







QUICK MEAL? YOUR CHOICE

Calories count. Use this guide to help you make better choices.

	High Calorie	CALORIES	Lower Calorie	CALORIES
Breakfast Food 	Sausage egg and cheese on a croissant	690	Ham, egg and cheese on an English muffin	360
	Medium mocha latte with whipped cream	330	Medium non-fat latte without whipped cream	120
	TOTAL	1020	TOTAL	480
Sandwich 	12 inch meatball sub	1160	6 inch turkey sub	260
	Bag of regular potato chips	230	Bag of baked potato chips	130
	Medium regular soft drink	255	Water or diet soft drink	0
	Chocolate chip cookie	200	Apple slices with caramel dip	85
	TOTAL	1845	TOTAL	475
Chicken 	3 piece dark meat with skin	555	3 piece dark meat without skin	350
	Mashed potatoes with gravy	225	Mashed potatoes without gravy	180
	Coleslaw	295	Sweet corn	135
	Medium sweetened ice tea	160	Water	0
	TOTAL	1235	TOTAL	665
Mexican 	Burrito	1050	Two soft tacos with cheese and sauce	500
	Tortilla chips with cheese	970	Mexican rice	120
	Medium soft drink	255	Water	0
	TOTAL	2275	TOTAL	620
Pizza 	2 slices regular crust sausage pizza	900	2 slices regular crust veggie pizza	720
	Medium soft drink	255	Water	0
	TOTAL	1155	TOTAL	720
Burger 	Double cheeseburger	597	Cheeseburger	330
	Large fry	530	Side salad with low-fat Italian dressing	80
	Medium soft drink	255	Water	0
	TOTAL	1382	TOTAL	410

2000 calories per day is what most adults need.
Learn more at mass.gov/massinmotion

