%	7	1s, 1 ¹ / ₂ zfa
Chicken, buffalo wings	1 each	85	48%	4.5	1p, 3 ¹ / ₄ fa
Pizza, America's favorite feast, hand-tossed, 12-in	1 slice	290	40%	13	1 ¹ / ₂ p, 2s, 2fa
Pizza, bacon cheeseburger feast, hand-tossed, 12-in	1 slice	300	42%	14	1p, 2s, 2fa
Pizza, barbecued feast, bacon, hand-tossed, 12-in	1 slice	290	34%	11	1p, 2s, 2fa
Pizza, Extrava, feast, hand-tossed, 12-in	1 slice	320	42%	15	1p, 2s, 2fa
Pizza, Hawaii feast, hand-tossed, 12-in	1 slice	250	32%	9	1p, 2s, 1fa
Pizza, meat feast, hand-tossed, 12-in	1 slice	310	41%	14	1p, 2s, 2fa
Pizza, pepper feast, hand-tossed, 12-in	1 slice	290	43%	14	1p, 2s, 2fa
Pizza, veggie feast, hand-tossed, 12-in	1 slice	250	32%	9	1p, 2s, 1fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
El Pollo Loco					
Avocado salsa	1 srvg	18	50%	1	free
Black beans	1 srvg	306	47%	16	1p, 2s, 2fa
● Burrito, BRC	1 srvg	528	26%	15	5s, 3fa
● Burrito, chicken guacamole	1 srvg	535	29%	17	3p, 4s, 1½fa
● Burrito, classic chicken	1 srvg	636	27%	19	2½zp, 5s, 2½zfa
Burrito, grilled fiesta	1 srvg	1068	46%	54	5p, 6s, 7½zfa
● Chicken breast, no skin	1 srvg	153	24%	4	4p
Chicken breast with skin	1 srvg	187	34%	7	4p
Chicken thigh	1 srvg	120	53%	7	2p, ½zfa
Coleslaw	1 srvg	206	70%	16	½zs, 1v, 3fa
● Fosters freeze soft serve, cup	1 srvg	180	25%	5	2s, 1fa
Fresh vegetables	1 srvg	68	53%	4	2v
● Light Italian dressing	1 srvg	20	45%	1	free
Lite creamy cilantro dressing	1 srvg	83	76%	7	½zs, 1½zfa
Macaroni and cheese	1 srvg	381	61%	26	1p, 1½zs, 4½zfa
● Mashed potatoes	1 srvg	110	8%	1	1½zs
Pico de gallo salsa	1 srvg	10	90%	1	free
● Pinto beans	1 srvg	154	23%	4	1½zs, 1fa
● Pollo bowl	1 srvg	543	17%	10	2p, 5½zs, 1fa
Quesadilla, chicken	1 srvg	654	41%	30	3¾p, 3½zs, 3½zfa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Salad, Caesar pollo, no dressing	1 srvg	221	37%	9	3p, 1s
Salad, fiesta pollo	1 srvg	747	69%	57	3½zp, 2s, 9fa
Salad, Monterrey pollo, no dressing	1 srvg	176	31%	6	3p, 1s
● Spanish rice	1 srvg	161	6%	1	2s
Taco, chicken, soft	1 srvg	237	42%	11	2p, 1s, 1fa
Taquitos, chicken, 2	1 srvg	370	41%	17	1p, 2½zs, 2½zfa
Godfather's Pizza					
All meat combo, ⅛ jumbo, original crust	1 slice	610	40%	27	2½zp, 4s, 4fa
All meat combo, ⅛ medium, original crust	1 slice	370	39%	16	2s, 2p, 2fa
Apple dessert pizza, ⅛ large	1 slice	229	20%	5	2½zs, 1fa
Bacon cheeseburger, ⅛ large, original crust	1 slice	390	42%	18	2s, 2p, 2fa
Bacon cheeseburger, ⅛ large, thin crust	1 slice	290	53%	17	1½s, 1p, 3fa
● Cheese pizza, ⅛ medium, original crust	1 slice	260	24%	7	2s, 1p, 1fa
Cherry dessert pizza, ⅛ medium	1 slice	210	17%	4	2½zs, 1fa
Cinnamon streusel dessert pizza, ⅛ medium	1 slice	228	24%	6	2½zs, 1fa
● Hawaiian pizza, ⅛ medium, original crust	1 slice	280	26%	8	2½zs, 1p, 1fa
Hot stuff pizza, ⅛ large, original crust	1 slice	400	41%	18	2½zs, 1½zp, 3fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
● Monkey bread	1 srvg	120	11%	1.5	1 ¹ / ₂ s
Potato wedges, 4 ounces	1 srvg	192	42%	9	1 ¹ / ₂ s, 2fa
Super taco pizza, ¹ / ₁₀ large, original crust	1 slice	450	44%	22	2 ² / ₃ s, 2p, 3fa
Veggie pizza, ¹ / ₈ medium, original crust	1 slice	270	30%	9	2 ¹ / ₃ s, 1p, 1fa

