

Calories in common drinks, snacks, and fast foods

Type	Source	Item	Calories
Drinks	www.coca-cola.com	20 oz Coke	250
		20 oz Pepsi	250
	www.starbucks.com	16 oz (Grande) Caffè Latte	260
		20 oz (Venti®) Caffè Latte	340
		16 oz Caffè Mocha With whipped cream	300 400
	www.orangejulius.com	20 oz original Orange Julius	270
		32 oz original Orange Julius	440
		20 oz BlackBerry Storm Smoothie	630
	Snacks	www.calorie-count.com	Candy bar; Snickers and Hershey's
www.fritolay.com		1 oz bag of Lays® Classic Potato Chips (20 chips)	150
		1 oz bag of Doritos NACHO CHEESE® Flavored Chips (12 chips)	140
		1 oz bag of Fritos® Corn Chips (32 chips)	160
Burgers	www.mcdonalds.com	McDonald's Hamburger With cheese	250 300
		McDonald's Quarter Pounder® With cheese	410 510
		McDonald's Big Mac®	540
	www.bk.com	Burger King Original Whopper® With cheese	670 760
	Chicken	www.kfc.com	One Original Recipe chicken drumstick
One Original Recipe chicken breast			360
French Fries	www.mcdonalds.com	McDonald's small fries	250
		McDonald's medium fries	380
		McDonald's large fries	570
	www.bk.com	Burger King small fries	230
		Burger King medium fries	360
		Burger King large fries Burger King King-sized fries	500 600
Pizza	www.dominos.com	1 slice of a Domino's 14" cheese pizza	220
		1 slice of a Domino's 14" pepperoni pizza	270
	www.papajohns.com	1 slice of a Papa John's 14" cheese pizza	300
		1 slice of a Papa John's 14" pepperoni pizza	310
	www.pizzahut.com	1 slice of a Pizza Hut 14" cheese pizza	390
		1 slice of a Pizza Hut 14" pepperoni pizza	400

Other

Many restaurants will have a Web site that will list nutritional information for their menu items. Web sites can be found by putting the name of the franchise into a search engine such as www.google.com

Other Web sites that list calories in common foods include www.dietfacts.com, www.calorie-count.com, and <http://weightlossinternational.com/newsletter/free-online-calorie-counter.html>