

Kids' meal menu items

Healthy NPI score	Artificial sweeteners ^a	Restaurant	Meal name	Part of kids' meal	Individual item	Serving size (g)	Serving size (oz)	Total calories (Kcal)	Energy density (kcal/g)	Energy density beverages										NPI Score
										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)			
		McDonald's	Happy Meal	Main Dish	Hamburger	100	-	250	2.5	-	9	3.5	0.5	6	520	2	12	50		
		McDonald's	Happy Meal	Main Dish	Cheeseburger	114	-	300	2.6	-	12	6	0.5	6	750	2	15	40		
		McDonald's	Happy Meal	Main Dish	Chicken McNuggets (4 piece) with hot mustard sauce	92	-	250	2.7	-	14.5	2	0	6	650	2	11	70		
		McDonald's	Happy Meal	Main Dish	Chicken McNuggets (4 piece) with barbeque sauce	92	-	240	2.6	-	12	2	0	10	660	0	10	70		
●		McDonald's	Happy Meal	Side Dish	Apple dippers (without low fat caramel dip)	68	-	35	0.5	-	0	0	0	6	-	0	0	78		
●		McDonald's	Happy Meal	Side Dish	Apple dippers with low fat caramel dip	89	-	105	1.2	-	0.5	0	0	15	35	0	0	66		
●		McDonald's	Happy Meal	Side Dish	French fries- small	71	-	230	3.2	-	11	1.5	0	0	160	3	3	66		
●		McDonald's	Happy Meal	Beverage	1% low fat milk jug	236	8	100	0.4	5%	2.5	1.5	0	12	125	0	8	72		
●		McDonald's	Happy Meal	Beverage	1% low fat chocolate milk jug	236	8	170	0.7	11%	3	1.5	0	25	150	1	9	70		
●		McDonald's	Happy Meal	Beverage	Minute Maid apple juice box	200	6.8	100	0.5	11%	0	0	0	22	15	0	0	76		
		McDonald's	Happy Meal	Beverage	Coca-Cola Classic	355	12	110	0.3	8%	0	0	0	29	5	0	0	68		
	●	McDonald's	Happy Meal	Beverage	Diet Coke	355	12	0	0.0	0%	0	0	0	0	15	0	0	70		
		McDonald's	Happy Meal	Beverage	Sprite	355	12	110	0.3	8%	0	0	0	28	30	0	0	68		
		McDonald's	Happy Meal	Beverage	Hi-C Orange Lavaburst	355	12	120	0.3	9%	0	0	0	32	-	0	0	66		
		McDonald's	Happy Meal	Beverage	Powerade Mountain Blast	355	12	70	0.2	5%	0	0	0	16	65	0	0	68		
●		McDonald's	Happy Meal	Beverage	Iced tea	355	12	0	0.0	0%	0	0	0	0	5	0	0	70		
		McDonald's	Happy Meal	Beverage	Sweet tea	355	12	90	0.3	6%	0	0	0	23	5	0	0	68		
		McDonald's	Happy Meal	Dessert	Kiddie cone ^b	29	-	45	1.6	-	1	0.5	0	6	20	0	1	62		
		McDonald's	Mighty Kids Meal	Main Dish	Double cheeseburger	165	-	440	2.7	-	23	11	1.5	7	1,150	2	25	40		
		McDonald's	Mighty Kids Meal	Main Dish	Chicken McNuggets (6 piece) with hot mustard sauce	123	-	340	2.8	-	19.5	3	0	6	850	2	15	70		
		McDonald's	Mighty Kids Meal	Main Dish	Chicken McNuggets (6 piece) with barbeque sauce	123	-	330	2.7	-	17	3	0	10	860	0	14	70		
●		McDonald's	Mighty Kids Meal	Side Dish	Apple dippers with low fat caramel dip	89	-	105	1.2	-	0.5	0	0	15	35	0	0	66		
●		McDonald's	Mighty Kids Meal	Side Dish	French fries- small	71	-	230	3.2	-	11	1.5	0	0	160	3	3	66		
●		McDonald's	Mighty Kids Meal	Beverage	1% low fat milk jug	236	8	100	0.4	5%	2.5	1.5	0	12	125	0	8	72		
●		McDonald's	Mighty Kids Meal	Beverage	1% low fat chocolate milk jug	236	8	170	0.7	11%	3	1.5	0	25	150	1	9	70		
●		McDonald's	Mighty Kids Meal	Beverage	Minute Maid apple juice box	200	6.8	100	0.5	11%	0	0	0	22	15	0	0	76		
		McDonald's	Mighty Kids Meal	Beverage	Coca-Cola Classic	473	16	150	0.3	8%	0	0	0	40	10	0	0	68		
	●	McDonald's	Mighty Kids Meal	Beverage	Diet Coke	473	16	0	0.0	0%	0	0	0	0	20	0	0	70		
		McDonald's	Mighty Kids Meal	Beverage	Sprite	473	16	150	0.3	8%	0	0	0	39	40	0	0	68		
		McDonald's	Mighty Kids Meal	Beverage	Hi-C Orange Lavaburst	473	16	160	0.3	9%	0	0	0	44	5	0	0	66		
●		McDonald's	Mighty Kids Meal	Beverage	Powerade Mountain Blast	473	16	100	0.2	4%	0	0	0	21	85	0	0	70		

