

	Food Description	Calories	Times a week eaten	Total calories over 1 year	Pounds in a year
McDonalds	Fruit & Yogurt Parfait with Granola	167	6	52,104	15
	vs. Fruit & Yogurt Parfait without Granola	128	6	39,936	11

You'll save = 12,168 Calories / 4 pounds in 1 year!

Taco Bell	Mucho Grande Nachos	1320	3	205,920	59
	vs. Nachos Supreme	440	3	68,640	20

You'll save = 137,280 Calories / 39 pounds in 1 year!

McDonald's	Crispy Chicken Sandwich with mayo combo meal, Super Sized with a Coke.	1520	3	237,120	68
	vs. Crispy Chicken Sandwich without mayo , combo meal (not Super Sized) with a Diet Coke.	609	3	95,004	27

You'll save = 142,116 Calories / 41 pounds in 1 year!

Dairy Queen	Small Blizzard - Chocolate Chip Cookie Dough	675	6	210,600	60
	vs. Small Chocolate Ice Cream Cone.	244	6	76,128	22

You'll save = 134,472 Calories / 38 pounds in 1 year!

Pizza Hut	1 Med. slice of pepperoni Big New Yorker pizza	370	3	57,720	17
	vs. 1 Med. slice of pepperoni Thin & Crispy pizza	190	3	29,640	8

You'll save = 28,080 Calories / 9 pounds in 1 year!

Hardee's	Monster Burger Value Meal Super Sized with a Coke	2150	3	335,400	96
	vs. 2 Hamburger Value Meal (not Super Sized) with a Diet Coke	880	3	137,280	39

You'll save = 198,120 Calories / 57 pounds in 1 year!

Subway	6" Cold Cut Trio Sub on Italian Bread with Lettuce, tomatoes, green peppers, onions, olives, pickles, cheese, & select sauce.	280	7	101,920	29
	vs. Cold Cut Trio Salad with lettuce, tomatoes, green peppers, onions, olives, pickles, cheese & select sauce.	140	7	50,960	15

You'll save = 50,960 Calories / 14 pounds in 1 year!

Candy Bars	Snickers or Twix Carmel Candy Bar.	280	7	101,920	29
	vs. Twizzlers, Whoppers or Jelly Beans	140	7	50,960	15

You'll save 50,960 Calories / 14 pounds in 1 year!