

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
<b>Breakfast Items</b>																				
		•	•		Breakfast Main Dishes	Bacon fire-roasted burrito	232	-	470	2.0	-	25.0	9.0	17%	0.0	5	1,150	2	21	66
		•	•		Breakfast Main Dishes	Egg and sausage burrito	106	-	340	3.2	-	21.0	8.0	21%	0.0	3	920	1	13	68
		•	•		Breakfast Main Dishes	Fresh baked biscuit sandwich with applewood smoked bacon	171	-	470	2.7	-	26.0	14.0	27%	0.0	5	1,480	2	18	66
	•	•	•		Breakfast Main Dishes	Fresh baked biscuit sandwich with sausage	165	-	610	3.7	-	41.0	20.0	30%	0.0	5	1,770	2	21	66
	•	•	•	•	Breakfast Main Dishes	Mornin' melt panini with applewood smoked bacon	164	-	560	3.4	-	37.0	18.0	29%	1.0	4	1,040	2	30	66
	•	•	•	•	Breakfast Main Dishes	Mornin' melt panini with sausage	191	-	680	3.6	-	49.0	23.0	30%	1.0	4	1,230	2	31	66
		•	•	•	Breakfast Main Dishes	Sausage biscuit	131	-	470	3.6	-	30.0	15.0	29%	1.0	4	1,310	2	13	66
<b>Lunch/Dinner Items</b>																				
	•	•	•	•	Lunch/Dinner Main Dishes	Bacon deluxe double	354	-	860	2.4	-	50.0	21.0	22%	2.5	11	1,880	2	56	44
		•	•	•	Lunch/Dinner Main Dishes	Bacon deluxe single	275	-	640	2.3	-	35.0	14.0	20%	1.5	11	1,620	2	37	44
	•	•	•	•	Lunch/Dinner Main Dishes	Bacon deluxe triple	450	-	1140	2.5	-	71.0	31.0	24%	3.5	12	2,470	2	79	40
	•	•	•	•	Lunch/Dinner Main Dishes	Baconator double	312	-	970	3.1	-	60.0	26.0	24%	2.5	10	2,260	2	62	32
		•	•	•	Lunch/Dinner Main Dishes	Baconator single	200	-	600	3.0	-	33.0	13.0	20%	1.5	9	1,360	2	35	40
	•	•	•	•	Lunch/Dinner Main Dishes	Baconator triple	424	-	1330	3.1	-	86.0	38.0	26%	3.5	11	3,150	2	90	32
		•			Lunch/Dinner Main Dishes	Bold buffalo boneless wings	246	-	520	2.1	-	18.0	3.5	6%	0.0	13	2,630	2	31	42
•	•	•	•	•	Lunch/Dinner Main Dishes	Chicken BLT salad	417	-	790	1.9	-	54.0	13.5	15%	0.5	13	1,665	3	38	64
•		•			Lunch/Dinner Main Dishes	Chicken caesar salad	319	-	370	1.2	-	20.0	4.0	10%	0.0	4	1,015	3	31	74
		•			Lunch/Dinner Main Dishes	Chicken club sandwich	265	-	620	2.3	-	29.0	9.0	13%	0.0	8	1,490	2	37	48
		•			Lunch/Dinner Main Dishes	Chicken nuggets (10 piece) with sweet & sour nugget sauce	207	-	570	2.8	-	32.0	7.0	11%	0.0	22	1,200	0	23	42
	•	•			Lunch/Dinner Main Dishes	Chicken nuggets (10 piece) with heartland ranch dipping sauce	207	-	790	3.8	-	49.0	12.0	14%	0.0	2	1,400	0	23	38

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							size (g)	size (oz)	(Kcal)	density (kcal/g)	(% sugar by weight)									
					Lunch/Dinner Main Dishes	Chicken nuggets (5 piece) with sweet & sour nugget sauce	103	-	280	2.7	-	16.0	3.5	11%	0.0	11	600	0	12	42