Healthy NPI score	Artificial sweeteners ^a	Restaurant	Meal name	Part of kids' meal	Individual item	Serving size (g)	Serving size (oz)	Total calories (Kcal)	Energy density (kcal/g)	Energy density beverages									NPI Score
										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)		
●		McDonald's	Mighty Kids Meal	Beverage	Iced tea	473	16	0	0.0	0%	0	0	0	0	10	0	0	70	
		McDonald's	Mighty Kids Meal	Beverage	Sweet tea	473	16	120	0.3	6%	0	0	0	30	10	0	0	68	
		McDonald's	Mighty Kids Meal	Dessert	Kiddie cone	29	-	45	1.6	-	1	0.5	0	6	20	0	1	62	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' Veggie Delite sandwich (wheat bread, no cheese)	101	-	150	1.5	-	1.5	0	0	3	280	3	6	78	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' black forest ham sandwich (wheat bread, no cheese)	129	-	180	1.4	-	2.5	0.5	0	4	670	3	10	72	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' roast beef sandwich (wheat bread, no cheese)	138	-	200	1.4	-	3	1	0	4	500	4	15	78	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' turkey breast sandwich (wheat bread, no cheese)	138	-	190	1.4	-	2.5	0.5	0	4	610	3	12	76	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' Veggie Delite sandwich (white bread, american cheese)	107	-	180	1.7	-	5	2	0	4	470	1	8	70	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' black forest ham sandwich (white bread, american cheese)	135	-	210	1.6	-	6	2.5	0	5	860	1	12	64	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' roast beef sandwich (white bread, american cheese)	144	-	230	1.6	-	6.5	3	0	5	690	2	17	68	
●		Subway	Fresh Fit for Kids	Main Dish	Kids' turkey breast sandwich (white bread, american cheese)	144	-	220	1.5	-	6	2.5	0	5	800	1	14	66	
●		Subway	Fresh Fit for Kids	Side Dish	Apple slices	71	-	35	0.5	-	0	0	0	7	-	2	0	72	
●		Subway	Fresh Fit for Kids	Side Dish	Yogurt Dannon light & fit	170	-	80	0.5	-	0	0	0	11	80	0	5	70	
●		Subway	Fresh Fit for Kids	Beverage	100% juice box	177	6	100	0.6	12%	0	0	0	21	15	0	0	76	
●		Subway	Fresh Fit for Kids	Beverage	Low fat milk	355	12	160	0.5	5%	3.5	2.5	2.5	17	180	0	12	72	
		Burger King	BK Kids Meal	Main Dish	Hamburger ^e	110	-	260	2.4	-	11	4	0	5	520	1	14	50	
		Burger King	BK Kids Meal	Main Dish	Double hamburger ^d	147	-	370	2.5	-	19	8	1	5	550	1	23	46	
		Burger King	BK Kids Meal	Main Dish	Cheeseburger ^e	121	-	310	2.6	-	15	7	0.5	6	740	1	16	40	
		Burger King	BK Kids Meal	Main Dish	Double cheeseburger ^d	171	-	460	2.7	-	27	13	1	6	990	1	27	38	
		Burger King	BK Kids Meal	Main Dish	Chicken tenders (4 piece) with sweet and sour sauce ^e	90	-	225	2.5	-	11	2	0	10	365	0	9	48	
		Burger King	BK Kids Meal	Main Dish	Chicken tenders (4 piece) with ranch sauce ^e	90	-	320	3.6	-	26	4.5	0	1	540	0	10	42	
		Burger King	BK Kids Meal	Main Dish	Chicken tenders (6 piece) with sweet and sour dipping sauce (2 packets) ^f	149	-	360	2.4	-	16	3	0	20	570	0	14	48	

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										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)			
		Burger King	BK Kids Meal	Main Dish	Chicken tenders (6 piece) with ranch dipping sauce (2 packets) ^f	149	-	550	3.7	-	31	8	0	2	920	0	16	40		
●		Burger King	BK Kids Meal	Main Dish	Kraft macaroni and cheese ^e	113	-	160	1.4	-	5	1.5	0	5	340	1	7	66		
●		Burger King	BK Kids Meal	Side Dish	Apple fries (without caramel sauce)	53	-	25	0.5	-	0	0	0	5	-	1	0	80		
●		Burger King	BK Kids Meal	Side Dish	Apple fries with caramel sauce	71	-	70	1.0	-	0.5	0	0	10	35	1	0	74		
		Burger King	BK Kids Meal	Side Dish	French fries- value	74	-	220	3.0	-	11	2.5	0	0	340	2	2	52		
●		Burger King	BK Kids Meal	Beverage	Hershey's fat free milk	235	8	100	0.4	6%	0	0	0	13	150	0	9	72		
●		Burger King	BK Kids Meal	Beverage	Hershey's 1% low fat chocolate milk	235	8	180	0.8	12%	2.5	1.5	0	29	140	1	9	70		
●		Burger King	BK Kids Meal	Beverage	Minute Maid apple juice	196	6.67	100	0.5	11%	0	0	0	21	15	0	0	76		
		Burger King	BK Kids Meal	Beverage	Coca-Cola Classic	355	12	105	0.3	8%	0	0	0	29	-	0	0	68		
		Burger King	BK Kids Meal	Beverage	Coca-Cola Classic	471	16	140	0.3	8%	0	0	0	39	-	0	0	68		
	●	Burger King	BK Kids Meal	Beverage	Diet Coke	355	12	0	0.0	0%	0	0	0	0	11	0	0	70		
	●	Burger King	BK Kids Meal	Beverage	Diet Coke	471	16	0	0.0	0%	0	0	0	0	15	0	0	70		
		Burger King	BK Kids Meal	Beverage	Sprite	355	12	105	0.3	8%	0	0	0	29	23	0	0	68		
		Burger King	BK Kids Meal	Beverage	Sprite	471	16	140	0.3	8%	0	0	0	39	30	0	0	68		
		Burger King	BK Kids Meal	Beverage	Dr. Pepper	355	12	105	0.3	8%	0	0	0	29	26	0	0	68		
		Burger King	BK Kids Meal	Beverage	Dr. Pepper	471	16	140	0.3	8%	0	0	0	39	35	0	0	68		
		Wendy's	Kids' Meal	Main Dish	Hamburger- kids'	92	-	220	2.4	-	8	3	0	5	500	1	12	48		
		Wendy's	Kids' Meal	Main Dish	Cheeseburger- kids'	103	-	260	2.5	-	11	5	0.5	5	700	1	15	42		
		Wendy's	Kids' Meal	Main Dish	Crispy chicken sandwich- kids'	135	-	340	2.5	-	15	3	0	4	680	2	15	62		
		Wendy's	Kids' Meal	Main Dish	Chicken nuggets (4 piece) with sweet & sour nugget sauce	88	-	240	2.7	-	13	3	0	11	500	0	9	42		
		Wendy's	Kids' Meal	Main Dish	Chicken nuggets (4 piece) with heartland ranch dipping sauce	88	-	350	4.0	-	30	5.5	0	1	600	0	9	38		
●		Wendy's	Kids' Meal	Side Dish	French fries- kids'	71	-	210	3.0	-	10	2	0	0	190	3	3	68		
●		Wendy's	Kids' Meal	Side Dish	Mandarin orange cup	142	-	80	0.6	-	0	0	0	17	15	1	1	76		
●		Wendy's	Kids' Meal	Beverage	Nesquik low fat white milk	244	8	100	0.4	5%	2.5	1.5	0	12	120	0	8	72		
●		Wendy's	Kids' Meal	Beverage	Nesquik low fat chocolate milk	251	8	170	0.7	11%	2.5	1.5	0	28	160	1	8	68		
	●	Wendy's	Kids' Meal	Beverage	Diet Coke	235	8	0	0.0	0%	0	0	0	0	10	0	0	70		
		Wendy's	Kids' Meal	Beverage	Sprite	245	8	80	0.3	8%	0	0	0	20	20	0	0	68		
		Wendy's	Kids' Meal	Beverage	Coca-Cola Classic	245	8	80	0.3	9%	0	0	0	22	-	0	0	68		
	●	Wendy's	Kids' Meal	Beverage	Minute Maid light lemonade	236	8	0	0.0	0%	0	0	0	0	-	0	0	70		
		Wendy's	Kids' Meal	Beverage	Hi-C Flashin' Fruit Punch	246	8	90	0.4	9%	0	0	0	22	10	0	0	68		
		Wendy's	Kids' Meal	Beverage	Barq's root beer	247	8	90	0.4	10%	0	0	0	25	20	0	0	66		
		Wendy's	Kids' Meal	Beverage	Fanta orange	247	8	90	0.4	10%	0	0	0	25	10	0	0	66		

