

Burger King

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI score
Breakfast Items																				
		•	•	•	Breakfast Main Dishes	Bacon, egg and cheese biscuit	155	-	420	2.7	-	25.0	16.0	34%	1.0	5	1,360	1	16	26
	•	•	•	•	Breakfast Main Dishes	Biscuits (2) and sausage gravy platter	334	-	680	2.0	-	35.0	28.0	37%	1.5	6	2,350	2	16	36
		•	•		Breakfast Main Dishes	Breakfast burrito with bacon, egg, cheese and salsa	129	-	300	2.3	-	16.0	6.0	18%	0.0	2	910	1	15	44
		•	•		Breakfast Main Dishes	Breakfast burrito with potato, egg, cheese and salsa	141	-	320	2.3	-	17.0	6.0	17%	0.0	2	900	2	13	46
		•	•	•	Breakfast Main Dishes	Breakfast burrito with sausage, egg, cheese and salsa	168	-	440	2.6	-	29.0	10.0	20%	0.5	2	1,120	1	20	40
		•	•	•	Breakfast Main Dishes	Cheesy bacon BK Wrapper	137	-	380	2.8	-	24.0	7.0	17%	0.5	2	1,020	2	13	40
		•	•		Breakfast Main Dishes	Croissan'wich with bacon, egg and cheese	122	-	340	2.8	-	19.0	8.0	21%	0.0	5	840	0	14	38
		•	•		Breakfast Main Dishes	Croissan'wich with egg and cheese	115	-	300	2.6	-	16.0	7.0	21%	0.0	5	690	0	11	40
		•	•		Breakfast Main Dishes	Croissan'wich with ham, egg and cheese	149	-	330	2.2	-	16.0	7.0	19%	0.0	6	1,170	0	17	42
		•	•		Breakfast Main Dishes	Croissan'wich with sausage and cheese	106	-	380	3.6	-	24.0	10.0	24%	0.0	3	780	0	14	28
		•	•	•	Breakfast Main Dishes	Croissan'wich with sausage, egg and cheese	159	-	460	2.9	-	31.0	11.0	22%	0.5	5	1,000	0	19	40
		•	•	•	Breakfast Main Dishes	Double croissan'wich with bacon, egg and cheese	142	-	420	3.0	-	25.0	11.0	24%	0.5	6	1,200	0	20	32
		•	•	•	Breakfast Main Dishes	Double croissan'wich with ham, bacon, egg and cheese	169	-	420	2.5	-	23.0	11.0	24%	0.5	6	1,530	0	23	32
		•	•	•	Breakfast Main Dishes	Double croissan'wich with ham, egg and cheese	196	-	410	2.1	-	21.0	10.0	22%	0.5	7	1,860	0	25	36
	•	•	•	•	Breakfast Main Dishes	Double croissan'wich with ham, sausage, egg and cheese	206	-	540	2.6	-	35.0	14.0	23%	1.0	6	1,690	0	27	34
	•	•	•	•	Breakfast Main Dishes	Double croissan'wich with sausage, bacon, egg and cheese	179	-	550	3.1	-	37.0	15.0	25%	1.0	5	1,360	0	24	32
	•	•	•	•	Breakfast Main Dishes	Double croissan'wich with sausage, egg and cheese	215	-	680	3.2	-	49.0	18.0	24%	1.0	5	1,520	0	29	34
		•	•		Breakfast Main Dishes	Ham omelet sandwich	112	-	270	2.4	-	12.0	4.5	15%	0.0	7	820	1	12	38
		•	•	•	Breakfast Main Dishes	Ham, egg and cheese biscuit	164	-	400	2.4	-	22.0	15.0	34%	0.5	5	1,450	1	16	28
		•			Breakfast Main Dishes	Pancake platter with breakfast syrup (1 oz)	144	-	330	2.3	-	4.0	0.5	1%	0.0	27	490	2	5	58
		•	•	•	Breakfast Main Dishes	Sausage biscuit	126	-	420	3.3	-	27.0	15.0	32%	0.5	3	1,090	1	13	24

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	•	•	•	•	Breakfast Main Dishes	Sausage, egg and cheese biscuit	191	-	550	2.9	-	37.0	19.0	31%	1.0	4	1,520	1	20	30
