

<b>Which would you choose?</b>	<b>Calories</b>	<b>Fat (gm)</b>
Burger King® Croissan'wich: Egg, Cheese, & Sausage	500	36
▶ Burger King® Croissan'wich: Egg & Cheese	300	17
Starbucks® Frappuccino® Blended Coffee: Caffe Vanilla (16 oz.)	345	3.5
▶ Starbucks® Frappuccino® Light Blended Coffee: Caffe Vanilla (16 oz.)	235	1
Panera Bread® Italian Combo	1050	54
▶ Panera Bread® Smoked Turkey Breast on Sourdough	440	15
Olive Garden® Pork Fillettino	1010	58
▶ Olive Garden® Linguine alla Marinara	550	8
Outback Steakhouse® Bloomin Onion w/dressing (1/2)	1105	67
▶ Outback Steakhouse® Bloomin Onion w/dressing (1/6)	276	18
McDonald's® Caesar Salad w/ Crispy Chicken w/1 package of Creamy Caesar dressing	500	32
▶ McDonald's® Caesar Salad w/ Grilled Chicken w/1 package of Italian dressing	260	8.5
Papa John's® Original Crust, All the Meats w/beef (per slice, 1/8 whole)	370	17
▶ Papa John's® Thin Crust, Pepperoni (per slice, 1/8 whole)	260	14
Haagen-Dazs® Strawberry Ice Cream (1/2 cup)	250	16
▶ Haagen-Dazs® Strawberry Fat free Ice Cream (1/2 cup)	140	0