					Lunch/Dinner Main Dishes	Chicken nuggets (5 piece) with heartland ranch dipping sauce	103	-	390	3.8	-	33.0	6.0	14%	0.0	1	700	0	12	38
					Lunch/Dinner Main Dishes	Crispy chicken sandwich	142	-	360	2.5	-	18.0	3.5	9%	0.0	4	710	2	15	62
		•	•	•	Lunch/Dinner Main Dishes	Double Stack	143	-	360	2.5	-	18.0	8.0	20%	1.0	6	810	1	23	42
	•	•	•	•	Lunch/Dinner Main Dishes	Double with everything and cheese	337	-	750	2.2	-	42.0	18.0	22%	2.5	10	1,520	3	50	46
		•			Lunch/Dinner Main Dishes	Grilled chicken Go Wrap	122	-	250	2.0	-	10.0	3.0	11%	0.0	4	730	1	17	60
•		•			Lunch/Dinner Main Dishes	Homestyle chicken fillet sandwich	230	-	470	2.0	-	17.0	3.5	7%	0.0	8	1,100	2	27	64
		•			Lunch/Dinner Main Dishes	Homestyle chicken Go Wrap	126	-	310	2.5	-	15.0	4.5	13%	0.0	2	800	1	15	44
		•			Lunch/Dinner Main Dishes	Honey BBQ boneless wings	259	-	580	2.2	-	18.0	3.5	5%	0.0	34	1,990	2	32	44
			•	•	Lunch/Dinner Main Dishes	Jr. bacon cheeseburger	137	-	310	2.3	-	16.0	6.0	17%	0.5	5	670	1	17	48
		•	•	•	Lunch/Dinner Main Dishes	Jr. cheeseburger	102	-	270	2.6	-	11.0	5.0	17%	0.5	6	700	1	15	42
		•	•	•	Lunch/Dinner Main Dishes	Jr. cheeseburger deluxe	152	-	300	2.0	-	14.0	6.0	18%	0.5	7	740	2	15	50
					Lunch/Dinner Main Dishes	Jr. hamburger	98	-	230	2.3	-	8.0	3.0	12%	0.0	5	500	1	13	50
•		•			Lunch/Dinner Main Dishes	Mandarin chicken salad	403	-	550	1.4	-	36.0	3.0	5%	0.0	31	1,252	4	31	80
•		•	•	•	Lunch/Dinner Main Dishes	Single with everything	241	-	470	2.0	-	21.0	8.0	15%	1.0	10	940	3	27	64
•		•	•	•	Lunch/Dinner Main Dishes	Southwest taco salad	519	-	645	1.2	-	39.0	15.5	22%	1.0	12	1,565	8	31	70
•		•			Lunch/Dinner Main Dishes	Spicy chicken fillet sandwich	233	-	470	2.0	-	16.0	3.0	6%	0.0	7	1,250	2	27	64
		•			Lunch/Dinner Main Dishes	Spicy chicken Go Wrap	128	-	320	2.5	-	15.0	4.0	11%	0.0	2	880	1	16	44
		•			Lunch/Dinner Main Dishes	Sweet and spicy asian boneless wings	259	-	550	2.1	-	18.0	3.5	6%	0.0	27	2,530	3	31	42
	•	•	•	•	Lunch/Dinner Main Dishes	Triple with everything and cheese	434	-	1030	2.4	-	62.0	28.0	24%	3.5	11	2,110	3	73	44
•		•			Lunch/Dinner Main Dishes	Ultimate chicken grill sandwich	222	-	350	1.6	-	7.0	1.5	4%	0.0	9	1,000	2	29	70
•	•	•			Lunch/Dinner Side Dishes	Bacon and cheese potato	366	-	460	1.3	-	13.0	5.0	10%	0.0	7	990	7	19	56
•		•			Lunch/Dinner Side Dishes	Broccoli and cheese potato	396	-	340	0.9	-	2.0	1.5	4%	0.0	6	490	8	10	58

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•		•			Lunch/Dinner Side Dishes	Caesar side salad	141	-	260	1.8	-	19.5	4.0	14%	0.0	2	495	2	9	66