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										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)		
		Wendy's	Kids' Meal	Beverage	Pibb Xtra	245	8	80	0.3	9%	0	0	0	22	10	0	0	68	
	•	Wendy's	Kids' Meal	Beverage	Coke Zero	235	8	0	0.0	0%	0	0	0	0	-	0	0	70	
		Wendy's	Kids' Meal	Beverage	Dr. Pepper	234	8	90	0.4	11%	0	0	0	26	25	0	0	66	
		Wendy's	Kids' Meal	Beverage	Sweet tea	324	8	60	0.2	5%	0	0	0	15	5	0	0	68	
		Wendy's	Kids' Meal	Beverage	Chocolate Frosty Jr.	113	6	150	1.3	19%	4	2.5	0	22	70	0	4	60	
		Wendy's	Kids' Meal	Beverage	Vanilla Frosty Jr.	113	6	160	1.4	19%	4	2.5	0	22	70	0	4	60	
		Taco Bell	Kid's Meal	Main Dish	Cheese roll-up	64	-	200	3.1	-	10	5	0	1	530	2	9	38	
	•	Taco Bell	Kid's Meal	Main Dish	Crunchy taco	78	-	170	2.2	-	10	3.5	0	1	330	3	8	68	
		Taco Bell	Kid's Meal	Main Dish	Chicken soft taco	99	-	200	2.0	-	8	3	0	1	640	1	12	48	
		Taco Bell	Kid's Meal	Main Dish	Soft taco - beef	99	-	210	2.1	-	9	4	0	2	620	3	10	52	
	•	Taco Bell	Kid's Meal	Main Dish	Bean burrito	198	-	370	1.9	-	10	3.5	0	3	1,270	11	14	68	
		Taco Bell	Kid's Meal	Dessert	Cinnamon twists	35	-	170	4.9	-	7	0	0	10	200	1	1	40	
		Taco Bell	Kid's Meal	Beverages	Mountain Dew	473	16	220	0.5	12%	0	0	0	58	70	0	0	66	
		Taco Bell	Kid's Meal	Beverages	Mug root beer	473	16	200	0.4	12%	0	0	0	58	80	0	0	66	
		Taco Bell	Kid's Meal	Beverages	Pepsi	473	16	200	0.4	11%	0	0	0	54	50	0	0	66	
	•	Taco Bell	Kid's Meal	Beverages	Diet Pepsi	473	16	0	0.0	0%	0	0	0	0	50	0	0	70	
		Taco Bell	Kid's Meal	Beverages	Sierra Mist	473	16	200	0.4	11%	0	0	0	54	40	0	0	66	
		Taco Bell	Kid's Meal	Beverages	Tropicana fruit punch	473	16	220	0.5	13%	0	0	0	60	50	0	0	66	
		Taco Bell	Kid's Meal	Beverages	Tropicana pink lemonade	473	16	200	0.4	11%	0	0	0	54	210	0	0	66	
		Taco Bell	Kid's Meal	Beverages	Lipton raspberry iced tea	473	16	160	0.3	9%	0	0	0	42	50	0	0	68	
		Taco Bell	Kid's Meal	Beverages	Dr. Pepper	473	16	200	0.4	11%	0	0	0	54	70	0	0	66	
		Taco Bell	Kid's Meal	Beverages	Mountain Dew Baja Blast	473	16	220	0.5	12%	0	0	0	58	60	0	0	66	
		KFC	Kids Laptop Meal	Main Dish	Original recipe chicken drumstick	53	-	120	2.3	-	7	1.5	0	0	340	0	12	48	
		KFC	Kids Laptop Meal	Main Dish	Extra crispy chicken drumstick	59	-	150	2.5	-	10	2	0	0	360	0	12	46	
		KFC	Kids Laptop Meal	Main Dish	Grilled chicken drumstick	42	-	80	1.9	-	3.5	1	0	0	250	0	10	60	
		KFC	Kids Laptop Meal	Main Dish	Popcorn chicken- kids'	85	-	290	3.4	-	19	3.5	0	0	850	2	16	38	
	•	KFC	Kids Laptop Meal	Side Dish	Green beans	98	-	25	0.3	-	0	0	0	1	380	2	1	76	
		KFC	Kids Laptop Meal	Side Dish	Mashed potatoes with gravy	153	-	130	0.8	-	4.5	1	0	0	550	1	2	62	
		KFC	Kids Laptop Meal	Side Dish	Macaroni and cheese	137	-	180	1.3	-	9	3	0	4	990	2	6	50	
		KFC	Kids Laptop Meal	Side Dish	Potato wedges	102	-	260	2.5	-	13	2.5	0	0	740	3	4	50	
	•	KFC	Kids Laptop Meal	Side Dish	3" corn on the cob	71	-	70	1.0	-	0.5	0	0	3	-	2	2	86	
	•	KFC	Kids Laptop Meal	Side Dish	5.5" corn on the cob	146	-	140	1.0	-	1	0	0	5	5	4	5	86	
	•	KFC	Kids Laptop Meal	Side Dish	BBQ baked beans	130	-	200	1.5	-	1.5	0	0	18	680	9	8	78	
		KFC	Kids Laptop Meal	Side Dish	Potato salad	128	-	200	1.6	-	10	2	0	5	540	3	2	62	
	•	KFC	Kids Laptop Meal	Side Dish	Cole slaw	130	-	180	1.4	-	11	1.5	0	14	160	2	1	72	
		KFC	Kids Laptop Meal	Side Dish	Biscuit	54	-	180	3.3	-	8	6	0	2	530	1	4	24	
		KFC	Kids Laptop Meal	Snack	Sargento light string cheese ^c	21	-	50	2.4	-	2.5	1.5	0	0	160	0	6	36	