		•			Breakfast Main Dishes	Sourdough breakfast sandwich with bacon, egg, and cheese	152	-	430	2.8	-	22.0	7.0	15%	0.0	5	1,030	2	19	44
		•			Breakfast Main Dishes	Sourdough breakfast sandwich with ham, egg, and cheese	179	-	430	2.4	-	19.0	6.0	13%	0.0	6	1,360	2	23	44
	•	•	•		Breakfast Main Dishes	Sourdough breakfast sandwich with sausage, egg, and cheese	189	-	560	3.0	-	34.0	11.0	18%	0.0	5	1,190	2	23	44
					Breakfast Meals: Adults	Pancake platter with sausage and breakfast syrup (1 oz)	188	-	490	2.6	-	19.0	5.0	9%	0.0	27	800	2	13	48
	•	•			Breakfast Sides	Cini-minis (4) with vanilla icing	136	-	490	3.6	-	18.0	7.0	13%	0.0	39	405	2	7	36
					Breakfast Sides	French toast sticks (3 piece) with breakfast syrup	93	-	300	3.2	-	11.0	2.0	6%	0.0	19	260	1	3	46
	•	•			Breakfast Sides	French toast sticks (5 piece) with breakfast syrup	137	-	450	3.3	-	18.0	3.0	6%	0.0	24	430	2	5	48
	•	•			Breakfast Sides	Hash browns- medium	179	-	540	3.0	-	35.0	7.0	12%	0.0	0	870	7	4	56
	•	•			Breakfast Sides	Hash browns- small	134	-	400	3.0	-	26.0	6.0	14%	0.0	0	650	5	3	54
		•			Breakfast Sides	Hash browns- value	78	-	240	3.1	-	15.0	3.5	13%	0.0	0	380	3	2	54
Lunch/Dinner Items																				
	•		•	•	Lunch/Dinner Main Dishes	A1 Steakhouse XT	340	-	970	2.9	-	61.0	23.0	21%	1.0	12	1,930	4	42	42
			•	•	Lunch/Dinner Main Dishes	Bacon cheeseburger	126	-	330	2.6	-	17.0	7.0	19%	0.5	6	840	1	18	38
		•		•	Lunch/Dinner Main Dishes	BK Big Fish sandwich	248	-	640	2.6	-	31.0	5.0	7%	0.5	9	1,560	3	23	50
•		•			Lunch/Dinner Main Dishes	BK Big Fish sandwich (without tarter sauce)	219	-	460	2.1	-	13.0	2.5	5%	0.0	6	1,320	3	23	64
		•	•	•	Lunch/Dinner Main Dishes	BK Burger Shot (2 pack)	95	-	220	2.3	-	11.0	4.5	18%	0.5	4	420	1	14	62
		•	•	•	Lunch/Dinner Main Dishes	BK Burger Shot (6 pack)	285	-	670	2.4	-	32.0	13.0	17%	0.5	12	1,260	2	41	60
	•	•			Lunch/Dinner Main Dishes	BK Chicken Fries (12 piece) with ranch dipping sauce (2 packets)	226	-	780	3.5	-	44.0	10.0	12%	0.0	3	2,090	3	30	36
		•			Lunch/Dinner Main Dishes	BK Chicken Fries (12 piece) with sweet and sour dipping sauce (2 packets)	226	-	590	2.6	-	29.0	5.0	8%	0.0	21	1,740	3	28	42
		•			Lunch/Dinner Main Dishes	BK Chicken Fries (6 piece) with ranch dipping sauce	113	-	390	3.5	-	30.0	5.0	12%	0.0	2	1,050	1	15	34
		•			Lunch/Dinner Main Dishes	BK Chicken Fries (6 piece) with sweet and sour dipping sauce	113	-	295	2.6	-	15.0	2.5	8%	0.0	11	875	1	14	40
		•			Lunch/Dinner Main Dishes	BK Chicken Fries (9 piece) with ranch dipping sauce	155	-	520	3.4	-	37.0	6.5	11%	0.0	2	1,450	2	22	36

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		•			Lunch/Dinner Main Dishes	BK Chicken Fries (9 piece) with sweet and sour dipping sauce:	155	-	425	2.7	-	22.0	4.0	8%	0.0	11	1,275	2	21	42
