



# Kilojoules in your favourite fast food

Table 1

## Kilojoules, calories and % daily intake in fast food

Food	Kilojoules	Calories	% of your day's intake
<b>McDonald's</b>			
Big Mac	2060	490	24%
Quarter Pounder	2300	548	26%
Double Quarter Pounder	3570	850	41%
Grand Angus	2630	630	30%
Cheese Burger	1190	283	14%
McChicken	1710	407	20%
Filet-o-Fish	1290	307	15%
Nuggets, 6	1160	276	13%
Nuggets, 3	582	139	7%
Fries, large	1900	452	22%
Fries, medium	1540	368	18%
Fries, small	1070	255	12%
<b>Salads Plus</b>			
Roast Chicken Salad w dressing	946	225	11%
Garden Mixed Salad w dressing	381	91	4%
Lean beef burger	1250	298	14%
Berrynice Yoghurt Crunch	960	229	11%
Muffin Lite, raspberry	1592	379	18%
<b>Deli Choices</b>			
Bacon & egg roll	2080	495	24%
Chicken Tandoori roll	1400	333	16%
Thai Chicken roll	1480	352	17%
Turkey & Cranberry roll	1730	412	20%
Chicken Caesar roll	2360	562	27%
Mustard Beef roll	1970	469	23%
Vege Pesto roll	1370	326	16%



Food	Kilojoules	Calories	% of your day's intake
<b>Burger King</b>			
Whopper	2940	700	34%
Whopper with cheese	3360	800	39%
Whopper with bacon	3003	715	34%
Whopper junior with cheese	1470	350	17%
Aussie burger	2727	649	31%
Vegie burger	1764	420	20%
Onion rings, regular	1344	320	15%
French fries, small	966	230	11%
French fries, regular	1512	360	17%
French fries, large	2100	500	24%
<b>Pizza, average *</b>			
<b>Deep pan (3 medium slices)</b>			
BBQ Meat Lovers, Pizza Hut	3558	847	41%
Super Supreme Dominos	2292	546	26%
Hawaiian	2921	695	34%
Cheese lovers	3219	766	37%
Vegetarian	2836	675	33%
<b>Thin crust (3 medium slices)</b>			
BBQ Meat Lovers	2524	601	29%
Super Supreme	2349	559	27%
Cheese lovers	2346	559	27%
Hawaiian	2579	614	30%
Vegetarian	2007	478	23%



Food	Kilojoules	Calories	% of your day's intake
<b>Fried chicken</b>			
2 pieces of fried chicken	2163	515	25%
Quarter chicken (leg)	1422	339	16%
Quarter chicken (leg) and chips	3248	773	37%
Chicken fillet burger	2277	542	26%
Bacon and cheese fillet burger	2479	590	28%
Bondi Burger (Oporto)	2257	537	26%
Rooster Roll (Red Rooster)	2735	651	31%
Nuggets, 6	1230	293	14%
Chips, regular	1508	359	17%
Mashed potato and gravy (KFC)	504	120	6%
Twister wrap (KFC)	2446	582	28%
Popcorn chicken (large, KFC)	2352	560	27%
<b>Subway</b>			
<b>Cold subs</b>			
6" Turkey	1160	276	13%
6" Turkey Breast & Ham	1160	276	13%
6" Roast Beef	1150	274	13%
6" Subway Club	1210	288	14%
6" Tuna	1660	395	19%
<b>Hot Subs</b>			
6" Roasted Chicken	1280	305	15%
6" Turkey Ham & Bacon melt	1530	364	18%
6" Meatball	2080	495	24%
6" Cheese Steak	1510	360	17%
6" Italian BMT	1880	448	22%
<b>Subway Salads with Ranch dressing</b>			
Roasted chicken	813	194	9%
Subway Club	783	186	9%
Tuna	1206	287	14%
Veggie Delite	500	119	6%