Hardee's

3-piece Chicken strips	1 each	380	50%	21	3p, 1 ¹ / ₂ s, 2fa
¹ / ₃ -pound Cheeseburger	1 each	680	52%	39	3p, 3 ¹ / ₂ s, 6fa
● ¹ / ₃ -pound Low-carb thickburger	1 each	420	11%	5	4p, ¹ / ₃ s, 4fa
¹ / ₃ -pound Mushroom n' Swiss thickburger	1 each	720	53%	42	3p, 3s, 6 ¹ / ₂ fa
¹ / ₃ -pound Thickburger	1 each	850	60%	57	3p, 3 ¹ / ₂ s, 9 ¹ / ₂ fa
5-piece Chicken strip	1 each	630	49%	34	3s, 4p, 4fa
Apple turnover	1 each	290	47%	15	1 ¹ / ₂ s, 1 ¹ / ₂ fr, 3fa
Biscuit, omelet, loaded	1 each	640	62%	44	2p, 2 ¹ / ₂ s, 7 ¹ / ₂ fa
Biscuit, with bacon, egg and cheese	1 each	560	61%	38	2p, 2s, 6fa
Biscuit, with chicken	1 each	600	51%	34	2p, 3s, 5fa
Biscuit, with ham	1 each	440	53%	26	2p, 2s, 4fa
Charbroiled chicken club sandwich	1 each	560	48%	30	4 ¹ / ₂ p, 2s, 3 ¹ / ₂ fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Coleslaw, small	1 each	170	53%	10	1s, 1v, 2fa
Fried chicken breast	1 each	370	36%	15	3p, 1 ¹ / ₂ s, 2fa
Fried chicken thigh	1 each	330	41%	15	2p, 2s, 2fa
Fried chicken wing	1 each	200	36%	8	1 ¹ / ₂ p, 1s, 1 ¹ / ₂ fa
Hot dog	1 each	420	64%	30	1 ¹ / ₂ p, 1 ¹ / ₂ s, 5fa
Hot ham 'n cheese	1 each	420	39%	18	3p, 2 ¹ / ₃ s, 2fa
Potatoes, crispy curls, small	1 srvg	340	45%	17	2 ¹ / ₂ s, 3fa
Potatoes, french fries, medium	1 srvg	520	42%	24	4s, 5fa
Potatoes, hash browns, rounds, small	1 srvg	260	55%	16	1 ¹ / ₂ s, 3fa
Regular roast beef sandwich	1 each	330	44%	16	2p, 2s, 2fa

In-N-Out Burger

Cheeseburger with onion	1 each	480	50%	27	2 ¹ / ₂ p, 2s, 4fa
Cheeseburger with onion, no bun	1 each	330	67%	25	2 ¹ / ₂ p, 4fa
Chocolate shake	15 fl oz	690	46%	36	3 ¹ / ₂ s, 1m, 7fa
Double-Double with onion	1 each	670	55%	41	4p, 2s, 6fa
Double-Double with onion, no bun	1 each	520	67%	39	4p, 6fa
French fries	1 srvg	400	40%	18	2 ¹ / ₂ s, 4fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Hamburger with onion	1 each	390	44%	19	2p, 2s, 3fa
Hamburger with onion, no bun	1 each	240	63%	17	2p, 3fa
Vanilla shake	15 fl oz	680	49%	37	3 ¹ / ₂ s, 1m, 7fa

Jack in the Box

● Asian chicken salad	1 each	140	6%	1	1p, 1s, 1fa
Biscuit with egg, sausage and cheese	1 each	430	52%	25	1 ¹ / ₂ p, 2s, 4fa
Cheeseburger, Jumbo Jack	1 each	690	55%	42	3p, 3s, 6 ¹ / ₂ fa
Cheeseburger, ultimate	1 each	1010	63%	71	4p, 3 ¹ / ₂ s, 12fa
Chicken club salad	1 each	300	45%	15	3p, 1s, 1fa
Egg roll	1 each	130	42%	6	1s, 1fa
Hamburger	1 each	310	41%	14	1 ¹ / ₂ p, 2s, 2fa
Hamburger, Jumbo Jack	1 each	600	53%	35	3p, 3s, 5fa
Junior bacon cheeseburger	1 each	430	52%	25	2p, 2s, 4fa
Onion rings	1 srvg	500	54%	30	3 ¹ / ₂ s, 6fa
Original ciabatta burger	1 each	720	53%	42	2p, 4s, 7fa
Potatoes, french fries, medium	1 srvg	360	43%	17	3s, 3fa
Sandwich, chicken	1 each	400	47%	21	2p, 2s, 3fa
Sandwich, chicken, fajita pita	1 each	300	30%	10	2p, 2s, 1 ¹ / ₂ fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Southwest chicken salad	1 each	330	35%	13	3p, 2s, 3 ¹ / ₄ fa
Taco	1 each	160	45%	8	1 ¹ / ₂ p, 1s, 1 ¹ / ₂ fa
Taco, monster	1 each	240	53%	14	1p, 1s, 2 ¹ / ₂ fa

