

## Sample Carbohydrate-Rich Restaurant Menus

Meal	Item	Calories	
<b>Breakfast</b>			
<b>McDonald's</b>	Orange Juice, 6 oz	85	<b>660 Calories</b> <b>85% Carbohydrates</b>
	Pancakes with syrup	420	
	English muffin with jelly	155	
<b>Dunkin' Donuts</b>	Bran muffin, large	480	<b>690 Calories</b> <b>65% Carbohydrates</b>
	Hot chocolate	210	
<b>Family Restaurant</b>	Apple juice, large (10 oz.)	145	<b>610 Calories</b> <b>90% Carbohydrates</b>
	Raisin bran, 2 small boxes	220	
	1 % milk, 8 oz.	110	
	Sliced banana, medium-large	135	
<b>Lunch</b>			
<b>Sub Shop</b>	Turkey sub, no mayo	590	<b>750 Calories</b> <b>60% Carbohydrates</b>
	Cranapple juice (8 ox.)	160	
<b>Wendy's</b>	Baked potato, plain	310	<b>950 Calories</b> <b>70% Carbohydrates</b>
	Chili, large (12 oz.)	300	
	Frosty dairy dessert, small	340	
<b>Salad Bar</b>	Lettuce, 1 cup	15	<b>650 Calories</b> <b>60% Carbohydrates</b>
	Green Pepper, ½	10	
	Broccoli, ½ cup	20	
	Carrots, ½ cup	20	
	Tomato, large	50	
	Chickpeas, ½ cup	160	
	Feta cheese, 1 oz.	75	
	Italian dressing, 2 tbsp.	100	
	Bread, 1 slice	200	
	<b>Dinner</b>		
<b>Pizza</b>	Cheese pan pizza, 2 slices	500	<b>650 Calories</b> <b>60% Carbohydrates</b>
	Cola, 12 oz. (no ice)	150	
<b>Italian Restaurant</b>	Minestrone soup, 1 cup	90	<b>920 Calories</b> <b>75 % Carbohydrates</b>
	Spaghetti, 2 cups	400	
	Tomato sauce, 2/3 cup	120	
	Parmesan cheese, 1 tbsp.	30	
	Rolls, 2 large	280	
<b>Family Restaurant</b>	Turkey, 5 oz. white meat	250	<b>950 Calories</b> <b>65% Carbohydrates</b>
	Stuffing, 1 cup	200	
	Mashed potato, ½ cup	100	
	Peas, 2/3 cup	70	
	Cranberry sauce, ¼ cup	100	
	Orange juice, 8 oz.	110	
	Sherbet, 1 scoop	120	

Ref.: N. Clark, "Nancy Clark's Sports Nutrition Guidebook 3<sup>rd</sup> Edition", 2003.

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