

Fast Food Guide

High Fat Choices	Kcals per Portion	Healthier Choices	Kcals per Portion
<u>McDonald's</u>			
Quarter pounder with cheese	520	Hamburger	245
Chicken McNuggets (20)	885	Filet-o-Fish	350
Large fries	535	Scrambled eggs & muffin	280
Big Breakfast	630	Pasta salad with egg	355
<u>Burger King</u>			
B.K Double Whopper	870	B.K Flamer	315
B.K Double Whopper with cheese	1010	B.K Hamburger	290
B.K Beanburger	535	Turkey Flamer with cranberry sauce	300
<u>Kentucky Fried Chicken</u>			
Hot wings		Barbecue beans (large)	225
Zinger Burger	410	Corn on the cob	245
	445		
<u>Fish & Chip Shop</u>			
Plaice in batter		Mushy peas	100
Chips (large)	650	Scampi in breadcrumbs	240
	860		
<u>Chinese Takeaway</u>			
Peking Duck with accompaniments		Chicken Chop Suey	425
Sweet & Sour Pork	750	Prawn Chop Suey	300
Chicken Chow Mein with noodles	860	Mixed Vegetable Chop Suey	375
	715		
<u>Indian Takeaway</u>			
Chicken Korma		Chicken Tikka	340
Lamb Biriani		Tandoori Chicken	200
Roghan Josh		Vegetable Curry	315
Chicken Dhansak	870	Chapati	140
	905		
	695		
	725		