			•	•	Lunch/Dinner Main Dishes	BK Double Stacker:	173	-	570	3.3	-	37.0	15.0	24%	1.5	7	1,050	1	31	34
	•	•	•	•	Lunch/Dinner Main Dishes	BK Quad Stacker:	283	-	930	3.3	-	65.0	28.0	27%	2.5	8	1,740	1	58	32
	•	•	•	•	Lunch/Dinner Main Dishes	BK Triple Stacker:	228	-	750	3.3	-	51.0	22.0	26%	2.0	7	1,390	1	44	32
•		•			Lunch/Dinner Main Dishes	BK veggie burger:	209	-	400	1.9	-	16.0	2.5	6%	0.0	8	1,070	7	22	70
•		•			Lunch/Dinner Main Dishes	BK veggie burger (without mayo):	198	-	320	1.6	-	7.0	1.0	3%	0.0	8	1,000	7	22	72
•		•			Lunch/Dinner Main Dishes	BK veggie burger with cheese:	221	-	450	2.0	-	20.0	5.0	10%	0.0	8	1,280	7	25	66
		•	•	•	Lunch/Dinner Main Dishes	Cheeseburger:	121	-	310	2.6	-	15.0	7.0	20%	0.5	6	740	1	16	40
					Lunch/Dinner Main Dishes	Chicken tenders (4 piece) with ranch dipping sauce:	90	-	320	3.6	-	26.0	4.5	13%	0.0	1	540	0	10	42
					Lunch/Dinner Main Dishes	Chicken tenders (4 piece) with sweet and sour dipping sauce:	90	-	225	2.5	-	11.0	2.0	8%	0.0	10	365	0	9	48
					Lunch/Dinner Main Dishes	Chicken tenders (5 piece) with ranch dipping sauce:	106	-	370	3.5	-	28.0	5.0	12%	0.0	1	610	0	12	42
					Lunch/Dinner Main Dishes	Chicken tenders (5 piece) with sweet and sour dipping sauce:	106	-	275	2.6	-	13.0	2.5	8%	0.0	10	435	0	11	48
		•			Lunch/Dinner Main Dishes	Chicken tenders (6 piece) with ranch dipping sauce (2 packets):	149	-	550	3.7	-	31.0	8.0	13%	0.0	2	920	0	16	40
					Lunch/Dinner Main Dishes	Chicken tenders (6 piece) with sweet and sour dipping sauce (2 packets):	149	-	360	2.4	-	16.0	3.0	8%	0.0	20	570	0	14	48
		•			Lunch/Dinner Main Dishes	Chicken tenders (8 piece) with ranch dipping sauce (2 packets):	179	-	640	3.6	-	36.0	9.0	13%	0.0	2	1,070	0	20	40
					Lunch/Dinner Main Dishes	Chicken tenders (8 piece) with sweet and sour dipping sauce (2 packets):	179	-	450	2.5	-	21.0	4.0	8%	0.0	20	720	0	18	48
		•	•	•	Lunch/Dinner Main Dishes	Double bacon cheeseburger:	181	-	510	2.8	-	30.0	14.0	25%	1.5	6	1,180	1	31	36
		•	•	•	Lunch/Dinner Main Dishes	Double cheeseburger:	171	-	460	2.7	-	27.0	13.0	25%	1.0	6	990	1	27	38
			•	•	Lunch/Dinner Main Dishes	Double hamburger:	147	-	370	2.5	-	19.0	8.0	19%	1.0	5	550	1	23	46
	•	•	•	•	Lunch/Dinner Main Dishes	Double Whopper sandwich:	373	-	920	2.5	-	58.0	19.0	19%	2.5	11	1,090	3	48	48
•	•	•	•	•	Lunch/Dinner Main Dishes	Double Whopper sandwich (without mayo):	352	-	760	2.2	-	41.0	16.0	19%	2.0	11	950	3	48	64
	•	•	•	•	Lunch/Dinner Main Dishes	Double Whopper sandwich with cheese:	398	-	1010	2.5	-	65.0	24.0	21%	2.5	12	1,530	3	53	44

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	•	•	•	•	Lunch/Dinner Main Dishes	Double Whopper sandwich with cheese (without mayo)	376	-	850	2.3	-	48.0	21.0	22%	2.5	11	1,390	3	53	48
	•	•	•	•	Lunch/Dinner Main Dishes	Double Whopper sandwich with cheese and bacon	438	-	1220	2.8	-	82.0	30.0	22%	3.0	13	2,310	3	69	42
