

Fast Food Nutrition Quiz

A new Field Research Corporation poll asked Californians to identify the low calorie, low salt, high fat or high calorie menu items from a list of four choices. Of people surveyed, 68 percent failed every question, and no more than 11 percent got any one question correct. Think you can do better?

1. (A) (B) (C) (D) Which of the following breakfast items that are served at Denny's do you think has the fewest calories?

- A Ham and Cheddar Omelet
- B Country Fried Steak and Eggs
- C Three Slices of French Toast with Syrup and Margarine
- D Three Pancakes with Syrup and Margarine

2. (A) (B) (C) (D) Which of the following items that are served at Chili's do you think has the least salt?

- A Cajun Chicken Sandwich
- B Classic Combo Steak & Chicken Fajitas
- C Guiltless Chicken Platter
- D Smoked Turkey Sandwich

3. (A) (B) (C) (D) Which of the following items that are served at Romano's Macaroni Grill do you think has the most fat?

- A Traditional Lasagna
- B Chicken Caesar Salad
- C Pasta Classico with Sausage and Peppers
- D BBQ Chicken Pizza

4. (A) (B) (C) (D) Which of the following items that are served at McDonald's do you think has the most calories?

- A Two Big Macs
- B Two Egg McMuffins
- C One Large Chocolate Shake
- D Four Regular Hamburgers

Answer Key:
1. (B) Country Fried Steak and Eggs (464 calories); 2. (A) Cajun Chicken Sandwich (2,220 mg sodium); 3. (B) Chicken Caesar Salad (69 g fat); 4. (C) One Large Chocolate Shake (1,160 calories).

For full information, visit <http://www.publichealthadvocacy.org/>

How did you do?

Not a single person surveyed answered all four questions correctly. Over 65 percent were unable to answer even one question correctly. Did you do much better? Eighty-four percent of Californians surveyed support menu labeling.

1. A B C D Which of the following breakfast items that are served at Denny's do you think has the fewest calories?

- A Ham and Cheddar Omelet (595 calories)
- B Country Fried Steak and Eggs (464 calories)**
- C Three Slices of French Toast with Syrup and Margarine (1,003 calories)
- D Three Pancakes with Syrup and Margarine (650 calories)

2. A B C D Which of the following items that are served at Chili's do you think has the least salt?

- A Cajun Chicken Sandwich (2,200 mg)**
- B Classic Combo Steak & Chicken Fajitas (2,660 mg)
- C Guiltless Chicken Platter (2,780 mg)
- D Smoked Turkey Sandwich (2,920 mg)

3. A B C D Which of the following items that are served at Romano's Macaroni Grill do you think has the most fat?

- A Traditional Lasagna (54 g)
- B Chicken Caesar Salad (69 g)**
- C Pasta Classico with Sausage and Peppers (50 g)
- D BBQ Chicken Pizza (24 g)

4. A B C D Which of the following items that are served at McDonald's do you think has the most calories?

- A Two Big Macs (1,080 calories)
- B Two Egg McMuffins (600 calories)
- C One Large Chocolate Shake (1,160 calories)**
- D Four Regular Hamburgers (1,000 calories)

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