KFC

● Beans, baked	1 srvg	230	4%	1	3s
Biscuits, buttermilk	1 each	190	47%	10	1s, 2fa
Cake, double chocolate chip	1 each	400	65%	29	2s, 5fa
Chicken, breast, extra crispy	1 each	460	55%	28	5p, 1s, 2 ¹ / ₂ fa
Chicken, breast, original recipe	1 each	380	45%	19	5p, 1s, 1fa
Chicken, popcorn, small	1 srvg	380	50%	21	2 ³ / ₄ p, 1 ¹ / ₂ s, 2 ¹ / ₂ fa
Chicken, strips, Colonel's Crispy	2 strips	270	53%	16	2p, ³ / ₄ s, 2fa
Chicken, thigh, extra crispy	1 each	370	63%	26	3p, 1s, 3 ¹ / ₂ fa
Chicken, thigh, original recipe	1 each	360	63%	25	3p, 1s, 3fa
● Corn, cob, 3-in	1 each	70	19%	1.5	1s
Dish, macaroni and cheese	1 srvg	180	40%	8	1 ¹ / ₂ s, 1 ¹ / ₂ fa
Dish, pot pie, chicken, chunky	1 each	770	47%	40	3p, 4s, 6fa
● Green beans	1 srvg	50	27%	1.5	2v

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Parfait, chocolate cream, Little Bucket	1 each	270	43%	13	2s, 3fa
Pie, apple, Colonel's Pies	1 piece	290	34%	11	2s, 1/2fr, 3fa
Pie, pecan, Colonel's Pies	1 piece	480	39%	21	4s, 4fa
Potatoes, mashed, with gravy	1 srvg	130	31%	4.5	1s, 1fa
● Sandwich, chicken, honey barbecued, with sauce	1 each	300	18%	6	2p, 2 1/2s
Sandwich, Chix, tender-roasted, with sauce	1 each	390	44%	19	3 3/4p, 1 1/2s, 1 1/2fa

Koo Koo Roo

BBQ chicken salad	1 each	365	36%	14.4	4p, 1s, 2v, 1fa
● Black beans	1 srvg	125	19%	2.6	1p, 2s
Buffalo wings	6 each	606	41%	27.6	6p, 6fa
● Butternut squash	1 srvg	66	0%	0	1s
California chicken burrito	1 each	810	45%	40.8	4p, 4s, 6fa
● Cantaloupe and honeydew	1 srvg	50	0%	0	1fr
Chicken Caesar sandwich	1 each	781	41%	35.6	6p, 4s, 3 1/2fa
● Chicken spicy ginger garlic bowl	1 each	485	11%	6.1	4p, 3s, 2v
Chicken tostada bowl, with no shell	1 each	528	37%	21.9	4 1/2p, 2 1/2s, 2fa
Chipotle chicken wrap	1 each	924	42%	43.4	3 1/4p, 6s, 6fa
Creamed spinach	1 srvg	100	58%	6.4	2v, 1fa
Creamy coleslaw	1 srvg	238	76%	20	1/2s, 2v, 4fa
● Cucumber salad	1 srvg	41	0%	0	1v