	•	•	•	•	Lunch/Dinner Main Dishes	Double Whopper sandwich with cheese and bacon (without mayo)	416	-	1060	2.5	-	64.0	27.0	23%	2.5	12	2,170	3	69	42
					Lunch/Dinner Main Dishes	Hamburger	110	-	260	2.4	-	11.0	4.0	14%	0.0	5	520	1	14	50
•					Lunch/Dinner Main Dishes	Kraft macaroni and cheese	113	-	160	1.4	-	5.0	1.5	8%	0.0	5	340	1	7	66
		•		•	Lunch/Dinner Main Dishes	Original chicken club sandwich	256	-	690	2.7	-	43.0	9.0	12%	0.5	5	1,590	3	29	48
		•		•	Lunch/Dinner Main Dishes	Original chicken sandwich	218	-	630	2.9	-	39.0	7.0	10%	0.5	4	1,390	3	24	46
		•			Lunch/Dinner Main Dishes	Original chicken sandwich (without mayo)	190	-	420	2.2	-	16.0	3.5	8%	0.0	4	1,210	3	24	62
			•	•	Lunch/Dinner Main Dishes	Rodeo cheeseburger	128	-	350	2.7	-	18.0	7.0	18%	0.5	9	600	2	17	44
	•	•	•	•	Lunch/Dinner Main Dishes	Sourdough bacon cheeseburger	268	-	790	2.9	-	54.0	17.0	19%	1.5	4	1,210	3	38	44
		•			Lunch/Dinner Main Dishes	Spicy Chick'n Crisp sandwich	136	-	460	3.4	-	30.0	5.0	10%	0.0	4	810	2	13	46
					Lunch/Dinner Main Dishes	Spicy Chick'n Crisp sandwich without mayo)	114	-	300	2.6	-	12.0	2.5	8%	0.0	4	670	2	12	50
	•	•	•	•	Lunch/Dinner Main Dishes	Steakhouse XT	308	-	770	2.5	-	46.0	17.0	20%	0.5	10	1,380	3	36	48
•		•	•	•	Lunch/Dinner Main Dishes	Tacos (2)	174	-	330	1.9	-	23.0	8.0	22%	0.5	4	750	5	14	66
•		•			Lunch/Dinner Main Dishes	Tendercrisp chicken garden salad with fat free ranch dressing	340	-	470	1.4	-	23.0	6.0	11%	0.0	10	1,800	6	27	68
•		•			Lunch/Dinner Main Dishes	Tendercrisp chicken garden salad with honey mustard dressing	340	-	680	2.0	-	46.0	9.0	12%	0.0	19	1,570	4	28	64
	•	•		•	Lunch/Dinner Main Dishes	Tendercrisp chicken sandwich	284	-	800	2.8	-	46.0	8.0	9%	0.5	9	1,640	3	32	50
•		•			Lunch/Dinner Main Dishes	Tendercrisp chicken sandwich (without mayo)	256	-	590	2.3	-	22.0	4.0	6%	0.0	9	1,450	3	31	64
•		•			Lunch/Dinner Main Dishes	Tendergrill chicken garden salad with fat free ranch dressing	320	-	270	0.8	-	7.0	3.0	10%	0.0	9	1,520	5	29	72
•		•			Lunch/Dinner Main Dishes	Tendergrill chicken garden salad with honey mustard dressing	320	-	480	1.5	-	30.0	6.0	11%	0.0	18	1,290	3	30	70
•		•			Lunch/Dinner Main Dishes	Tendergrill chicken sandwich	251	-	490	2.0	-	21.0	4.0	7%	0.0	7	1,220	3	26	66
•		•			Lunch/Dinner Main Dishes	Tendergrill chicken sandwich (without mayo)	237	-	380	1.6	-	9.0	2.0	5%	0.0	7	1,130	3	25	68
	•	•	•	•	Lunch/Dinner Main Dishes	Texas double Whopper sandwich	424	-	1070	2.5	-	70.0	26.0	22%	2.5	12	1,950	3	58	42

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	•	•	•	•	Lunch/Dinner Main Dishes	Texas triple Whopper sandwich	506	-	1310	2.6	-	88.0	33.0	23%	3.5	12	1,990	3	77	44
	•	•	•	•	Lunch/Dinner Main Dishes	Texas Whopper sandwich	341	-	830	2.4	-	52.0	18.0	20%	1.5	12	1,880	3	38	42
