



We Can! Food Comparison Chart

How can you and your family eat healthier? See below for ideas on how healthier choices can save you calories and money.

LUNCH

Typical Fast Food Lunch	Cost*	Calories	Typical Brown Bag Lunch	Cost*	Calories
Combo Meal: ¼ pound hamburger with cheese (with medium French fries and large soda)	\$5.39	510	Turkey sandwich on whole wheat bread with mustard, lettuce and tomato	\$1.09	200
Soda, large (32 ounces)	---	310	Water, small bottle (16.9 ounces)	\$0.99	0
French fries, large (super sized from medium size)	\$0.40	570	Apple, medium	\$0.46	70
Chocolate chip cookies, 1 package	\$1.00	270	Graham crackers, 1 large square	\$0.28	140
			Low-fat yogurt, 1 cup	\$0.79	120
Total:	\$6.79	1,660		\$3.61	530

SNACK

Typical Snack	Cost*	Calories	Healthier Snack	Cost*	Calories
Chips, 3 ounce bag	\$0.99	465	Apple, medium	\$0.46	70
Soda, regular, 21 ounces	\$1.25	250	Water, small bottle (16.9 ounces)	\$0.99	0
Total:	\$2.24	715		\$1.45	70

*Costs may vary by region and season.

For more information about **We Can!** visit <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN