

Fast Food Calorie Quiz



Know how many calories you're eating. Guess how many calories are in these common fast food choices.

1. **How many calories are in a McDonald's Big Mac?**
 - a. 360
 - b. 460
 - c. 560
 - d. 660
2. **How many calories are in a Wendy's Chicken BLT Salad with honey mustard dressing?**
 - a. 220
 - b. 320
 - c. 520
 - d. 620
3. **How many calories are in a BurgerKing Original Whopper with cheese?**
 - a. 600
 - b. 700
 - c. 800
 - d. 900
4. **How many calories are in a Taco Bell Burrito Supreme with steak?**
 - a. 350
 - b. 450
 - c. 550
 - d. 650
5. **How many calories are in slice of Pizza Hut 14" thick crust pepperoni pizza?**
 - a. 250
 - b. 350
 - c. 450
 - d. 550
6. **How many calories are in a piece of KFC Chicken Breast, extra crispy?**
 - a. 260
 - b. 360
 - c. 460
 - d. 560
7. **How many calories are in a McDonald's baked apple pie dessert?**
 - a. 320
 - b. 420
 - c. 520
 - d. 620
8. **How many calories are in a large serving of Burger King French fries?**
 - a. 330
 - b. 430
 - c. 530
 - d. 630
9. **How many calories are in a Wendy's medium Frosty dessert?**
 - a. 290
 - b. 390
 - c. 490
 - d. 590
10. **How many calories are in a Wendy's 5-piece chicken nuggets with honey mustard sauce?**
 - a. 150
 - b. 250
 - c. 350
 - d. 450

Answers:

1. c. The McDonald's Big Mac has 560 calories and 270 of those are from fat.
2. d. The salad alone has 340 calories and the dressing has 280 calories, so when you add them together, the total becomes 620 calories.
3. c. The BK original Whopper with cheese has 800 calories, and 440 of those calories are from fat.
4. b. The Taco Bell Burrito Supreme w/ steak has 450 calories.
5. a. A single slice of pizza has 250 calories, so watch how many slices you eat.
6. c. A single piece of KFC extra crispy fried chicken breast has 460 calories and 250 calories are from fat.
7. a. This little dessert packs 320 calories.
8. c. The large size has 530 calories, while the medium has 380 calories.
9. b. The dessert has 390 calories.
10. c. The chicken nuggets have 220 calories and the sauce has 130 calories, so there are 350 calories in just 5 pieces.