

Table 1: Comparison of fast food, take-out, and other food choices

Food or Beverage	Portion size/description	Calories/nutrients	MyPlate Groups
Double cheeseburger, plain on bun	2 meat patties, 1 bun, ketchup, cheese	4499 calories 12 g saturated fat 5g added sugar 1092 mg sodium	2 oz protein; 1 1/2 oz grain, 1 cup dairy, ¼ cup vegetable
Hamburger, ketchup and mayonnaise, on bun	1 meat patty, 1 bun	346calories 5 g saturated fat 4 g added sugar 569 mg sodium	1 1/2 oz protein, 2 oz grain, ¼ cup vegetable,
Pizza	1/8 slice of 12 inch pizza, meat and vegetables, regular crust	272 calories 5 g saturated fat 1 g added sugar 657 mg sodium	¼ cup dairy, 2 oz grain, ¼ cup vegetable; ½ oz protein
Soft taco	Tortilla, beans, lettuce, cheese, and salsa	224 calories 3 g saturated fat 0 g added sugar 605 mg sodium	1 ½ oz grain, ½ cup vegetable, ¼ cup dairy

Nachos (supreme)	Chips, beef, beans, sour cream, tomatoes, cheese	421 calories 6 gm saturated fat 0 gm added sugar 630 mg sodium	2 1/2 oz grains, 1/4 cup dairy, 1/4 cup vegetable, 1/2 oz protein
Salad, chicken	1-Grilled chicken, cheese, lettuce, tomato, no dressing	202 calories 6 gm saturated fat 0 gm added sugar 630 mg sodium	2 1/2 cup vegetable, 1/4 cup dairy, 2 1/2 oz protein
Enchilada	1 --With chicken, cheese, red sauce	164 calories 2 gm saturated fat 0 gm added sugar 350 mg sodium	1 oz grain, 1/4 cup vegetable; 1/4 cup dairy; 1 oz protein
Fried chicken	1 medium breast, fried in oil, breaded	364 calories 3 gm saturated fat 0 gm added sugar 697 mg sodium	1 oz grain; 3 1/2 oz protein
French fries	1 supersized order	608 calories 5 gm saturated fat 0 gm added sugar 410 mg sodium	1 1/4 cup vegetable
French fries	1 small order	265 calories 2 gm saturated fat 0 gm added sugar 179 mg sodium	1/2 cup vegetable

Garden salad	1 cup lettuce, tomato, carrots, no dressing	15 calories 0 gm saturated fat 0 gm added sugar 22 mg sodium	$\frac{3}{4}$ cup vegetable
Salad, Caesar	1 cup lettuce, crumbs, cheese, chicken, dressing	184 calories 3 gm saturated fat 1 gm added sugar 280 mg sodium	$\frac{1}{2}$ oz grain; $\frac{3}{4}$ cup vegetable; $\frac{1}{4}$ cup dairy; $\frac{1}{2}$ oz protein
Milk shake	20 oz, chocolate	603 calories 11 gm saturated fat 63 gm sugar 461 mg sodium	1 $\frac{3}{4}$ cup dairy
Ice cream	1 medium scoop	137 calories 4 gm saturated fat 11 gm added sugar 53 mg sodium	$\frac{1}{4}$ cup dairy
Apple sauce	1 cup, sweetened	173 calories 0 gm saturated fat 13 gm added sugar 5 mg sodium	1 cup fruit
Chocolate milk, whole	1 cup	208 calories 5 gm saturated fat 10 gm added sugar	1 cup dairy

		150 mg sodium	
Plain milk, low fat	1 cup	102 calories 2 gm saturated fat 0 gm added sugar 107 mg sodium	1 cup dairy
Apple juice	1 cup	114 calories 0 gm saturated fat 0 gm added sugar 10 mg sodium	1 cup fruit
Soft drink, regular Cola	44 oz	501 calories 0 gm saturated fat 116 gm added sugar 54 gm sodium	0
Soft drink, small	16 oz	182 calories 0 gm saturated fat 42 gm added sugar 20 mg sodium	0
Water, plain	12 oz	0	0

Source: USDA Supertracker Food a pedia <https://www.supertracker.usda.gov/foodapedia.aspx>

Note: Beans can either be counted as vegetable or protein foods