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Kellogg's Rice Krispies treats	1 each	340	18%	6.8	4s, 1 1/2fa
Peanut butter cup cookie	1 each	460	43%	22	3 1/2s, 4fa
Roasted garlic potatoes	1 srvg	133	30%	4.5	1 1/4s, 1fa
Roasted turkey, sliced breast	1 each	182	40%	8	3p
Rotisserie chicken, breast and wing	1 each	355	41%	16	7p
Rotisserie chicken, leg and thigh	1 each	300	54%	18	5 1/2p
Saffron rice	1 srvg	175	36%	7	2 1/2s, 1fa
Salad dressing, Caesar	1 srvg	235	100%	26.2	4fa
Salad dressing, house	1 srvg	90	60%	6	1/2s, 1fa
● Spanish rice	1 srvg	145	16%	2.5	2s, 1/2fa
Stuffing	1 srvg	111	54%	6.6	3/4s, 1 1/2fa
● Ten vegetable soup	1 each	94	21%	2.2	3v, 1/2fa
Turkey dinner, traditional	1 each	692	38%	29	3 3/4p, 3 3/4s, 2v, 3 1/2fa
Turkey pot pie	1 each	883	45%	43.7	4p, 5s, 6 1/2fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Little Caesars					
Baby Pan!Pan!	1 srvg	310	44%	15	1p, 2s, 2 1/2fa
Chicken wings	1 each	50	72%	4	1/2p, 1/2fa
● Crazy bread	1 slice	90	26%	2.5	1s, 1/2fa
● Crazy sauce	1 srvg	45	0%	0	2v, 1fa
Italian cheese bread	1 piece	120	45%	6	1s, 1fa
Pizza, 14-in, cheese	1 slice	170	32%	6	1/2p, 1 1/2s, 1fa
Pizza, 14-in, cheese, deep dish	1 slice	140	32%	5	1/2p, 1 1/4s, 1/2fa
Pizza, 14-in, cheese, thin crust	1 slice	130	42%	6	1s, 1/2p, 1fa
Pizza, 14-in, Meatsa	1 slice	220	41%	10	1p, 1 1/2s, 1 1/2fa
Pizza, 14-in, pepperoni	1 slice	200	36%	8	1/2p, 1 1/2s, 1 1/2fa
Pizza, 14-in, supreme	1 slice	230	39%	10	1p, 1 1/2s, 1 1/2fa
Pizza, 14-in, veggie	1 slice	190	33%	7	1/2p, 1 1/2s, 1v, 1/2fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Long John Silver's					
Cheesesticks	1 srvg	140	51%	8	1s, 1fa
Chicken sandwich	1 srvg	360	38%	15	1 1/4p, 2 2/3s, 2fa
Chocolate cream pie	1 srvg	310	64%	22	1 1/2s, 4fa
Clam chowder	1 srvg	220	41%	10	1/2p, 1 1/2s, 2fa
Cod, baked	1 srvg	120	34%	4.5	2p
Corn cobbette	1 srvg	90	30%	3	1s
Crab cake, lobster-stuffed	1 srvg	170	48%	9	1/2p, 1s, 2fa
Fish, battered	1 srvg	260	55%	16	1p, 1s, 2 1/2fa
Fish sandwich	1 srvg	470	44%	23	1 1/4p, 3s, 4fa
French fries, regular	1 srvg	230	39%	10	2s, 2fa
Hushpuppies	1 srvg	60	38%	2.5	1/2s, 1/2fa
Lobster, buttered bites	1 srvg	250	32%	9	1p, 2s, 1fa
● Rice	1 srvg	180	18%	3.5	2s, 1/2fa
Salad, crispy chicken club	1 srvg	510	53%	30	3p, 2s, 4fa
● Salad dressing, lite Italian	1 srvg	20	45%	1	free
Salad, shrimp and seafood	1 srvg	260	42%	12	2p, 1 1/2s, 1 1/2fa
● Sauce, cocktail	1 srvg	25	0%	0	1/2s
Sauce, tartar	1 srvg	100	81%	9	2fa
Shrimp, buttered	1 each	45	60%	3	1/2p, 1/2fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
McDonald's					
● Apple dippers	1 pkg	35	0%	0	1/2fr
● Apple dippers, with low-fat caramel dip	1 pkg	100	5%	.5	1s, 1/2fr
Big Mac	1 each	560	48%	30	2 ¹ / ₄ p, 3s, 4 ¹ / ₂ fa
Biscuit, sausage and egg	1 each	500	56%	31	2p, 2s, 5fa
Burrito, sausage, breakfast	1 each	300	48%	16	1p, 2s, 2fa
Cheeseburger	1 each	310	35%	12	1p, 2s, 2fa
Chicken McNuggets, 6-piece	1 each	250	54%	15	2p, 1s, 2fa
Chicken selects, premium breast strips	5 pieces	630	47%	33	4p, 3s, 4fa
Egg McMuffin	1 each	300	36%	12	1 ¹ / ₂ p, 2s, 2fa
● English muffin	1 each	170	24%	4.5	2s
French fries, medium	1 each	380	47%	20	3s, 4fa
● Fruit 'n yogurt parfait, no granola	1 each	130	14%	2	1/2s, 1/2m, 1/2fr
● Fruit 'n yogurt parfait, with granola	1 each	160	11%	2	1s, 1/2m, 1/2fr
Hamburger	1 each	260	31%	9	1p, 2s, 1fa
● Hot fudge sundae	1 each	330	25%	9	3s, 2fa
McChicken	1 each	370	39%	16	1p, 2 ² / ₃ s, 2 ¹ / ₂ fa
McDonaldland cookies	1 pkg	250	29%	8	2s, 1 ¹ / ₂ fa
Quarter pounder with cheese	1 each	510	44%	25	3p, 3s, 3fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Salad, bacon ranch with grilled chicken	1 each	260	31%	9	4p, 1/4s, 2v
Salad, bacon ranch without chicken	1 each	140	45%	7	1p, 1/4s, 1v, 1fa
Salad, California Cobb with grilled chicken	1 each	280	35%	11	4p, 1/4s, 2v
Salad dressing, Newman's Own, low-fat balsamic vinaigrette	1 each	40	68%	3	1/3s, 1/2fa
Salad dressing, Newman's Own, low-fat Italian	1 each	50	45%	2.5	1/2s, 1/2fa
● Sandwich, crispy chicken classic	1 each	500	29%	16	2p, 4s, 2fa
● Sandwich, grilled chicken classic	1 each	420	19%	9	3p, 3 ¹ / ₂ s
Scrambled eggs, 2	1 srvg	190	57%	12	2p, 1/2s, 1fa
Panda Express					
BBQ pork	1 srvg	400	52%	23	5p, 1s, 1fa
Beef with broccoli	1 srvg	150	42%	7	1 ¹ / ₂ p, 2v, 1fa
Chicken egg roll	1 each	170	42%	8	1p, 1s, 1fa
Chicken, orange-flavored	1 srvg	500	49%	27	2p, 2 ¹ / ₂ s, 1v, 4fa
Chicken, with string beans	1 srvg	160	45%	8	1p, 2v, 1fa
Mixed vegetables	1 srvg	70	39%	3	2v
Shrimp, tangy with pineapple	1 srvg	150	30%	5	1p, 1/2s, 1/2fr, 1fa
● Soup, hot and sour	1 srvg	110	29%	3.5	1/2p, 1s, 1/2fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Sweet and sour pork	1 srvg	410	66%	30	2p, 1s, 5fa
● Sweet and sour sauce	1 srvg	80	0%	0	1s
● Vegetable chow mein	1 srvg	390	28%	12	3s, 3v, 2fa
● Vegetable fried rice	1 srvg	450	28%	14	3 ¹ / ₂ s, 2v, 3fa
Veggie spring roll	1 each	80	39%	3.5	1 ¹ / ₂ s, 1 ¹ / ₂ v, 1 ¹ / ₂ fa

