

Restaurant CONFIDENTIAL

Think a chicken Caesar salad is perfect for your diet? Think again. Choose a tuna sandwich over the roast beef sandwich**? Wrong! The startling truth about our favorite foods from our favorite restaurants, with fat, calorie, and salt content.*

* An average chicken Caesar salad—46 grams fat (almost three quarters of a day's worth).

** Tuna salad sandwiches have nearly four times the fat and twice the saturated fat of roast beef sandwiches.



	Calories	Total Fat (g)	Saturated Fat (g)
...s moya	830	56	10
...r Lover's Skillet	1,150	93	26
...ese nachos with ... & guacamole	1,360	89	28
...s with ranch dressing	3,010	217	91
...al T...s Chicken	1,600	59	11
...nucone ...eda	1,500	97	48
...me Rib	1,280	94	52
Fudge brownie ...	1,130	57	30
Movie theater popcorn butter, large	1,640	126	73

**Michael F. Jacobson, Ph.D.
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Center for Science in the Public Interest

Authors of the bestselling The Fast-Food Guide

Preface by David Kessler, M.D., former FDA Commissioner

Restaurant Confidential

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