

Counting Calories in Kids' Meals

Making Informed Decisions

With so many options available, selecting the healthiest fast food kids' meal can be difficult. Based on our research findings, listed below are the most nutritious options available at each restaurant and how substitutions in the meal affect calories. Use this as a reference guide to make informed decisions for your kids the next time you choose to dine out!

Recommended calorie limits per meal

Preschoolers (2-5 years)	410 calories
Elementary-age children (6-11 years)	650 calories



BK Kids' Meal

Lowest-calorie option	Calories (kcal)	Substituted item	Additional calories (kcal)
4-piece chicken nuggets with sweet and sour dipping sauce	235	6-piece chicken nuggets with ranch dipping sauce	+185
Apple slices	30	Fries	+210
Plain milk	90	NESTEA southern style iced tea	+45
Total calories: 355		Total calories: 355+ 440 = 795	

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DQ Kid's Meal

Lowest-calorie option	Calories (kcal)	Substituted item	Additional calories (kcal)
2-piece chicken strips	220	Cheeseburger	+180
Applesauce	90	Fries	+100
2% milk	110	Arctic Rush	+100
Chocolate Dilly Bar	140	Chocolate-dipped cone	+80
Total Calories: 560		Total Calories: 560 + 460 = 1,020	



Fresh Fit for Kids Meal

Lowest-calorie option	Calories (kcal)	Substituted item	Additional calories (kcal)
Veggie Delite on wheat bread without cheese	150	Roast Beef on white bread with American cheese	+80
Apple slices	35		
100% juice box	100	Chocolate milk	+200
Total Calories: 285		Total Calories: 285 + 280 = 565	

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Happy Meal

Lowest-calorie option	Calories (kcal)	Substituted item	Additional calories (kcal)
4-piece McNuggets (with BBQ sauce)	240	Cheeseburger	+60
Apple slices (double portion)	30	Fries (double portion)	+170
1% low fat milk	100	Hi-C Orange Lavaburst	+20
Total Calories: 370		Total Calories: 370 + 250 = 620	



Mighty Kids' Meal

Lowest-calorie option	Calories (kcal)	Substituted item	Additional calories (kcal)
6-piece McNuggets (with BBQ sauce)	330	McDouble	+60
Apple slices (double portion)	30	Fries (double portion-small and kids' sizes)	+300
1% low fat milk	100	Hi-C Orange Lavaburst	+60
Total Calories: 460		Total Calories: 460 + 420 = 880	

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Wendy's

Wendy's Kids' Meal

Lowest-calorie option	Calories (kcal)	Substituted item	Additional calories (kcal)
4-piece chicken nuggets (with sweet and sour dipping sauce)	230	Crispy chicken sandwich	+100
Apple slices	40	Fries	+190
Juicy Juice	90	Chocolate Jr. Frosty	+110
Total Calories: 360		Total Calories: 360 + 400 = 760	



Wacky Pack Kids' Meal

Lowest-calorie option	Calories (kcal)	Substituted item	Additional calories (kcal)
Chicken strips (no sauce)	200	Jr. deluxe cheeseburger	+250
Apple slices	35	Fries	+185
1% milk	110	Green apple slush	+70
Total Calories: 345		Total Calories: 345 + 505 = 850	