



% amount by percentage=RDA

NUTRITIONAL INFORMATION*

	Hamburger		Cheeseburger		Double Hamburger		Double Cheeseburger		Bacon Cheeseburger		Fish Sandwich		Chicken Ring Sandwich		Chicken Sandwich		Breakfast Sandwich****		Chicken Rings		
	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	
Serving size	1		1		1		1		1		1		1		1		1		6		
Calories	140		160		240		290		200		180		180		190		340		210		
Calories from fat	70		90		130		170		115		60		70		70		220		130		
Total fat g	7	11%	9	14%	14	21%	18	28%	13	20%	7	11%	8		8	13%	25	38%	14	22%	
Saturated Fat g	3	15%	4	21%	6	30%	8	42%	6	28%	1.5	7%	2		2	10%	10	50%	3	15%	
Cholesterol mg	10	4%	15	5%	20	7%	30	11%	25	8%	10	3%	25		20	7%	130	44%	50	17%	
Sodium mg	135	6%	250	10%	200	8%	430	17%	400	16%	390	16%	370		360	15%	900	38%	420	18%	
Total carbohydrate g	11	4%	11	4%	16	5%	16	5%	12	4%	27	9%	20		21	7%	17	6%	10	3%	
Dietary fiber g	2	10%	2	10%	4	20%	5	20%	3	10%	1	4%	<1		<1		0	0%	0	0%	
Sugars g	0		0		0		0		0		2		2		1		2		0		
Protein g	6		7		11		14		10		7		8		8		14		11	22%	
Vitamin A		0%		2%		0%		4%		2%		0%				0%		4%		0	0%
Vitamin C		0%		0%		0%		0%		0%		0%				0%		0%		0	0%
Calcium		2%		5%		2%		10%		5%		2%				0%		15%		16	2%
Iron		4%		3%		6%		4%		3%		8%				4%		4%		1	8%

	Onion Rings		French Fries		Cheese Sticks		Coca-Cola Classic		Diet Coke***		FCB		Coffee (black)		Iced Tea		Vanilla Shake		Chocolate Shake	
	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV	Amount	% DV
Serving size	6		Small		3		16 oz. cup		16 oz. cup		16 oz. cup		Small		16 oz. cup		16 oz. cup		16 oz. cup	
Calories	260		115		250		200		0		240		6		90		260		250	
Calories from fat	120		50		130				0								70		70	
Total fat g	13	20%	6	9%	14	22%											8	12%	8	12%
Saturated Fat g	2	10%	1	5%	6	30%											1.5	8%	1.5	8%
Cholesterol mg	0	0%	-		25	8%											30	10%	30	10%
Sodium mg	520	22%	15	1%	750	31%	15**		20**		20		5		35		170	7%	160	7%
Total carbohydrate g	31	10%	15	5%	22	7%	54g		0g		64g		1		24		40	13%	37	12%
Dietary fiber g	3	14%	2	8%	2	8%														
Sugars g	4		2		2															
Protein g	4	7%			10	20%											28		27	
Vitamin A	0	0%				4%											9		9	18%
Vitamin C	0	0%		8%		0%		0%		0%										
Calcium	16	2%				26%														
Iron	1	4%		2%		3%														
Caffeine mg							62						250		24					

% DV= Percent Daily Value. % DV is based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

*Information does not include condiments

** These quantities represent added sodium and potassium derived from ingredients other than water. The actual quantity of sodium and potassium in the beverages will vary depending on the quantity contained in the local water supply where the finished beverages are dispensed.

*** This fountain product is sweetened with a blend of NutraSweet brand sweetener and saccharin. NutraSweet and the NutraSweet symbol are registered trademarks of The NutraSweet Company for its brand of sweetening ingredient.

**** Breakfast sandwich includes egg, sausage and cheese on a White Castle bun.