Pizza Hut

12-in Medium hand-tossed-style pizza, cheese	1 slice	240	30%	8	1p, 2s, 1fa
● 12-in Medium hand-tossed-style pizza, chicken supreme	1 slice	230	23%	6	1p, 2s, 1 ¹ / ₂ fa
12-in Medium pan pizza, cheese	1 slice	280	42%	13	1p, 2s, 2fa
12-in Medium pan pizza, meat lover's	1 slice	340	50%	19	1p, 2s, 3fa
12-in Medium pan pizza, pepperoni lover's	1 slice	340	50%	19	1 ¹ / ₂ p, 2s, 2 ¹ / ₂ fa
12-in Medium pan pizza, veggie lover's	1 slice	260	42%	12	1 ¹ / ₂ p, 2s, 2fa
12-in Medium thin 'n crispy pizza, cheese	1 slice	200	41%	9	1p, 1 ¹ / ₂ s, 1fa
12-in Thin 'n crispy pizza, veggie lover's	1 slice	180	35%	7	1 ¹ / ₂ p, 1 ¹ / ₂ s, 1fa
● 14-in Fit 'n delicious pizza, chicken, onion, pepper	1 slice	160	23%	4	1 ¹ / ₂ p, 1 ¹ / ₂ s, 1 ¹ / ₂ fa
● 14-in Fit 'n delicious pizza, ham, pineapple, tomato	1 slice	150	24%	4	1 ¹ / ₂ p, 1 ¹ / ₂ s, 1 ¹ / ₂ fa
14-in Stuffed crust pizza, cheese	1 slice	360	33%	13	1p, 3s, 2fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Popeyes					
Buttermilk biscuits	1 srvg	240	53%	14	1 ² / ₃ s, 3fa
Cajun rice	1 srvg	180	35%	7	1 ¹ / ₂ s, 1 ¹ / ₂ fa
Catfish, fully dressed	1 srvg	640	49%	35	1p, 4s, 6fa
● Chicken Etouffée	1 srvg	223	24%	6	1 ¹ / ₂ p, 2s, 1fa
Chicken sausage jambalaya	1 srvg	257	46%	13	1p, 1 ¹ / ₂ s, 2fa
Cinnamon apple turnover	1 srvg	250	36%	10	2s, 2fa
Coleslaw	1 srvg	230	67%	17	1s, 1v, 3fa
Collard greens	1 srvg	50	36%	2	1v, 1 ¹ / ₂ fa
● Corn on the cob	1 srvg	260	14%	4	3s, 1fa
Crawfish Etouffée	1 srvg	200	32%	7	1 ¹ / ₂ p, 2s, 1fa
Deluxe Tame with mayonnaise	1 srvg	728	48%	39	2 ³ / ₄ p, 4s, 6fa
● Deluxe Tame without mayonnaise	1 srvg	530	29%	17	2 ³ / ₄ p, 4s, 1 ³ / ₄ fa
French fries	1 srvg	261	41%	12	2s, 2 ¹ / ₂ fa
Fried catfish	1 srvg	300	54%	18	2p, 1s, 2 ¹ / ₂ fa
Fried crawfish	1 srvg	370	51%	21	1 ¹ / ₂ p, 2s, 3fa
● Green beans, regular	1 srvg	40	23%	1	1v
● Mashed potatoes, no gravy, regular	1 srvg	100	27%	3	1s, 1 ¹ / ₂ fa