	•	•	•	•	Lunch/Dinner Main Dishes	Triple Whopper sandwich	455	-	1160	2.5	-	76.0	27.0	21%	3.0	11	1,170	3	68	60
	•	•	•	•	Lunch/Dinner Main Dishes	Triple Whopper sandwich (without mayo)	434	-	1000	2.3	-	59.0	24.0	22%	3.0	11	1,030	3	68	62
	•	•	•	•	Lunch/Dinner Main Dishes	Triple Whopper sandwich with cheese	480	-	1250	2.6	-	84.0	32.0	23%	3.5	11	1,600	3	73	46
	•	•	•	•	Lunch/Dinner Main Dishes	Triple Whopper sandwich with cheese (without mayo)	459	-	1090	2.4	-	66.0	29.0	24%	3.0	11	1,460	3	73	48
•				•	Lunch/Dinner Main Dishes	Whopper Jr. sandwich	147	-	340	2.3	-	20.0	5.0	13%	0.5	6	530	2	14	64
		•	•	•	Lunch/Dinner Main Dishes	Whopper Jr. sandwich with cheese	159	-	390	2.5	-	23.0	8.0	18%	1.0	6	750	2	16	46
		•	•	•	Lunch/Dinner Main Dishes	Whopper Jr. sandwich with cheese (without mayo)	143	-	320	2.2	-	15.0	7.0	20%	0.5	6	710	2	16	50
•					Lunch/Dinner Main Dishes	Whopper Jr. sandwich without mayo	136	-	260	1.9	-	11.0	4.0	14%	0.0	6	460	2	14	68
•		•		•	Lunch/Dinner Main Dishes	Whopper sandwich	290	-	670	2.3	-	40.0	11.0	15%	1.5	11	1,020	3	29	66
•		•	•	•	Lunch/Dinner Main Dishes	Whopper sandwich (without mayo)	268	-	520	1.9	-	23.0	9.0	16%	1.0	11	880	3	28	66
	•	•	•	•	Lunch/Dinner Main Dishes	Whopper sandwich with cheese	315	-	770	2.4	-	48.0	16.0	19%	1.5	11	1,450	3	33	46
		•	•	•	Lunch/Dinner Main Dishes	Whopper sandwich with cheese (without mayo)	294	-	610	2.1	-	30.0	14.0	21%	1.5	11	1,310	3	33	62
	•	•	•	•	Lunch/Dinner Main Dishes	Whopper sandwich with cheese and bacon	355	-	980	2.8	-	64.0	22.0	20%	2.0	13	2,240	3	50	38
	•	•	•	•	Lunch/Dinner Main Dishes	Whopper sandwich with cheese and bacon (without mayo)	334	-	820	2.5	-	46.0	19.0	21%	1.5	12	2,100	3	49	42
•					Lunch/Dinner Side Dishes	BK fresh apple fries with caramel sauce	71	-	70	1.0	-	0.5	0.0	0%	0.0	10	35	1	0	74
	•	•			Lunch/Dinner Side Dishes	French fries- large	182	-	540	3.0	-	27.0	6.0	10%	0.0	0	830	6	6	54
	•	•			Lunch/Dinner Side Dishes	French fries- medium	148	-	440	3.0	-	22.0	4.5	9%	0.0	0	670	5	5	54
		•			Lunch/Dinner Side Dishes	French fries- small	116	-	340	2.9	-	17.0	3.5	9%	0.0	0	530	4	4	54
					Lunch/Dinner Side Dishes	French fries- value	74	-	220	3.0	-	11.0	2.5	10%	0.0	0	340	2	2	52
	•	•			Lunch/Dinner Side Dishes	Onion rings (large) wwith zesy onion ring dipping sauce (2 packets)	198	-	790	4.0	-	56.0	9.5	11%	0.0	11	1,190	7	7	46

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	•	•			Lunch/Dinner Side Dishes	Onion rings (medium) with zesty onion ring dipping sauce (2 packets)	173	-	700	4.0	-	51.0	8.5	11%	0.0	9	1,050	6	6	44
	•	•			Lunch/Dinner Side Dishes	Onion rings (small) with zesty onion ring dipping sauce	119	-	460	3.9	-	32.0	5.5	11%	0.0	6	700	4	4	46
		•			Lunch/Dinner Side Dishes	Onion rings (value) with zesty onion ring dipping sauce	71	-	300	4.2	-	23.0	4.0	12%	0.0	4	440	2	2	42
•		•			Lunch/Dinner Side Dishes	Side salad with fat free ranch dressing (1/2 packet)	155	-	100	0.6	-	2.0	1.0	9%	0.0	5	785	3	3	70
		•			Lunch/Dinner Side Dishes	Side salad with honey mustard dressing (1/2 packet)	155	-	310	2.0	-	13.5	4.0	12%	0.0	14	555	1	4	58
					Beverages															
					Coffee Beverages	Mocha BK Joe iced coffee	N/A	-	340	N/A	-	7.0	5.0	13%	0.0	55	310	1	6	N/A
•					Side Beverages	Bk Joe coffee-decaf- medium	588	20	5	-	2%	0.0	0.0	0%	0.0	10	-	1	1	70
•					Side Beverages	Bk Joe coffee-decaf- small	471	16	5	-	2%	0.0	0.0	0%	0.0	10	-	1	1	70
•					Side Beverages	Bk Joe coffee-decaf- value	353	12	5	-	1%	0.0	0.0	0%	0.0	5	-	0	0	70
•					Side Beverages	Bk Joe coffee-regular- medium	588	20	10	-	4%	0.0	0.0	0%	0.0	25	-	1	1	70
•					Side Beverages	Bk Joe coffee-regular- small	471	16	10	-	4%	0.0	0.0	0%	0.0	20	-	1	1	70
•					Side Beverages	Bk Joe coffee-regular- value	353	12	5	-	4%	0.0	0.0	0%	0.0	15	-	1	1	70
•					Side Beverages	Bk Joe coffee-turbo- medium	588	20	15	-	7%	0.0	0.0	0%	0.0	40	-	2	2	70
•					Side Beverages	Bk Joe coffee-turbo- small	471	16	10	-	6%	0.0	0.0	0%	0.0	30	-	1	1	70
•					Side Beverages	Bk Joe coffee-turbo- value	353	12	10	-	6%	0.0	0.0	0%	0.0	20	-	1	1	70
	•				Side Beverages	Coca Cola Classic- large	1235	42	390	-	1%	0.0	0.0	0%	0.0	10	-	0	0	68
					Side Beverages	Coca Cola Classic- medium	941	32	290	-	1%	0.0	0.0	0%	0.0	5	-	0	0	68
					Side Beverages	Coca Cola Classic- small	647	22	210	-	1%	0.0	0.0	0%	0.0	5	-	0	0	68
					Side Beverages	Coca Cola Classic- value	471	16	140	-	0%	0.0	0.0	0%	0.0	0	-	0	0	68
					Side Beverages	Diet Coke- large	1235	42	5	-	3%	0.0	0.0	0%	0.0	35	-	0	0	70
					Side Beverages	Diet Coke- medium	941	32	0	-	3%	0.0	0.0	0%	0.0	25	-	0	0	70

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI score	
					Side Beverages	Diet Coke- small	647	22	0	-	3%	0.0	0.0	0%	0.0	20	-	0	0	70	
					Side Beverages	Diet Coke- value	471	16	0	-	3%	0.0	0.0	0%	0.0	15	-	0	0	70	
	•				Side Beverages	Dr. Pepper- large	1235	42	380	-	8%	0.0	0.0	0%	0.0	95	-	0	0	68	
					Side Beverages	Dr. Pepper- medium	941	32	280	-	7%	0.0	0.0	0%	0.0	70	-	0	0	68	
					Side Beverages	Dr. Pepper- small	647	22	200	-	8%	0.0	0.0	0%	0.0	50	-	0	0	68	
					Side Beverages	Dr. Pepper- value	471	16	140	-	7%	0.0	0.0	0%	0.0	35	-	0	0	68	
					Side Beverages	Frozen Coke- small	647	22	140	-	2%	0.0	0.0	0%	0.0	10	-	0	0	68	
					Side Beverages	Frozen Coke- value	471	16	110	-	2%	0.0	0.0	0%	0.0	10	-	0	9	70	
•					Side Beverages	Hershey's 1% low fat chocolate milk	235	8	180	-	59%	2.5	1.5	0%	0.0	140	1	9	9	72	
•			•	•	Side Beverages	Hershey's fat free milk	235	8	100	-	64%	0.0	0.0	0%	0.0	150	-	9	0	76	
•			•	•	Side Beverages	Minute Maid apple juice	196	6.67	100	-	8%	0.0	0.0	0%	0.0	15	-	0	2	76	
•			•	•	Side Beverages	Minute Maid orange juice	294	10	140	-	7%	0.0	0.0	0%	0.0	20	-	2	0	68	
					Side Beverages	Sprite- large	1235	42	390	-	7%	0.0	0.0	0%	0.0	85	-	0	0	68	
					Side Beverages	Sprite- medium	941	32	290	-	7%	0.0	0.0	0%	0.0	65	-	0	0	68	
					Side Beverages	Sprite- small	647	22	210	-	7%	0.0	0.0	0%	0.0	45	-	0	0	68	
					Side Beverages	Sprite- value	471	16	140	-	6%	0.0	0.0	0%	0.0	30	-	0	1	68	
					Snacks and Desserts																
	•	•	•	•	Snack Beverages	Chocolate milk shake- large	914	32	960	-	17%	23.0	17.0	16%	0.5	153	780	2	17	62	
	•	•	•		Snack Beverages	Chocolate milk shake- medium	629	22	650	-	16%	16.0	12.0	17%	0.0	103	530	2	12	62	
	•	•	•		Snack Beverages	Chocolate milk shake- small	457	16	440	-	15%	12.0	8.0	16%	0.0	67	360	1	9	62	
			•		Snack Beverages	Chocolate milk shake- value	343	12	340	-	15%	9.0	7.0	19%	0.0	51	270	1	7	60	
	•	•	•	•	Snack Beverages	Oreo BK sundae shake-chocolate- medium	647	22	920	-	20%	28.0	18.0	18%	0.5	131	780	3	14	56	

Healthy NPI score	Exceeds calorie limits	Exceeds sodium limits	>15% Calories from saturated fat	Contains trans fat	Type of food	Individual item	Serving size (g)	Serving size (oz)	Calories (Kcal)	Energy density (kcal/g)	Energy density beverages (% sugar by weight)	Total fat (g)	Saturated fat (g)	% Calories from saturated fat	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI score
	•	•	•	•	Snack Beverages	Oreo BK sundae shake-chocolate- small	471	16	650	-	19%	21.0	15.0	21%	0.5	89	520	2	10	54
	•	•	•	•	Snack Beverages	Oreo BK sundae shake-vanilla- medium	647	22	790	-	15%	28.0	19.0	22%	0.5	97	640	1	14	58
	•	•	•	•	Snack Beverages	Oreo BK sundae shake-vanilla- small	471	16	580	-	15%	21.0	15.0	23%	0.5	72	450	1	10	56
	•	•	•	•	Snack Beverages	Strawberry milk shake- large	914	32	930	-	17%	21.0	16.0	15%	0.5	151	590	0	16	62
	•	•	•		Snack Beverages	Strawberry milk shake- medium	629	22	630	-	16%	15.0	11.0	16%	0.0	102	400	0	11	62
	•		•		Snack Beverages	Strawberry milk shake- small	457	16	430	-	14%	11.0	8.0	17%	0.0	66	290	0	8	62
			•		Snack Beverages	Strawberry milk shake- value	343	12	330	-	15%	8.0	6.0	16%	0.0	51	230	0	6	62
	•	•	•	•	Snack Beverages	Vanilla milk shake- large	914	32	760	-	11%	24.0	18.0	21%	0.5	102	630	0	18	64
	•	•	•		Snack Beverages	Vanilla milk shake- medium	629	22	520	-	11%	16.0	12.0	21%	0.0	69	420	0	12	64
	•		•		Snack Beverages	Vanilla milk shake- small	457	16	370	-	11%	12.0	9.0	22%	0.0	50	310	0	9	64
			•		Snack Beverages	Vanilla milk shake- value	343	12	290	-	11%	9.0	7.0	22%	0.0	38	230	0	7	62
			•		Sweet Snacks	Dutch apple pie	107	-	320	3.0	-	14.0	6.0	17%	0.0	23	300	1	2	42
					Sweet Snacks	Funnel cake sticks with icing	89	-	300	3.4	-	11.0	3.0	9%	0.0	30	210	1	2	40
			•		Sweet Snacks	Hershey's sundae pie	79	-	300	3.8	-	18.0	12.0	36%	0.0	22	210	1	3	28