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The Fast Food Weight Loss Guide

by

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The recent legislation passed in New York City requiring certain restaurants to post the Calorie content of their food highlights a real opportunity for you if you want to lose weight. This approach has been available and I have spoken about it before. It's just that current events bring it to attention offering you the opportunity.

The reason for this opportunity: many of the affected restaurants excel at quality control.

["The menu rule only applies to restaurants that serve standardized portion sizes and have 15 or more locations nationwide..."](#)

The "standardized portion size" is the key. It [gives you control](#).

Think about it. From location to location, day to day, week to week, month to month, year to year, how much variation is there in the taste, size and consistency of a McDonald's Big Mac, a Burger King Whopper, or a Wendy's Old Fashioned Hamburger?

About none.

Here is an explanation of how this remarkable consistency can work for you if you want to lose weight.

There is only thing that results in overweight/obesity. More Calories in than out.

There is a [proper way to lose weight and it has nothing to do with what the experts tell you](#).

To successfully lose weight, you must consume fewer Calories than you burn and you must be able to sustain this long enough to lose the desired weight.

When it comes to simple weight loss, what you eat makes almost no difference.

(If you are interested in controlling your weight AND looking at a different approach to eating, [click here](#).)

Only the Calories matter.

A modest reduction in Calories will work for most people – no more than 10% or about 125 – 250 Calories per day.

No more.

[More than that and people get very unhappy and quit.](#)

People who quit, by definition, do not sustain a diet.

They fail. And the weight does not come off.

The problem all [expert diets](#) create is that they [starve dieters](#) into [failure](#).

[Their diets, which are starvation diets](#), will [guarantee your failure](#) as they have for virtually everybody else who has tried them.

Repeat – So [to successfully lose weight](#), the average dieter who is not an unwaveringly committed self-hating self-abusing self-destructive masochist, should [cut back no more than 125-250 Calories per day or 10% of total pre-diet daily caloric intake](#), whichever is less.

Here is an example of how you can use the reliability and quality control of fast food to successfully lose weight.

[A Big Mac reliably contains 540 Calories.](#)

If a customer only ate 75% or $\frac{3}{4}$ of a Big Mac, he or she would save 135 Calories. Reliably.

This is the average caloric equivalent of traveling 1.35 miles on foot.

And this took no extra time out of your life as running or walking 1.35 miles would.

In fact, ["exercise" is a terribly inefficient way to lose weight.](#)

[Controlling caloric intake is clearly the more efficient way to lose weight.](#)

The caloric content of fast food from the major chains is certainly much more reliable than food that is made at home or at places not designed to feed the masses quickly.

In the real world, there is likely no more reliable and reproducible way to cut Calories than by simply eating a lesser amount of fast food or processed food (such as sliced bread).

And sandwiches are ideal. They are usually a simple regular geometric shape – round, elliptical or square – easily divided into equal portions/Calorie sizes.

Any variation from perfect is likely due to the eccentric placement of a pickle slice. A negligible matter.

If a customer chose not to eat only 25% of their Big Mac once a day, every day, 7 days a week, he or she would save 945 Calories per week or, in a year 49,140 Calories.

A complete lunch of a Big Mac and Calorie-free soda contains 540 Calories. Eat only $\frac{3}{4}$ of the sandwich and the total is 405 Calories or 20.25% of the foolishly recommended 2000 Calories per day. (That is another story.)

Still, a modest caloric intake for lunch.

The following illustrations show how to reduce the Calories in a fast food sandwich by 25%.

After the illustrations are spreadsheets from four popular fast food businesses that sell sandwiches: [Burger King](#), [McDonald's](#), [Potbelly](#) and [Wendy's](#) (they are ordered alphabetically).

The spreadsheets shows how many Calories you eat ("New Calories") and how many you save ("Calories Saved") if you eat only 75% of the fast food sandwich (the original sandwich is cut as shown in the diagrams and the part in white is not eaten).

When the Calories saved are 125 or more, the cell is highlighted in:



When the Calories saved are between 100 and 124, the cell is highlighted in



When the Calories saved are between 50 and 99, the cell is highlighted in

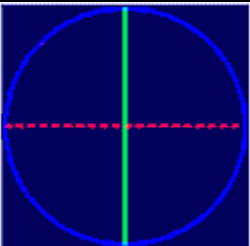
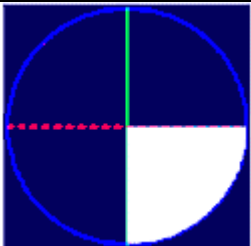
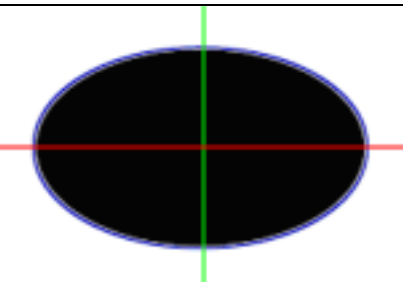
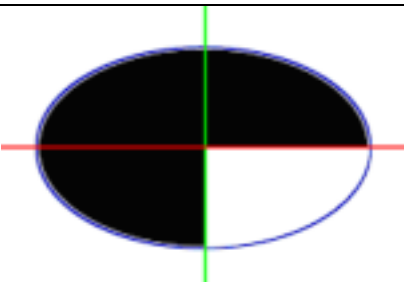


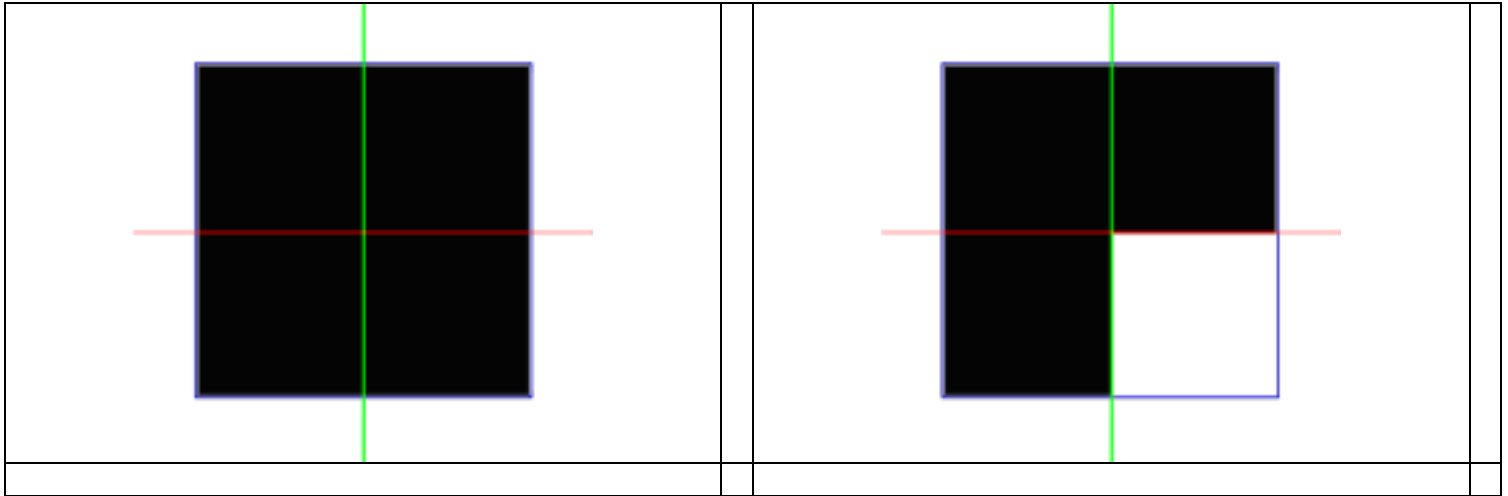
If you intend to cut back 125 or more Calories and you choose an item where the Calories saved are in **BRIGHT GREEN**, then you may be done for the day.

If you intend to cut back 125 or more Calories and you choose an item where the Calories saved are in **LIGHT GREEN** or **PALE BLUE**, then you will have to make another small reduction at some other meal during the day.

What you do with the 25% you don't eat is your business. You could give it to a hungry person living on the streets. Whatever you do, do not eat it. Also do not make up for the Calories you did not eat by eating a larger dinner, having a snack, etc.

Enjoy.

If your sandwich looks like this and it is cut along the red and green lines...	It will look like this. If you do not eat the part in white...
	
	