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all® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Mashed potatoes with gravy, regular	1 srvg	120	30%	4	1s, 1fa
Mild or spicy chicken breast	1 srvg	520	53%	30.5	6p, 1s, 2 ¹ / ₂ fa
Mild or spicy chicken breast, no skin or breading	1 srvg	285	36%	11.5	5p, ¹ / ₂ s
Mild or spicy chicken leg	1 srvg	195	53%	11.5	2p, ¹ / ₂ s, 1fa
Mild or spicy chicken leg, no skin or breading	1 srvg	115	74%	9.5	2p
Mild or spicy chicken strips	1 srvg	295	41%	13.5	3p, 1s, 1fa
Mild or spicy chicken strips, no skin or breading	1 srvg	195	35%	7.5	3p, ¹ / ₂ s
Mild or spicy chicken thigh	1 srvg	390	65%	28	3p, 1s, 3fa
Mild or spicy chicken thigh, no skin or breading	1 srvg	210	58%	13.5	3p, 1fa
Mild or spicy chicken wing	1 srvg	220	59%	14.5	2p, ¹ / ₄ s, 2fa
Mild or spicy chicken wing, no skin or breading	1 srvg	135	53%	8	2p, ¹ / ₂ fa
• Naked chicken strips	1 srvg	170	26%	5	3p
Popcorn shrimp	1 srvg	280	55%	17	1p, 1 ¹ / ₂ s, 3fa
Red beans and rice	1 srvg	340	50%	19	1p, 2s, 3fa
Shrimp, fully dressed	1 srvg	740	49%	40	1p, 4 ¹ / ₂ s, 7 ¹ / ₂ fa
Smothered chicken	1 srvg	210	34%	8	1p, ¹ / ₂ s, 1fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Subway					
• 6-in Ham sandwich, on white	1 each	290	16%	5	1p, 3s, ¹ / ₂ fa
6-in Italian BMT sandwich, on white	1 each	450	42%	21	2p, 3s, 3fa
6-in Meatball marinara sandwich on white	1 each	560	39%	24	2p, 4s, 3 ¹ / ₂ fa
• 6-in Oven-roasted chicken breast sandwich	1 each	330	14%	5	2p, 3s
• 6-in Steak and cheese sandwich	1 each	400	27%	12	3p, 3s
• 6-in Subway club sandwich	1 each	320	17%	6	2p, 3s
• 6-in Sweet onion chicken teriyaki sandwich	1 each	370	12%	5	2p, 3 ¹ / ₂ s
• 6-in Veggie delite sandwich, on white	1 each	230	12%	3	2s, 2v, ¹ / ₂ fa
• Berry Lishus Fruizle Express, small	1 each	110	0%	0	1 ¹ / ₂ s
Chocolate chip cookie	1 each	210	43%	10	2s, 1 ¹ / ₂ fa
• Deli-style sandwich, ham	1 each	210	17%	4	¹ / ₂ p, 2s, ¹ / ₂ fa
• Deli-style sandwich, savory turkey breast	1 each	210	15%	3.5	1p, 2s
Deli-style sandwich, tuna (with lite mayonnaise)	1 each	350	46%	18	1p, 2s, 3fa
• Ham and egg breakfast sandwich	1 each	310	15%	5	1 ¹ / ₂ p, 3s
• Salad, grilled chicken and baby spinach	1 each	140	19%	3	2p, 2v, ¹ / ₂ fa
• Salad, veggie delight	1 each	60	15%	1	2v