Food	Kilojoules	Calories	% of your day's intake
<b>Take-aways</b>			
Sushi, Average all types, 6 pieces	1170	280	13%
Sausage roll with sauce	2010	479	23%
Meat pie with sauce	1655	394	19%
Steak sandwich	1498	357	17%
Fish 'n' chips	3760	895	43%
Grilled fish with chips	2580	614	30%
Doughnuts, Krispy Kreme, 2 original glazed	1908	454	22%
Doughnuts, Krispy Kreme, 2 cinnamon	1726	411	20%
Doughnuts, Krispy Kreme, 2, Choc iced	2370	564	27%
Doughnuts, Krispy Kreme, 2 Choc iced cream-filled	3150	750	36%
Doughnuts, Donut King, cinnamon, 2	1520	362	19%
Muffin, Muffin Break, Berry Crunch Hi-Fibre	2540	606	29%
Muffin, Muffin Break, Apple Berry Bran	2060	492	24%
Cookie, Muffin Break, Chocolate Chip Regular, 97g	1970	470	23%
Cookie, Muffin Break, Chocolate Chip Jumbo, 200g	4030	963	46%
<b>Recommended day's intake *</b>	<b>8700</b>	<b>2000</b>	

Source: Analyses from fast food chains and take-away shops. Pizza figures average of national chains including Pizza Hut, Pizza Haven, Dominos and Eagle Boys

\* Based on the recommended day's intake for an average adult.

To work out calories, divide kilojoules by 4.186 or simply 4.





## Daily kilojoule requirements for men, women and children with the Suggested Daily Intake of 8700kJ highlighted

Table 2 Daily kilojoule requirements MEN ^				
Men doing light activity*				
Weight (kgs)	19-30 yrs	31-50 yrs	51-70 yrs	Over 70 yrs
56 kgs	10,300	10,200	9,300	8,300
63 kgs	11,000	10,700	9,800	8,900
71 kgs	11,800	11,300	10,400	9,500
79 kgs	12,600	11,900	11,100	10,200
88 kgs	13,500	12,600	11,700	10,800

  

Table 3 Daily kilojoule requirements WOMEN ^				
Women doing light activity*				
Weight (kgs)	19-30 yrs	31-50 yrs	51-70 yrs	Over 70 yrs
49 kgs	8200	8400	7900	7400
56 kgs	8,800	8,700	8,300	7,800
63 kgs	9,600	9,100	8,700	8,300
71 kgs	10,300	9,500	9,100	8,700
79 kgs	11,100	10,000	9,600	9,200

  

Table 4 Daily kilojoule requirements CHILDREN ^				
Age	Girls		Boys	
	Light activity*	Heavy activities or strenuous sport**	Light activity*	Heavy activities or strenuous sport**
3	5,300	6,400	5,600	6,900
4	5,500	6,800	5,900	7,300
5	5,700	7,200	6,200	7,800
6	6,100	7,600	6,600	8,200
7	6,500	8,100	7,000	8,700
8	6,900	8,600	7,300	9,200
9	7,300	9,100	7,800	9,700
10	7,600	9,500	8,300	10,400
11	8,000	10,000	8,800	11,000
12	8,500	10,600	9,300	11,600
13	8,900	11,100	10,000	12,400
14	9,200	11,500	10,600	13,200
15	9,400	11,700	11,200	14,000
16	9,500	11,900	11,800	14,700
17	9,600	12,000	12,200	15,200
18	9,700	12,100	12,500	15,600

^ Energy Requirements will differ depending on your weight, height and physical activity level.

These figures are provided as a guide only.

\* Based on a Physical Activity Level (PAL) of 1.6 which is considered light activity.

\*\* Based on a Physical Activity Level (PAL) of 2.0 which is considered heavy activity.

Source: NHMRC (2006) Nutrient Reference Values for Australia and New Zealand, Executive Summary. Department of Healthy and Ageing, Australian Government.