•	•	•	•	•	Lunch/Dinner Side Dishes	Chili- large	370	-	380	1.0	-	15.5	6.5	15%	0.5	10	1,695	7	26	50
•		•	•		Lunch/Dinner Side Dishes	Chili- small	257	-	290	1.1	-	12.5	5.5	17%	0.0	7	1,294	5	19	56
•	•	•			Lunch/Dinner Side Dishes	Large french fries	184	-	540	2.9	-	26.0	5.0	8%	0.0	0	500	7	7	70
•					Lunch/Dinner Side Dishes	Mandarin orange cup	142	-	80	0.6	-	0.0	0.0	0%	0.0	17	15	1	1	36
•	•	•			Lunch/Dinner Side Dishes	Medium french fries	142	-	420	3.0	-	20.0	4.0	9%	0.0	0	380	5	5	70
•					Lunch/Dinner Side Dishes	Plain baked potato	283	-	270	1.0	-	0.0	0.0	0%	0.0	3	25	7	7	64
•					Lunch/Dinner Side Dishes	Side salad with fat free french dressing	197	-	70	0.4	-	0.0	0.0	0%	0.0	12	110	3	1	47
•					Lunch/Dinner Side Dishes	Side salad with thousand island dressing	197	-	180	0.9	-	14.0	2.3	12%	0.0	8	290	2	2	55
•					Lunch/Dinner Side Dishes	Small french fries	113	-	330	2.9	-	16.0	3.0	8%	0.0	0	300	4	4	70
•	•				Lunch/Dinner Side Dishes	Sour cream and chives baked potato	319	-	370	1.2	-	8.5	3.0	7%	0.0	4	145	7	8	62
•					Lunch/Dinner Side Dishes	Value french fries	71	-	210	3.0	-	10.0	2.0	9%	0.0	0	180	2	2	70
					<b>Beverages</b>															
					Side Beverages	Barq's Red Crème Soda- small	411	14	190	0.5	12%	0.0	0.0	0%	0.0	49	30	0	0	66
					Side Beverages	Barq's Root Beer- large	822	28	300	0.4	10%	0.0	0.0	0%	0.0	82	60	0	0	66
					Side Beverages	Barq's Root Beer- medium	617	21	220	0.4	10%	0.0	0.0	0%	0.0	61	45	0	0	66
					Side Beverages	Barq's Root Beer- small	411	14	180	0.4	12%	0.0	0.0	0%	0.0	49	35	0	0	66
					Side Beverages	Barq's Root Beer- value	329	11	120	0.4	10%	0.0	0.0	0%	0.0	33	25	0	0	66
					Side Beverages	Caffeine free Barq's Root Beer- small	411	14	180	0.4	12%	0.0	0.0	0%	0.0	49	35	0	0	66
					Side Beverages	Caffeine free Diet Coke- small	392	13	0	0.0	0%	0.0	0.0	0%	0.0	0	15	0	0	70
					Side Beverages	Cherry Coke- small	409	14	170	0.4	11%	0.0	0.0	0%	0.0	45	10	0	0	66
					Side Beverages	Coca-Cola- large	818	28	270	0.3	9%	0.0	0.0	0%	0.0	75	5	0	0	66
					Side Beverages	Coca-Cola- medium	614	21	200	0.3	9%	0.0	0.0	0%	0.0	56	5	0	0	66
					Side Beverages	Coca-Cola- small	409	14	160	0.4	11%	0.0	0.0	0%	0.0	45	-	0	0	66
					Side Beverages	Coca-Cola- value	327	11	110	0.3	9%	0.0	0.0	0%	0.0	30	-	0	0	66
•					Side Beverages	Coffee- large	340	12	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70
•					Side Beverages	Coffee- small	170	6	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70
					Side Beverages	Coke Zero- medium	588	20	0	0.0	0%	0.0	0.0	0%	0.0	0	10	0	0	70
					Side Beverages	Coke Zero- small	392	13	0	0.0	0%	0.0	0.0	0%	0.0	0	10	0	0	70
					Side Beverages	Coke Zero- value	314	11	0	0.0	0%	0.0	0.0	0%	0.0	0	5	0	0	70

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●					Side Beverages	Coke Zero- large	785	27	0	0.0	0%	0.0	0.0	0%	0.0	0	15	0	0	70
					Side Beverages	Dasani water	479	16	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70
					Side Beverages	Diet Coke- large	784	27	0	0.0	0%	0.0	0.0	0%	0.0	0	25	0	0	70
					Side Beverages	Diet Coke- medium	588	20	0	0.0	0%	0.0	0.0	0%	0.0	0	20	0	0	70
					Side Beverages	Diet Coke- small	392	13	0	0.0	0%	0.0	0.0	0%	0.0	0	15	0	0	70
					Side Beverages	Diet Coke- value	314	11	0	0.0	0%	0.0	0.0	0%	0.0	0	10	0	0	70
					Side Beverages	Dr. Pepper- large	781	26	310	0.4	11%	0.0	0.0	0%	0.0	86	80	0	0	66
					Side Beverages	Dr. Pepper- medium	586	20	230	0.4	11%	0.0	0.0	0%	0.0	64	60	0	0	66
					Side Beverages	Dr. Pepper- small	391	13	160	0.4	11%	0.0	0.0	0%	0.0	43	40	0	0	66
					Side Beverages	Dr. Pepper- value	312	11	120	0.4	11%	0.0	0.0	0%	0.0	34	30	0	0	66
					Side Beverages	Fanta Grape- small	411	14	190	0.5	12%	0.0	0.0	0%	0.0	49	10	0	0	66
					Side Beverages	Fanta Orange- large	822	28	300	0.4	10%	0.0	0.0	0%	0.0	82	40	0	0	66
					Side Beverages	Fanta Orange- medium	617	21	220	0.4	10%	0.0	0.0	0%	0.0	61	30	0	0	66
					Side Beverages	Fanta Orange- small	411	14	180	0.4	12%	0.0	0.0	0%	0.0	49	25	0	0	66
					Side Beverages	Fanta Orange- value	329	11	120	0.4	10%	0.0	0.0	0%	0.0	33	15	0	0	66
					Side Beverages	Fanta Punch- small	411	14	170	0.4	11%	0.0	0.0	0%	0.0	45	20	0	0	66
					Side Beverages	Fanta Strawberry- small	411	14	190	0.5	12%	0.0	0.0	0%	0.0	49	-	0	0	66
					Side Beverages	Hi-C Flashin' fruit punch- large	656	22	290	0.4	11%	0.0	0.0	0%	0.0	75	25	0	0	66
					Side Beverages	Hi-C Flashin' fruit punch- medium	492	17	210	0.4	11%	0.0	0.0	0%	0.0	56	20	0	0	66
					Side Beverages	Hi-C Flashin' fruit punch- small	410	14	170	0.4	11%	0.0	0.0	0%	0.0	45	15	0	0	66
					Side Beverages	Hi-C Flashin' fruit punch- value	328	11	110	0.3	9%	0.0	0.0	0%	0.0	30	10	0	0	66
					Side Beverages	Hi-C Orange Lavaburst- small	410	14	180	0.4	12%	0.0	0.0	0%	0.0	49	15	0	0	66
					Side Beverages	Hi-C Poppin' Pink- small	410	14	160	0.4	10%	0.0	0.0	0%	0.0	41	65	0	0	66
●					Side Beverages	Hot cocoa- small	255	9	120	0.5	6%	2.0	2.0	0%	0.0	16	160	0	0	68
					Side Beverages	Hot tea	227	8	0	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70
					Side Beverages	Mello Yellow- small	409	14	180	0.4	11%	0.0	0.0	0%	0.0	45	10	0	0	66
					Side Beverages	Minute Maid Lemonade- small	393	13	160	0.4	10%	0.0	0.0	0%	0.0	41	65	0	0	66
					Side Beverages	Minute Maid light lemonade- large	786	27	15	0.0	0%	0.0	0.0	0%	0.0	0	5	0	0	70
					Side Beverages	Minute Maid light lemonade- medium	589	20	10	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70
					Side Beverages	Minute Maid light lemonade- small	393	13	10	0.0	0%	0.0	0.0	0%	0.0	0	15	0	0	70
					Side Beverages	Minute Maid light lemonade- value	314	11	5	0.0	0%	0.0	0.0	0%	0.0	0	-	0	0	70
●					Side Beverages	Nesquik low fat chocolate milk	251	8	170	0.7	11%	2.5	1.5	0%	0.0	28	160	1	8	68
					Side Beverages	Nesquik low fat white milk	244	8	100	0.4	5%	2.5	1.5	0%	0.0	12	120	0	8	72
					Side Beverages	Nestea lemon sweetened iced tea- small	515	17	120	0.2	6%	0.0	0.0	0%	0.0	31	15	0	0	66
					Side Beverages	Nestea raspberry iced tea- small	515	17	130	0.3	6%	0.0	0.0	0%	0.0	32	15	0	0	66
					Side Beverages	Nestea sweetened iced tea- small	515	17	100	0.2	5%	0.0	0.0	0%	0.0	28	20	0	0	68
●					Side Beverages	Nestea unsweetened iced tea- small	312	11	0	0.0	0%	0.0	0.0	0%	0.0	0	25	0	0	70
					Side Beverages	Pibb Xtra- large	817	28	260	0.3	9%	0.0	0.0	0%	0.0	74	40	0	0	66
					Side Beverages	Pibb Xtra- medium	613	21	200	0.3	9%	0.0	0.0	0%	0.0	56	30	0	0	66
					Side Beverages	Pibb Xtra- small	409	14	160	0.4	11%	0.0	0.0	0%	0.0	45	25	0	0	66

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					Side Beverages	Pibb Xtra- value	327	11	110	0.3	9%	0.0	0.0	0%	0.0	30	15	0	0	66
					Side Beverages	POWERAde fruit punch- small	409	14	100	0.2	6%	0.0	0.0	0%	0.0	24	90	0	0	68
					Side Beverages	POWERAde Mountain Blast- small	409	14	100	0.2	6%	0.0	0.0	0%	0.0	24	90	0	0	68
					Side Beverages	Sprite- large	817	28	260	0.3	8%	0.0	0.0	0%	0.0	68	60	0	0	68
					Side Beverages	Sprite- medium	613	21	200	0.3	8%	0.0	0.0	0%	0.0	51	45	0	0	68
					Side Beverages	Sprite- small	409	14	160	0.4	10%	0.0	0.0	0%	0.0	41	35	0	0	66
					Side Beverages	Sprite- value	327	11	110	0.3	8%	0.0	0.0	0%	0.0	27	25	0	0	68
					Side Beverages	Sprite Zero- small	409	14	5	0.0	0%	0.0	0.0	0%	0.0	0	10	0	0	70
					Side Beverages	Sweet tea- large	1054	36	190	0.2	5%	0.0	0.0	0%	0.0	48	20	0	0	68
					Side Beverages	Sweet tea- medium	798	27	140	0.2	5%	0.0	0.0	0%	0.0	36	15	0	0	68
					Side Beverages	Sweet tea- small	515	17	100	0.2	5%	0.0	0.0	0%	0.0	25	10	0	0	68
●					Side Beverages	Sweet tea- value	424	14	80	0.2	4%	0.0	0.0	0%	0.0	19	10	0	0	70
					Side Beverages	Vault- small	409	14	180	0.4	11%	0.0	0.0	0%	0.0	45	15	0	0	66

### Snacks and Desserts

					Snack Beverages	Chocolate Frosty jr.	113	3.8227	150	1.3	19%	4.0	2.5	15%	0.0	22	70	0	4	60
	●			●	Snack Beverages	Chocolate Frosty- large	378	12.788	520	1.4	19%	13.0	8.0	14%	0.5	73	240	0	13	60
	●		●	●	Snack Beverages	Chocolate Frosty- medium	298	10.081	410	1.4	19%	10.0	7.0	15%	0.5	57	190	0	10	60
					Snack Beverages	Chocolate Frosty- small	227	7.6793	320	1.4	18%	8.0	5.0	14%	0.0	41	150	0	9	60
	●			●	Snack Beverages	Chocolate fudge Frosty shake- large	451	15.257	530	1.2	17%	13.0	8.0	14%	0.5	78	310	1	11	62
	●		●	●	Snack Beverages	Chocolate fudge Frosty shake- small	358	12.111	400	1.1	16%	11.0	7.0	16%	0.5	57	220	1	9	62
	●		●	●	Snack Beverages	Coffee Toffee Twisted Frosty- vanilla	293	9.912	540	1.8	24%	20.0	15.0	25%	0.5	69	270	1	9	44
	●		●	●	Snack Beverages	Coffee Toffee Twisted Frosty- chocolate	293	9.912	540	1.8	23%	20.0	15.0	25%	0.5	67	240	1	9	46
	●			●	Snack Beverages	Frosty-cino- large	443	14.986	510	1.2	16%	13.0	8.0	14%	0.5	70	220	0	9	62
	●			●	Snack Beverages	Frosty-cino- small	313	10.589	380	1.2	16%	11.0	6.0	14%	0.5	51	170	0	7	62
	●			●	Snack Beverages	Strawberry Frosty shake- large	447	15.122	510	1.1	18%	13.0	8.0	14%	0.5	80	210	1	9	62
	●		●	●	Snack Beverages	Strawberry Frosty shake- small	324	10.961	390	1.2	18%	11.0	7.0	16%	0.5	58	170	0	7	60
	●			●	Snack Beverages	Vanilla bean Frosty shake- large	447	15.122	500	1.1	17%	12.0	8.0	14%	0.5	77	220	0	9	62
	●			●	Snack Beverages	Vanilla bean Frosty shake- small	321	10.859	380	1.2	17%	10.0	6.0	14%	0.5	56	170	0	7	62

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	Vanilla Frosty float with Coca-Cola	467	15.798	380	0.8	15%	7.0	4.5	11%	0.0	68	160	0	7	62
					Snack Beverages	Vanilla Frosty jr.	113	3.8227	160	1.4	19%	4.0	2.5	14%	0.0	22	70	0	4	60
	•			•	Snack Beverages	Vanilla Frosty- large	378	12.788	520	1.4	19%	13.0	8.0	14%	0.5	73	240	0	13	60
	•		•	•	Snack Beverages	Vanilla Frosty- medium	298	10.081	410	1.4	19%	10.0	7.0	15%	0.5	57	190	0	10	60
					Snack Beverages	Vanilla Frosty- small	227	7.6793	310	1.4	19%	8.0	5.0	15%	0.0	43	180	0	8	60
	•		•	•	Sweet Snacks	M&M's Twisted Frosty- chocolate	303	-	560	1.8	-	19.0	12.0	19%	0.5	72	180	1	10	50
	•		•	•	Sweet Snacks	M&M's Twisted Frosty- vanilla	303	-	550	1.8	-	19.0	12.0	20%	0.5	74	210	1	10	50
	•		•		Sweet Snacks	Nestle Toll House cookie dough Twisted Frosty chocolate	291	-	480	1.6	-	16.0	10.0	19%	0.0	58	220	1	10	50
	•		•	•	Sweet Snacks	Nestle Toll House cookie dough Twisted Frosty vanilla	291	-	480	1.6	-	16.0	10.0	19%	0.5	60	240	1	9	52
	•				Sweet Snacks	Oreo Twisted Frosty- chocolate	281	-	450	1.6	-	14.0	7.0	14%	0.0	52	300	1	10	50
	•			•	Sweet Snacks	Oreo Twisted Frosty- vanilla	281	-	440	1.6	-	14.0	6.0	12%	0.5	54	320	1	9	52