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all® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Soup, brown and wild rice with chicken	1 each	230	43%	11	1/2p, 2s, 1fa
● Soup, minestrone	1 each	90	10%	1	1s, 1v
● Soup, tomato garden vegetable with rotini	1 each	90	5%	.5	1s, 1v
Taco Bell					
7-layer Burrito	1 each	530	36%	21	2/3p, 4 1/2s, 3 1/2fa
● Bean burrito, fresco-style	1 each	350	21%	8	1/4p, 4s, 1fa
● Burrito supreme, chicken	1 each	350	21%	8	1/2p, 4s, 1fa
Chalupa baja, beef	1 each	430	59%	28	1p, 2s, 5fa
Chalupa baja, chicken	1 each	400	54%	24	1 1/2p, 2s, 4fa
Cheese quesadilla	1 each	490	51%	28	1 1/2p, 2 1/2s, 4fa
Chicken quesadilla	1 each	540	50%	30	3p, 2 2/3s, 4fa
Chili cheese burrito	1 each	390	42%	18	1 1/2p, 2 2/3s, 2 1/2fa
● Cinnamon twists	1 srvg	160	28%	5	1 1/2s, 1fa
Double Decker taco	1 each	340	37%	14	1p, 2 1/2s, 2fa
Double Decker taco supreme	1 each	380	43%	18	1p, 2 1/2s, 3fa
● Enchirito, chicken	1 each	250	18%	5	1 1/2p, 2s
● Enchirito, steak	1 each	250	25%	7	1p, 2s, 1fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Fiesta burrito, beef	1 each	390	32%	14	1/2p, 3 1/3s, 2 1/2fa
Fiesta taco salad, with shell	1 each	860	48%	46	2p, 5s, 2v, 7fa
Fiesta taco salad, no shell	1 each	490	46%	25	2p, 2s, 2v, 3fa
Gordita baja, beef	1 each	250	32%	9	1p, 2s, 1fa
● Gordita baja, chicken	1 each	230	23%	6	1 1/2p, 2s
Gordita nacho cheese, chicken	1 each	270	33%	10	1p, 2s, 1 1/2fa
Grilled Stuff burrito, chicken	1 each	670	34%	25	2 2/3p, 5s, 3fa
Mexican pizza	1 each	540	52%	31	1 1/2p, 3s, 5fa
MexiMelt	1 each	290	50%	16	1 1/2p, 1 1/2s, 2fa
Nachos	1 srvg	320	56%	20	2s, 4fa
Pintos 'n cheese	1 srvg	180	35%	7	1p, 1 1/3s, 1fa
Soft taco, beef	1 each	190	38%	8	1 1/2p, 1 1/2s, 1fa
Soft taco supreme, beef	1 each	260	48%	14	1p, 1 1/2s, 2fa
Steak quesadilla	1 each	540	52%	31	2 1/2p, 2 2/3s, 4 1/2fa
Zesty chicken border bowl	1 each	710	48%	38	1p, 3 1/3s, 2v, 7fa

