

HOW TO ESTIMATE CALORIES IN RESTAURANT FOOD

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FIND TWO COMPARABLE FOODS FROM RESTAURANTS OR STORES THAT PROVIDE NUTRITION INFO, THEN TAKE THE AVERAGE TO ESTIMATE THE CALORIES IN YOUR MEAL

Slice of New York Style Cheesecake



440-530

TARGET & SAM'S CLUB
ESTIMATED: 485

Thin Crust Cheese Pizza Slice



215-430

PAPA JOHN'S & SBARRO
ESTIMATED: 320

Steak Taco



200-230

TACO BELL & CALIFORNIA TORTILLA
ESTIMATED: 215

Restaurant Cheeseburger



650-875

BURGERFI & BAREBURGER
ESTIMATED: 760

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Belgian Waffle



460-590

PERKINS & IHOP
ESTIMATED: 525

Grilled Chicken Caesar Salad



770-920

APPLEBEE'S & RUBY TUESDAY
ESTIMATED: 845

Standard Side of Fries



290-370

TGI FRIDAY'S & SMASHBURGER
ESTIMATED: 330

Breadstick



100-140

LITTLE CAESAR'S & OLIVE GARDEN
ESTIMATED: 120

THIS METHOD WILL NEVER BE PERFECT, BUT THE POINT HERE IS ESTIMATING. NOT PERFECTION.

How To Count Calories Guide

**Atkins Health & Medical Information
Serv**

How To Count Calories Guide:

Ignite the flame of optimism with its motivational masterpiece, Find Positivity in **How To Count Calories Guide** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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