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										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	
		KFC	Kids Laptop Meal	Beverage	Capri Sun Roarin' Waters Tropical Fruit:	177	6	30	0.2	5%	0	0	0	8	15	0	0	68
		KFC	Kids Laptop Meal	Beverage	Pepsi:	473	16	200	0.4	11%	0	0	0	54	50	0	0	66
	•	KFC	Kids Laptop Meal	Beverage	Diet Pepsi:	473	16	0	0.0	0%	0	0	0	0	50	0	0	70
		KFC	Kids Laptop Meal	Beverage	Wild Cherry Pepsi:	473	16	200	0.4	12%	0	0	0	56	40	0	0	66
		KFC	Kids Laptop Meal	Beverage	Sierra Mist:	473	16	200	0.4	11%	0	0	0	54	50	0	0	66
	•	KFC	Kids Laptop Meal	Beverage	Diet Sierra Mist:	473	16	0	0.0	0%	0	0	0	0	100	0	0	70
		KFC	Kids Laptop Meal	Beverage	Mirinda strawberry:	473	16	220	0.5	12%	0	0	0	58	50	0	0	66
	•	KFC	Kids Laptop Meal	Beverage	Manzanita Sol:	473	16	220	0.5	12%	0	0	0	56	60	0	0	66
•		KFC	Kids Laptop Meal	Beverage	Lipton Brisk tea:	473	16	0	0.0	0%	0	0	0	0	130	0	0	70
		KFC	Kids Laptop Meal	Beverage	Lipton Brisk lemon tea:	473	16	160	0.3	9%	0	0	0	44	140	0	0	66
	•	KFC	Kids Laptop Meal	Beverage	Lipton Brisk green with peach tea:	473	16	0	0.0	0%	0	0	0	0	50	0	0	70
		KFC	Kids Laptop Meal	Beverage	Lipton Brisk peach tea:	473	16	160	0.3	9%	0	0	0	42	50	0	0	68
		KFC	Kids Laptop Meal	Beverage	Lipton Brisk raspberry tea:	473	16	160	0.3	9%	0	0	0	42	50	0	0	68
		KFC	Kids Laptop Meal	Beverage	Mountain Dew:	473	16	220	0.5	12%	0	0	0	58	70	0	0	66
	•	KFC	Kids Laptop Meal	Beverage	Diet Mountain Dew:	473	16	0	0.0	0%	0	0	0	0	80	0	0	70
		KFC	Kids Laptop Meal	Beverage	Code Red Mountain Dew:	473	16	220	0.5	13%	0	0	0	62	70	0	0	66
		KFC	Kids Laptop Meal	Beverage	Tropicana lemonade:	473	16	200	0.4	11%	0	0	0	54	210	0	0	66
	•	KFC	Kids Laptop Meal	Beverage	Tropicana sugar free lemonade:	473	16	0	0.0	0%	0	0	0	0	130	0	0	70
		KFC	Kids Laptop Meal	Beverage	Tropicana pink lemonade:	473	16	200	0.4	11%	0	0	0	54	210	0	0	66
		KFC	Kids Laptop Meal	Beverage	Tropicana fruit punch:	473	16	220	0.5	13%	0	0	0	60	50	0	0	66
		KFC	Kids Laptop Meal	Beverage	Tropicana Twister orange:	473	16	220	0.5	13%	0	0	0	60	50	0	0	66
		KFC	Kids Laptop Meal	Beverage	Mug root beer:	473	16	200	0.4	11%	0	0	0	52	30	0	0	66
		KFC	Kids Laptop Meal	Beverage	Dr. Pepper:	473	16	200	0.4	11%	0	0	0	54	70	0	0	66
	•	KFC	Kids Laptop Meal	Beverage	Diet Dr. Pepper:	473	16	0	0.0	0%	0	0	0	0	70	0	0	70
		KFC	Kids Laptop Meal	Beverage	7up:	473	16	200	0.4	11%	0	0	0	50	52	0	0	66
		Sonic	Wacky Pack Kids' Meal	Main Dish	Corn dog:	74	-	210	2.8	-	11	3.5	0	4	530	2	6	44
		Sonic	Wacky Pack Kids' Meal	Main Dish	Jr. burger:	117	-	310	2.6	-	15	5	0.5	7	610	3	15	48
		Sonic	Wacky Pack Kids' Meal	Main Dish	Chicken strips (2 piece) with honey mustard sauce:	98	-	290	3.0	-	18	3	0	5	660	1	14	44
		Sonic	Wacky Pack Kids' Meal	Main Dish	Chicken strips (2 piece) with ranch sauce:	98	-	328	3.3	-	24.8	4.2	0	0	712	1	14	40
		Sonic	Wacky Pack Kids' Meal	Main Dish	Grilled cheese sandwich:	110	-	380	3.5	-	20	8	0.5	6	1,010	2	12	28