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alli® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Taco John's					
Beans, refried	1 srvg	400	32%	14	1p, 3 ¹ / ₂ s, 2fa
● Beans, refried, no cheese	1 srvg	340	21%	8	1p, 3 ¹ / ₂ s, 1fa
● Burrito, bean	1 each	380	28%	12	1 ¹ / ₂ p, 3 ¹ / ₂ s, 2fa
● Burrito, bean, without cheese	1 each	320	20%	7	3 ¹ / ₂ s, 1fa
Burrito, beefy	1 each	430	42%	20	2p, 2 ² / ₃ s, 2 ¹ / ₂ fa
Burrito, breakfast, egg	1 each	400	43%	19	1 ¹ / ₂ p, 2 ¹ / ₂ s, 3fa
Burrito, crunchy chicken and potato	1 each	590	44%	29	1p, 4s, 5fa
Churro	1 each	230	43%	11	2s, 2fa
Grilled fajita, chicken	1 each	850	33%	31	4p, 6s, 3 ¹ / ₂ fa
Nachos	1 srvg	380	54%	23	2s, 4 ¹ / ₂ fa
Potato, olés, medium	1 srvg	620	52%	36	4 ¹ / ₂ s, 6fa
Quesadilla, cheese	1 srvg	480	53%	28	1 ¹ / ₂ p, 2 ¹ / ₂ s, 4fa
Quesadilla, chicken	1 srvg	540	48%	29	3p, 2 ³ / ₄ s, 4fa
Taco, bravo	1 each	340	37%	14	1p, 2 ¹ / ₂ s, 2fa
Taco burger	1 each	280	39%	12	1p, 2s, 2fa
Taco burger, no cheese	1 each	250	32%	9	1p, 2s, 1fa
Taco, crispy	1 each	180	50%	10	1p, 1s, 1 ¹ / ₂ fa
Taco, soft shell	1 each	220	41%	10	1p, 1 ¹ / ₂ s, 1 ¹ / ₂ fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Wendy's					
Cheeseburger, junior	1 each	320	37%	13	1 ¹ / ₂ p, 2s, 1 ¹ / ₂ fa
Chicken nuggets, 5-piece	1 each	220	57%	14	1p, 1s, 2fa
● Chili, large	1 each	330	25%	9	2 ¹ / ₂ p, 2 ¹ / ₃ s, 1 ¹ / ₂ fa
French fries, medium	1 each	440	43%	21	3 ¹ / ₂ s, 4fa
● Hamburger, junior	1 each	280	29%	9	1 ¹ / ₂ p, 2s, 1fa
● Potato, baked, reduced-fat sour cream and chives	1 each	320	11%	4	3 ¹ / ₂ s, 1fa
● Potato, plain, baked	1 each	270	0%	0	3 ¹ / ₂ s
● Salad, Caesar chicken, no dressing, no croutons	1 each	190	24%	5	3p, 2v
● Salad dressing, low-fat honey mustard	1 each	110	25%	3	1s, 1 ¹ / ₂ fa
Salad dressing, reduced-fat creamy ranch	1 each	100	72%	8	1 ¹ / ₂ s, 1 ¹ / ₂ fa
● Salad, mandarin chicken, no dressing	1 each	170	10%	2	2p, 3v
Sandwich, Black Forest ham and Swiss frescata	1 each	480	38%	20	2p, 3 ¹ / ₄ s, 2 ¹ / ₂ fa
Sandwich, frescata club	1 each	440	33%	16	2p, 3 ¹ / ₄ s, 2fa
Sandwich, roasted turkey and basil pesto frescata	1 each	420	34%	16	2p, 3s, 2fa

Some low-fat foods may be high in calories. Choose foods to fit within your daily calorie and fat limits.

all® Program

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Sandwich, roasted turkey and Swiss frescata	1 each	490	39%	21	2p, 3 ¹ / ₄ s, 2 ¹ / ₂ fa
Sandwich, spicy chicken fillet	1 each	510	34%	19	2 ¹ / ₂ p, 3 ³ / ₄ s, 2fa
● Sandwich, ultimate chicken grill	1 each	360	18%	7	3p, 2 ¹ / ₂ s
White Castle					
Bacon cheeseburger	1 srvg	200	54%	12	1p, 1s, 2fa
Cheeseburger	1 srvg	160	51%	9	1 ¹ / ₂ p, 1s, 1 ¹ / ₂ fa
Chicken breast sandwich with cheese	1 srvg	210	34%	8	1 ¹ / ₂ p, 1 ¹ / ₃ s, 3 ³ / ₄ fa
Chicken ring sandwich	1 srvg	170	42%	8	1p, 1s, 1fa
Chicken ring sandwich with cheese	1 srvg	190	47%	10	1p, 1s, 1 ¹ / ₂ fa
Chicken rings, 3 rings	1 srvg	170	64%	12	1p, 1 ¹ / ₂ s, 2fa
Chicken rings, 6 rings	1 srvg	340	61%	23	2p, 1s, 3 ¹ / ₂ fa
Chicken rings, 12 rings	1 srvg	680	61%	46	4p, 2s, 7fa
Double bacon cheeseburger	1 srvg	360	58%	23	2p, 1 ¹ / ₃ s, 3 ¹ / ₂ fa
Double cheeseburger	1 srvg	290	56%	18	1 ¹ / ₂ p, 1 ¹ / ₃ s, 2 ¹ / ₂ fa
Double jalapeño cheeseburger	1 srvg	320	56%	20	1 ¹ / ₂ p, 1 ¹ / ₃ s, 3fa
Double White Castle	1 srvg	250	50%	14	1p, 1 ¹ / ₃ s, 2fa

Calorie & Fat Counter

Food	Amount	Calories Total	% from fat	Fat grams	Exchange
Fish nibblers, 14 pieces	1 srvg	280	51%	16	2p, 1 ¹ / ₂ s, 2fa
Fish nibblers, 48 pieces	1 srvg	1090	46%	56	7p, 5s, 7fa
Fish with cheese	1 srvg	180	40%	8	1p, 1 ¹ / ₃ s, 1fa
Jalapeño cheeseburger	1 srvg	170	53%	10	3 ³ / ₄ p, 1s, 1 ¹ / ₂ fa
Tartar sauce	1 pkt	25	90%	2.5	1 ¹ / ₂ fa
White Castle	1 srvg	140	45%	7	1 ¹ / ₂ p, 1s, 1fa