Burger King Sandwiches

Original Calories New Calories Calories Sa

WHOPPER® Sandwich	670	502.5	167.5
WHOPPER® Sandwich - w/o Mayo	510	382.5	127.5
WHOPPER® Sandwich with Cheese	760	570	190
WHOPPER® Sandwich with Cheese - w/o Mayo	600	450	150
DOUBLE WHOPPER® Sandwich	900	675	225
DOUBLE WHOPPER® Sandwich - w/o Mayo	740	555	185
DOUBLE WHOPPER® Sandwich with Cheese	990	742.5	247.5
DOUBLE WHOPPER® Sandwich with Cheese - w/o Mayo	830	622.5	207.5
TRIPLE WHOPPER® Sandwich	1130	847.5	282.5
TRIPLE WHOPPER® Sandwich - w/o Mayo	980	735	245
TRIPLE WHOPPER® Sandwich With Cheese	1230	922.5	307.5
TRIPLE WHOPPER® Sandwich With Cheese - w/o Mayo	1070	802.5	267.5
WHOPPER JR.® Sandwich	370	277.5	92.5
WHOPPER JR.® Sandwich - w/o Mayo	290	217.5	72.5
WHOPPER JR.® Sandwich with Cheese	410	307.5	102.5
WHOPPER JR.® Sandwich with Cheese - w/o Mayo	330	247.5	82.5
Hamburger	290	217.5	72.5
Cheeseburger	330	247.5	82.5
Double Hamburger	410	307.5	102.5
Double Cheeseburger	500	375	125
BK™ Double Stacker	610	457.5	152.5
BK™ Triple Stacker	800	600	200
BK™ Quad Stacker	10000	7500	2500
The Angus Steak Burger	640	480	160
TENDERGRILL® Chicken Sandwich (with Mayo)	510	382.5	127.5
TENDERGRILL® Chicken Sandwich - w/o Mayo	400	300	100
TENDERCRISP® Chicken Sandwich	790	592.5	197.5
Original Chicken Sandwich	660	495	165
Original Chicken Sandwich - w/o Mayo	450	337.5	112.5

Spicy CHICK'N CRISP™ Sandwich	480	360	120
Spicy CHICK'N CRISP™ Sandwich - w/o Mayo	320	240	80
BK BIG FISH® Sandwich	640	480	160
BK BIG FISH® Sandwich - w/o Tartar Sauce	470	352.5	117.5
BK VEGGIE® Burger	420	315	105
BK VEGGIE® Burger-w/ Cheese	470	352.5	117.5
BK VEGGIE® Burger - w/o Mayo	340	255	85

McDonald's Sandwiches

Original Calories

New Calories

Calories Sa

	Original Calories	New Calories	Calories Sa
Hamburger	250	187.5	62.5
Cheeseburger	300	225	75
Double Cheeseburger	440	330	110
Quarter Pounder®	410	307.5	102.5
Quarter Pounder® with Cheese	510	382.5	127.5
Double Quarter Pounder® with Cheese	740	555	185
Big Mac®	540	405	135
Big N' Tasty®	460	345	115
Big N' Tasty® with Cheese	510	382.5	127.5
Filet-O-Fish®	380	285	95
McChicken ®	360	270	90
McRib ®	500	375	125
Premium Grilled Chicken Classic Sandwich	420	315	105
Premium Crispy Chicken Classic Sandwich	530	397.5	132.5
Premium Grilled Chicken Club Sandwich	530	397.5	132.5
Premium Crispy Chicken Club Sandwich	630	472.5	157.5
Premium Grilled Chicken Ranch BLT Sandwich	470	352.5	117.5
Premium Crispy Chicken Ranch BLT Sandwich	580	435	145
Southern Style Crispy Chicken Sandwich	400	300	100

Potbelly Sandwich Works

Original Calories

New Calories

Calories Sa

	Original Calories	New Calories	Calories Sa
Turkey Breast	344	258	86
Italian	535	401.25	133.75
Veggie* (3 types of cheese INCLUDED here!)	491	368.25	122.75
A Wreck	418	313.5	104.5
Pizza WITH Cheese (no pepperoni)	345	258.75	86.25
Pizza WITH Cheese & Pepperoni	485	363.75	121.25
Smoked Ham	394	295.5	98.5
Tuna Salad	400	300	100
Chicken Salad	480	360	120
Meatball	568	426	142
Roast Beef	353	264.75	88.25
Big Jack's PB & J (that's peanut butter & jelly)	895	671.25	223.75

Wendy's Sandwiches

Original Calories

New Calories

Calories Sa

Jr. Hamburger	230	172.5	57.5
Jr. Cheeseburger	270	202.5	67.5
Jr. Cheeseburger Deluxe	300	225	75
Jr. Bacon Cheeseburger	320	240	80
Stack Attack "	380	285	95
Hamburger, Kids' Meal	220	165	55
Cheeseburger, Kids' Meal	270	202.5	67.5
Single w/Everything	430	322.5	107.5
Double w/Everything and Cheese	710	532.5	177.5
Triple w/Everything and Cheese	980	735	245
Baconator "	840	630	210
Ultimate Chicken Grill Sandwich	320	240	80
Spicy Chicken Fillet Sandwich	440	330	110
Homestyle Chicken Fillet Sandwich	430	322.5	107.5
Chicken Club Sandwich	540	405	135
Crispy Chicken Sandwich	330	247.5	82.5