Healthy NPI score	Artificial sweeteners ^a	Restaurant	Meal name	Part of kids' meal	Individual item	Serving size (g)	Serving size (oz)	Total calories (Kcal)	Energy density (kcal/g)	Energy density beverages									NPI Score
										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)		
●		Sonic	Wacky Pack Kids' Meal	Side Dish	Fresh banana:	120	-	110	0.9	-	0	0	0	15	-	3	1	78	
●		Sonic	Wacky Pack Kids' Meal	Side Dish	Apple slices with fat-free caramel dipping sauce:	96	-	120	1.3	-	0	0	0	23	60	2	0	66	
		Sonic	Wacky Pack Kids' Meal	Side Dish	French fries- small:	71	-	200	2.8	-	8	1.5	0	0	270	2	2	60	
		Sonic	Wacky Pack Kids' Meal	Side Dish	Tots- small:	44	-	130	3.0	-	8	1.5	0	0	270	1	1	50	
●		Sonic	Wacky Pack Kids' Meal	Side Dish	Apple slices:	68	-	35	0.5	-	0	0	0	7	-	2	0	82	
●		Sonic	Wacky Pack Kids' Meal	Beverage	1% milk:	244	-	110	0.5	-	2.5	1.5	0	12	130	0	8	72	
●		Sonic	Wacky Pack Kids' Meal	Beverage	1% chocolate milk:	244	-	160	0.7	-	2.5	1.5	0	25	210	0	8	70	
		Sonic	Wacky Pack Kids' Meal	Beverage	Hi-C fruit punch:	278	12	120	0.4	11%	0	0	0	31	10	0	0	66	
	●	Sonic	Wacky Pack Kids' Meal	Beverage	Minute Maid light lemonade:	267	12	5	0.0	0%	0	0	0	1	5	0	0	70	
		Sonic	Wacky Pack Kids' Meal	Beverage	Powerade Mountain Blast:	273	12	70	0.3	7%	0	0	0	19	60	0	0	68	
●		Sonic	Wacky Pack Kids' Meal	Beverage	Minute Maid apple juice:	275	12	120	0.4	11%	0	0	0	29	15	0	0	76	
		Sonic	Wacky Pack Kids' Meal	Beverage	Minute Maid cranberry:	279	12	130	0.5	13%	0	0	0	35	15	0	0	68	
●		Sonic	Wacky Pack Kids' Meal	Beverage	Minute Maid orange juice:	282	12	130	0.5	10%	0	0	0	27	20	0	2	76	
		Sonic	Wacky Pack Kids' Meal	Beverage	Limeade:	284	12	110	0.4	10%	0	0	0	29	25	0	0	66	
	●	Sonic	Wacky Pack Kids' Meal	Beverage	Lo-cal diet lime limeade:	273	12	5	0.0	0%	0	0	0	0	5	0	0	70	
		Sonic	Wacky Pack Kids' Meal	Beverage	Cherry limeade:	290	12	140	0.5	12%	0	0	0	36	30	0	0	66	
	●	Sonic	Wacky Pack Kids' Meal	Beverage	Lo-cal diet cherry limeade:	277	12	10	0.0	0%	0	0	0	1	10	0	0	70	
		Sonic	Wacky Pack Kids' Meal	Beverage	Strawberry limeade:	286	12	140	0.5	12%	0	0	0	33	30	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Minute Maid cranberry limeade:	284	12	120	0.4	11%	0	0	0	32	25	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Lemon real fruit slush:	344	12	170	0.5	13%	0	0	0	44	25	0	0	66	

