

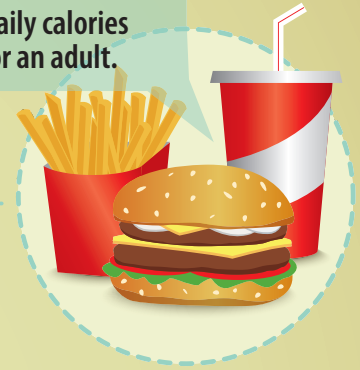
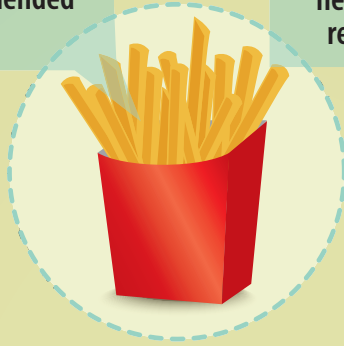
2013 Fast Food Facts

Fast food portion sizes have stopped increasing in size, but they're still too high in calories, sodium, and fat.

% of Daily calorie intake from Popular Fast Food Meals.

An order of large French fries accounted for one-quarter of the daily calories recommended for an adult.

A large-sized cheeseburger meal accounted for more than half to nearly all of the daily calories recommended for an adult.



Daily Calories* 25%

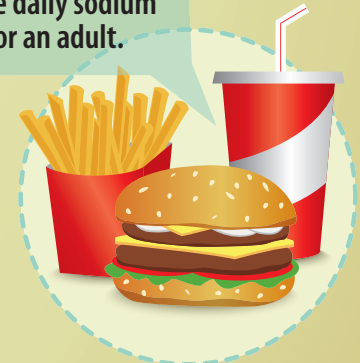
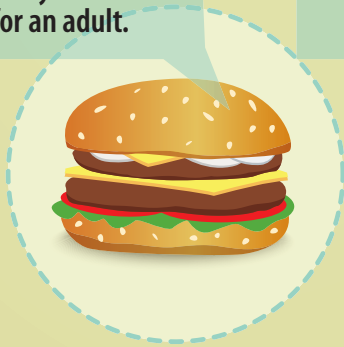
Daily Calories* 57% to 88%

*Based on a 2,000-calorie per-day diet recommended by the Dietary Guidelines for Americans.

% of Daily sodium intake from Popular Fast Food Meals.

A 4 ounce cheeseburger accounted for half of the recommended daily sodium consumption for an adult.

A large-sized cheeseburger meal accounted for more than half to more than all of the daily sodium recommended for an adult.



Daily Sodium* 50%

Daily Sodium* 62% to 111%

*Based on a per-day sodium intake of 2,300 mg recommended by the Dietary Guidelines for Americans.



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