

COUNTING CALORIES IN KIDS' MEALS

With so many options available, selecting the healthiest fast food kids' meal can be difficult. The Institute of Medicine recommends that the average elementary school-aged child (ages 6-10) consume no more than 650 calories at a lunch or dinner meal. Based on USDA recommendations for moderately active younger children (ages 2-5), a limit of 410 calories is appropriate for preschoolers. The average kids' meal contains 616 calories, which may meet the needs of older, more active children, but provides too many calories for most younger children. Listed below are the lowest calorie kids' meal options available at each restaurant and how substitutions in the meal affect calories. The lowest calorie meals meet recommended sodium levels unless otherwise noted.



McDonald's Happy Meal

Lowest calorie option: 385 calories

Hamburger or 4-piece chicken nuggets with BBQ sauce, apple dippers (without caramel dip), and 1% low-fat plain milk.

- A cheeseburger adds 50 calories.
- Caramel dip for the apples adds 70 calories.
- Chocolate milk adds 70 calories.
- French fries add 195 calories.

McDonald's Mighty Kids' Meal

Lowest calorie option: 465 calories

6-piece chicken nuggets with BBQ sauce, apple dippers (without caramel dip), and 1% low-fat plain milk.

- Coke or Sprite adds 50 calories.
- Chocolate milk adds 70 calories
- Caramel dip for the apples adds 70 calories
- A double cheeseburger adds 100 calories.
- French fries add 195 calories.

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Burger King Kids' Meal

Lowest calorie option: *285 calories*

Macaroni and cheese, apple fries (without caramel sauce), and fat free plain milk.

- Coke, Sprite, or Dr. Pepper adds 40 calories.
- Chocolate milk adds 80 calories.
- Caramel dip for the apples adds 45 calories.
- French fries add 150 calories.
- Chicken tenders with sweet and sour sauce add 65 calories.
- A hamburger adds 100 calories.
- Chicken tenders with ranch dipping sauce add 160 calories.
- A double hamburger adds 210 calories.
- A double cheeseburger adds 300 calories.



Wendy's Kids' Meal

Lowest calorie option: *400 calories*

Hamburger, mandarin orange cup, and 1% low-fat plain milk.

- A Frosty adds 50-60 calories.
- Chocolate milk adds 70 calories.
- French fries add 130 calories.
- Chicken nuggets with sweet and sour sauce adds 20 calories.
- A cheeseburger adds 40 calories.
- A crispy chicken sandwich adds 120 calories.
- Chicken nuggets with ranch sauce add 130 calories.

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Taco Bell Kid's Meal

Lowest calorie option: 500 calories*

Crunchy taco, cinnamon twists, and raspberry iced tea**

**This meal is high in sodium and sugar*

***Taco Bell does not offer milk or 100% juice with kids' meals*

- Mountain Dew or Tropicana Fruit Punch adds 60 calories.
- A cheese roll-up adds 30 calories.
- A soft beef taco adds 40 calories.
- A chicken soft taco adds 130 calories.
- A bean burrito adds 200 calories.



KFC Kids Laptop Meal

Lowest calorie option: 155 calories

Grilled chicken drumstick, green beans, string cheese, and Lipton Brisk tea*

**KFC does not offer milk or 100% juice with kids' meals*

- A biscuit, macaroni and cheese, or cole slaw adds 145 calories.
- Potato wedges add 120-190 calories.
- Mashed potatoes with gravy adds 105 calories.
- An extra crispy drumstick adds 70 calories.
- Popcorn chicken adds 210 calories.

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Sonic Wacky Pack Kids' Meal

Lowest calorie option: 355 calories

Corn dog, apple slices, and 1% low-fat plain milk.

- Chocolate milk adds 50 calories.
- A slush adds 60-70 calories.
- A sugar-sweetened soft drink adds 90-110 calories.
- Tater tots add 95 calories.
- French fries add 165 calories.
- Chicken tenders with sauce adds 80-118 calories.
- A grilled cheese sandwich adds 170 calories.

Dairy Queen DQ Kids' Meal

Lowest calorie option: 593 calories*

Hot dog, applesauce, Sprite**, and vanilla kids' cone.

**This meal is high in sugar.*

***Dairy Queen does not offer milk or 100% juice with kids' meals.*

- Mountain Dew adds 30 calories.
- French fries add 100 calories.
- A grilled cheese sandwich adds 70 calories.
- A hamburger adds 100 calories.
- A cheeseburger adds 150 calories.
- A dilly bar adds 70-100 calories.