Healthy NPI score	Artificial sweeteners ^a	Restaurant	Meal name	Part of kids' meal	Individual item	Serving size (g)	Serving size (oz)	Total calories (Kcal)	Energy density (kcal/g)	Energy density beverages									NPI Score
										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)		
		Sonic	Wacky Pack Kids' Meal	Beverage	Lemon-berry real fruit slush	345	12	180	0.5	13%	0	0	0	45	30	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Lime real fruit slush	342	12	170	0.5	13%	0	0	0	44	25	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Strawberry real fruit slush	336	12	180	0.5	13%	0	0	0	45	30	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Cherry slush	335	12	170	0.5	14%	0	0	0	46	25	0	0	64	
		Sonic	Wacky Pack Kids' Meal	Beverage	Grape slush	335	12	170	0.5	13%	0	0	0	45	30	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Orange slush	335	12	170	0.5	13%	0	0	0	45	30	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Blue coconut slush	335	12	170	0.5	13%	0	0	0	44	25	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Watermelon slush	335	12	170	0.5	13%	0	0	0	45	30	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Green apple slush	336	12	180	0.5	14%	0	0	0	46	30	0	0	64	
		Sonic	Wacky Pack Kids' Meal	Beverage	Bubble gum slush	335	12	170	0.5	13%	0	0	0	45	30	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Minute Maid cranberry juice slush	335	12	170	0.5	13%	0	0	0	45	25	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Powerade Mountain Blast slush	336	12	170	0.5	14%	0	0	0	46	45	0	0	64	
	•	Sonic	Wacky Pack Kids' Meal	Beverage	Diet Coke	266	12	0	0.0	0%	0	0	0	0	10	0	0	70	
	•	Sonic	Wacky Pack Kids' Meal	Beverage	Diet Dr. Pepper	266	12	0	0.0	0%	0	0	0	0	55	0	0	70	
	•	Sonic	Wacky Pack Kids' Meal	Beverage	Sprite Zero	266	12	5	0.0	0%	0	0	0	0	5	0	0	70	
		Sonic	Wacky Pack Kids' Meal	Beverage	Coca-Cola	277	12	110	0.4	11%	0	0	0	30	5	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Dr. Pepper	278	12	100	0.4	10%	0	0	0	29	35	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Sprite	277	12	110	0.4	11%	0	0	0	29	25	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Barq's root beer	281	12	130	0.5	12%	0	0	0	34	25	0	0	66	
		Sonic	Wacky Pack Kids' Meal	Beverage	Fanta orange	269	12	120	0.4	12%	0	0	0	33	5	0	0	66	

Healthy NPI score	Artificial sweeteners ^a	Restaurant	Meal name	Part of kids' meal	Individual item	Serving size (g)	Serving size (oz)	Total calories (Kcal)	Energy density (kcal/g)	Energy density beverages										NPI Score
										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)			
		Sonic	Wacky Pack Kids' Meal	Beverage	Minute Maid strawberry soda	278	12	130	0.5	13%	0	0	0	35	-	0	0	66		
		Sonic	Wacky Pack Kids' Meal	Beverage	Mello Yello	278	12	120	0.4	12%	0	0	0	33	10	0	0	66		
		Sonic	Wacky Pack Kids' Meal	Beverage	Ocean Water	278	12	120	0.4	12%	0	0	0	32	25	0	0	66		
		Sonic	Wacky Pack Kids' Meal	Beverage	Sweet iced tea	277	12	120	0.4	11%	0	0	0	30	5	0	0	66		
●		Sonic	Wacky Pack Kids' Meal	Beverage	Cranberry tea	267	12	20	0.1	2%	0	0	0	5	10	0	0	70		
●		Sonic	Wacky Pack Kids' Meal	Beverage	Iced tea	266	12	5	0.0	0%	0	0	0	0	10	0	0	70		
	●	Sonic	Wacky Pack Kids' Meal	Beverage	Raspberry iced tea	266	12	5	0.0	0%	0	0	0	0	15	0	0	70		
	●	Sonic	Wacky Pack Kids' Meal	Beverage	Peach iced tea	266	12	5	0.0	0%	0	0	0	0	15	0	0	70		
	●	Sonic	Wacky Pack Kids' Meal	Beverage	Diet green tea	251	12	0	0.0	0%	0	0	0	0	5	0	0	70		
		Dairy Queen	DQ Kids Meal	Main Dish	All-beef hot dog	96	-	250	2.6	4%	14	5	0	4	770	1	9	40		
		Dairy Queen	DQ Kids Meal	Main Dish	Original cheeseburger	156	-	400	2.6	6%	18	9	0.5	9	920	1	19	40		
		Dairy Queen	DQ Kids Meal	Main Dish	Original hamburger	142	-	350	2.5	6%	14	7	0.5	8	680	1	17	44		
		Dairy Queen	DQ Kids Meal	Main Dish	Chicken strips with ketchup	94	-	285	3.0	-	10	1	0	2	880	2	16	46		
		Dairy Queen	DQ Kids Meal	Main Dish	Iron grilled cheese sandwich	103	-	320	3.1	-	13	8	0	2	1,020	1	13	70		
●		Dairy Queen	DQ Kids Meal	Side Dish	Applesauce	114	-	90	0.8	15%	0	0	0	17	30	3	0	78		
		Dairy Queen	DQ Kids Meal	Side Dish	French fries- kids'	71	-	190	2.7	0%	8	1	0	0	400	2	2	58		
		Dairy Queen	DQ Kids Meal	Beverage	Coca-Cola Classic	360	12	120	0.3	9%	0	0	0	32	8	0	0	68		
		Dairy Queen	DQ Kids Meal	Beverage	Pepsi	353	12	120	0.3	9%	0	0	0	33	30	0	0	66		
	●	Dairy Queen	DQ Kids Meal	Beverage	Diet Coca-Cola	353	12	0	0.0	0%	0	0	0	0	8	0	0	70		
	●	Dairy Queen	DQ Kids Meal	Beverage	Diet Pepsi	365	12	0	0.0	0%	0	0	0	0	23	0	0	70		
		Dairy Queen	DQ Kids Meal	Beverage	Sprite	364	12	112.5	0.3	9%	0	0	0	32	30	0	0	68		
		Dairy Queen	DQ Kids Meal	Beverage	Sierra Mist	353	12	120	0.3	9%	0	0	0	32	30	0	0	68		
		Dairy Queen	DQ Kids Meal	Beverage	Barq's root beer	365	12	135	0.4	10%	0	0	0	36	30	0	0	66		
		Dairy Queen	DQ Kids Meal	Beverage	Mug root beer	361	12	120	0.3	10%	0	0	0	35	49	0	0	66		
		Dairy Queen	DQ Kids Meal	Beverage	Dr. Pepper	360	12	120	0.3	9%	0	0	0	32	41	0	0	68		
		Dairy Queen	DQ Kids Meal	Beverage	Mountain Dew	365	12	142.5	0.4	10%	0	0	0	38	60	0	0	66		
		Dairy Queen	DQ Kids Meal	Dessert	Chocolate dipped cone ^d - kids'	93	-	190	2.0	19%	8	3.5	0	18	65	0	4	56		
		Dairy Queen	DQ Kids Meal	Dessert	Butterscotch dipped cone ^d - kids'	93	-	190	2.0	19%	9	4.5	1.5	18	65	0	4	54		
		Dairy Queen	DQ Kids Meal	Dessert	Cherry dipped cone ^d - kids'	93	-	190	2.0	19%	9	6	0.5	18	65	0	4	46		

Healthy NPI score	Artificial sweeteners ^a	Restaurant	Meal name	Part of kids' meal	Individual item	Serving size (g)	Serving size (oz)	Total calories (Kcal)	Energy density (kcal/g)	Energy density beverages									
										(% sugar by weight)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugar (g)	Sodium (mg)	Fiber (g)	Protein (g)	NPI Score	
		Dairy Queen	DQ Kids Meal	Dessert	Vanilla cone ^d - kids'	86	-	140	1.6	19%	4	2.5	0	16	60	0	4	58	
		Dairy Queen	DQ Kids Meal	Dessert	Chocolate cone ^d - kids'	86	-	150	1.7	17%	4.5	3	0	15	70	0	4	58	
		Dairy Queen	DQ Kids Meal	Dessert	Chocolate mint Dilly Bar ^d	87	-	240	2.8	23%	15	9	0	20	70	1	4	36	
		Dairy Queen	DQ Kids Meal	Dessert	Chocolate Dilly Bar ^d	87	-	240	2.8	23%	15	9	0	20	70	1	4	36	
		Dairy Queen	DQ Kids Meal	Dessert	Heath Dilly Bar ^d	87	-	220	2.5	25%	13	10	0	22	95	0	3	32	
		Dairy Queen	DQ Kids Meal	Dessert	Cherry Dilly Bar ^d	88	-	210	2.4	23%	12	8	0	20	80	0	3	36	
		Dairy Queen	DQ Kids Meal	Dessert	Butterscotch Dilly Ba ^d	87	-	210	2.4	23%	11	9	0	20	105	0	3	32	
		Dairy Queen	DQ Kids Meal	Dessert	DQ sandwich ^d	85	-	190	2.2	21%	5	3	0	18	135	1	4	56	

a Items with artificial sweeteners were excluded from the analysis

b McDonald's desserts are not included in the Kids' Meal

c KFC Kid's Meals include a snack item

d Dairy Queen Kids Meals include a dessert

e Item comes with a 12 oz. soft drink

f Item comes with a 16 oz. soft drink